



# HOME REMEDIES

## *FOR SEASONAL WELLNESS*

# THYME INFUSED OIL

**NATURAL ANTIBIOTIC  
& EXPECTORANT**

## *YOU WILL NEED*

8 oz. olive oil  
1 bunch fresh thyme or  
1/4 c. dried thyme



*THIS THYME OIL CAN BE RUBBED TOPICALLY ON CHESTS, TAKEN  
INTERNALLY, OR ADDED TO THE OXYMEL SALD DRESSING.*

WE ALL HAVE THYME IN OUR GARDENS OR GROCERY STORES. THYME IS ONE OF MY FAVORITE SEASONAL WELLNESS HERBS, BECAUSE IT HAS ANTIBIOTIC ACTIVITY AGAINST THE BACTERIA THAT MOST COMMONLY CREATE COUGHS & COLDS. THYME IS MY GO TO INTERVENTION FOR COUGHS. IT AIDS IN CLEARING A PRODUCTIVE COUGH & SOOTHING A DRY, SPASTIC COUGH.

**INSTRUCTIONS:** Place 1 bunch of fresh thyme or 1/4 c. dried thyme in an 8 oz. jar. Cover thyme in olive oil. If you are using fresh thyme, make sure to completely cover to avoid mold growth. Let sit for 2 weeks. Thyme can be strained out or consumed according to your preference.

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# OXYMEL SALAD DRESSING

*An oxymel is an herbal extract made with vinegar & honey, which makes it perfect to be used as a salad dressing.*

## YOU WILL NEED

1/2 c. Thyme Infused Oil  
6 Garlic Cloves  
1 c. Apple Cider Vinegar  
1 Chopped Onion

## DIRECTIONS

- 1 Add sliced garlic cloves to apple cider vinegar. Simmer vinegar for 10-20 minutes, stirring often. Garlic can be optionally strained out of vinegar after boiling.
- 2 Add 1/2 c. honey to warm vinegar & stir until it dissolves.
- 3 Add 1 chopped onion & enjoy!

*NATURAL ANTIBIOTIC, ANTIVIRAL  
& EXPECTORANT*

STUDIES SHOW THAT PEOPLE WHO CONSUME GARLIC HAVE A LOWER RISK OF GETTING COLDS & LESS SEVERE CASES. IT CONTAINS VOLATILE OILS THAT HELP SOOTHE RESPIRATORY DISTRESS.

BOTH APPLE CIDER VINEGAR & HONEY HELP US FIGHT THE COLD & FLU. APPLE CIDER VINEGAR HELPS THIN MUCOUS ASSOCIATED WITH COUGHS & HONEY HELPS EXPEL IT.



# GINGER & LEMON TEA

*Studies have show honey as a  
a more effective cough  
suppressant than  
dextromethorphan.*

## YOU WILL NEED

Juice of 1 Lemon  
1 tsp. Fresh Grated  
Ginger  
1 c. Hot Water  
1 T. Honey

## DIRECTIONS

- 1 Bring water to a simmer. Add juice of lemon & fresh ginger. Simmer gently for 10 minutes
- 2 Strain & add honey.

*NATURAL ANTIBIOTIC, ANALGESIC,  
MUCOLYTIC, & COUGH  
SUPPRESSANT*

LEMON IS A NATURALLY  
OCCURRING SOURCE OF VITAMIN C  
THAT CAN HELP THIN MUCOUS &  
SOOTHE A SORE THROAT.

GINGER IS ANTI-MICROBIAL & HELPS  
THE IMMUNE SYSTEM FIGHT  
INFECTIONS. IT'S ANTI-  
INFLAMMATORY PROPERTIES CAN  
HELP REDUCE PAIN, CONGESTION, &  
COUGH ASSOCIATED WITH COLDS &  
FLUS.



# ECHINACEA *FRESH* TEA

*You have probably seen echinacea growing in someone's garden. It makes a beautiful immune supportive tea as well.*

## *YOU WILL NEED*

2 T. Fresh Echinacea  
1 C. Water

## *DIRECTIONS*

- 1 Bring water to a boil on the stove. Add Echinacea.
- 2 Cover pot & aggressively simmer for 10 minutes then strain.
- 3 Add honey for sweetness if preferred.

## *IMMUNE SUPPORTIVE*

ECHINACEA AUGUSTIFOLIA HELPS SUPPORT THE IMMUNE SYSTEM TO RESPOND TO INFECTION. IT MAY DECREASE THE DURATION OF COLDS & FLUS, AS WELL AS ALLEVIATE ASSOCIATED SYMPTOMS.







# Horseradish

*MUCOLYTIC, ANTIBACTERIAL,  
DECONGESTANT*

Consuming a spoonful of this grated root may help clear congestion through a compound called allyl isothiocyanate.

This compound causes irritation of sensory nerves in the respiratory tract, reducing inflammation and helping clear congestion. It also helps break down mucous.

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# Elderberry

## *ANTIVIRAL*

While elderberries grow wild, I recommend leaving the production of syrup up to the professionals. Elderberries contain a toxic cyanide compound & require much processing before being safe to consume.

There are also toxic elderberry look alikes (liked the poke berries I picked & photographed for this booklet before taking a closer look & trashing the photo). However, elderberry mimics the action of the flu drug Tamiflu. It is best given at the onset of symptoms, instead of taken continuously throughout the season.

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