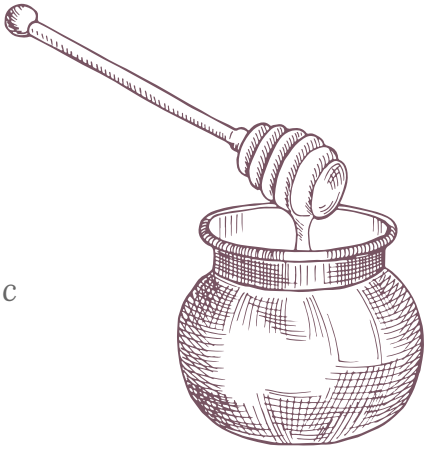
Throat Coat



INGREDIENTS

1 Tbsp raw honey
¼ tsp cayenne pepper
optional (for infection): 4 cloves minced garlic

DIRECTIONS

I just mix up a tablespoon at a time because the throat seems to heal so fast you usually don't need anymore than that. You could double or triple if treating an entire family. If your raw honey is solid you may want to warm it in some hot water (don't let the temperature exceed 100) until softened, stir in the cayenne and if using garlic mix that in also. Spoon into a container and label.

USE

Take ½ tsp every waking hour and do not drink for 30-60 minutes after coating the throat. You want the honey to coat your throat to sooth and heal, if you drink you'll be washing it right down, this is why I call it a throat coat. If the heat is too hot or you could handle more adjust the increments to your liking.

