
Cold & Flu Remedy

Posted by Alanah - 2008/08/29 01:52

Take an onion and slice it very thinly. Layer the onion slices alternately with sugar (or honey if you prefer) in a bowl. Cover it and leave it to stand overnight. The next morning strain off all the liquid, bottle it and keep it in the fridge. At the first sign of a cold or flu take in teaspoon doses 3 x day for a few days or so. This is great for kids too but half the dose. It tastes surprisingly better than it smells!

=====

Re:Cold & Flu Remedy

Posted by MannyLirio - 2011/06/13 17:25

I never heard about this remedy before. I hope it will be good for cold. I am going to make my own and will try it. Thanks for sharing.

=====

Re:Cold & Flu Remedy

Posted by Johnson486 - 2011/11/22 20:15

Its so easy to make i will do all your given process today in evening.

=====