



BEST COUGH REMEDY

Onion & Honey?

Years ago, I had a patient come into my office who had been suffering from bronchitis for two to three months. I shared this simple recipe with her, and when she returned just two days later, her cough was gone.

Not long after, another patient came in after having COVID. She had developed a lingering cough that had stuck around for months. Once again, I shared this same recipe, and within 48 hours her cough had significantly subsided.

Since then, I've shared this recipe with countless patients, and I easily have over a hundred similar stories. The results have been consistently remarkable. It's simple, easy, and effective. All you need is honey and an onion.

Directions

Ingredients:

1 Onion - White is most potent but red or yellow work too

Honey - At least a cup or so

1. Chop the onion - doesn't have to be fancy or small pieces.
2. Put onion pieces into a jar.
3. Fill the jar with honey until it fully covers the onions.
4. Let sit on your counter top overnight or for 24 hours.
5. Strain onion pieces out so you have the honey/onion liquid only.
6. Take 2-3 spoons per day until the cough subsides.
7. Put a lid on the jar and store in the refrigerator.