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Herbal Remedies

Throat Spray: Mucus membranes are the first line defense. Herbs help to kill pathogens. Two sprays in back of throat.

Chicken Soup: Large capon, parsnip, turnip, carrots, celery, onion, leeks, parsley, dill. Additions: ginger, garlic. Cover with water, bring to a boil, simmer until cooked. Add salt to taste.

Onion Honey

Slice onion, place in sterilized mason jar, cover with unpasteurized raw honey. Place in fridge. Great for respiratory issues, thins mucus.

Onion Pack: Saute half rough chopped onion in small amount of water until translucent. Transfer to a dish towel when cooled slightly but still warm. Place on chest for up to 1 hour.

Steam: Helps to drain sinuses. Add thyme.

Sage tea gargle for swollen glands: Bring 8 oz. Water to boil. Turn off flame, add herb & steep for 15 minutes or more.

Thyme tea: Bring 8 oz. Water to boil. Turn off flame, add herb, cover & steep for 10 minutes. Add ginger for chills or garlic for anti-bacterial, anti-viral & immune boosting.

Horseradish: Drains thick stagnant mucus. Antispasmodic. Inhale vapors & eat.

X Clear Sinus Spray: Cleans & moisturizes sinuses. Wash away pollutants (pathogens) & reduce swelling.

Emphy Clear Sinus Spray: Opens sinus passages.

Neti Pot: Add saline rinse to distilled water to flush out sinuses. If sinuses are very inflamed it could make them worse.

Hypericum Oil: Put on inflamed sinuses & place warm wash cloth on top.

Nasya Oil: Helps keep sinuses moist.

Fire Cider: Take a shot with water everyday to boost immunity.