

# Late Winter/Spring Issues – Home Remedies\*

Common issue	Generally Suggested remedy
<i>Allergies (Hay Fever)</i>	<b>Neti Pot</b> - Use as directed; <b>Local Honey</b> - ½ tsp/day just before the beginning of allergy season; <b>Diet:</b> Kapha reducing diet - reduce meat, dairy, sweets, combining fruit and yogurt, fats and oils.
<i>Common colds/flu</i>	<b>Ginger Cinnamon Teas</b> - 1 tsp cinnamon + 1 tbsp fresh grated ginger + 1 tsp licorice - boil in 4 cups of water for 10 mins (drink 1 cup 3x/day); <b>OR</b> ½ tsp ginger + ½ tsp cinnamon + 1 tsp lemon grass in 1 cup of hot water (steep for 10 mins); <b>Diet:</b> Avoid Dairy, sugary foods, deep fried foods, choose ginger, tulsi, garlic, cayenne, oregano taken with honey.
<i>Cold sores</i>	<b>Turmeric and honey paste</b> - 1 tsp honey + ¼ tsp turmeric - apply to the sore.
<i>Cough</i>	<b>Dry cough</b> - chew ¼ teaspoon ajwain seeds mixed with 1 teaspoon of organic raw sugar. <b>Banana Honey</b> - Ripe banana with 1 tsp honey and 2 pinches finely ground black pepper.
<i>Congested sinuses</i>	<b>Ginger paste:</b> Make a paste with ground ginger and purified water. Apply the paste to the affected area (external only). <b>Ginger Honey</b> - Mix 1tsp fresh ginger juice (or grated fresh ginger) with 1 tsp honey. Take 2-3x per day.
<i>Eyes (red itchy or burning)</i>	<b>Rosewater eye wash</b> - 2 tbsp purified water + 5 drops of rosewater (NOT rose essential oil). - Rinse the eyes using an eye cup. <b>Triphala ghee</b> - applied to eyelids.
<i>Sore Throat</i>	<b>Gargle</b> - Add ½ tsp ground turmeric + ½ tsp salt to 1 cup of warm water. Gargle morning and evening; <b>Turmeric milk</b> - 1 cup hot milk + ½ tsp ground turmeric. Drink.

\* Please note that the information provided here should not be considered medical advice. This information has been provided for educational purposes only. I make no claims of the particular healing qualities or efficacy of these recipes as they relate to any specific symptoms or issues you may be experiencing. So please be sure to consult with your health professional before following.