

## Homemade Cough Remedy

When you've got a cough you're not feeling your best. You aren't up to your everyday activities. There are a lot of ways to get rid of your cough, but the most important thing is to treat it early on, before your symptoms get any worse. If you wait, your cough will be harder to treat.

For a cough that you've had for only a day or two, consider this recipe for homemade cough syrup. It's very effective. It's made with ingredients you can find in any grocery store, if they're not already in your own pantry. Unlike a cough syrup from the drug store, you won't have to worry about side effects like sleepiness, or drying out your mucus membranes.

This recipe is especially effective for a dry cough. It helps soothe an irritated throat, breaks up phlegm in your throat, and keeps your chest from getting congested.

The one drawback to this homemade cough remedy is the taste. Nevertheless, if you want to be rid of a cough quickly, you should give it a try. There's nothing worse than not being able to sleep because of an unrelenting cough.

Most of these ingredients are ones you probably already have in your home. You may already be using them to improve your health.

The first ingredient is ginger. Even our ancestors were aware of the healing power of ginger. Not only is it effective in treating coughs, it's also good for arthritis. Ginger is an excellent anti-inflammatory. It is also a natural anti-histamine. Ginger is often recommended for chest congestion, as it can loosen the phlegm in your lungs.

The second ingredient is cayenne pepper. Cayenne is highly effective at relieving pain. It has a warming effect (like ingredients in Ben-Gay) that helps to suppress the pain on the area to which it is applied. Cayenne is also useful in treating a person with chills, as it warms and stimulates the body.

The next two ingredients are vinegar and honey. Vinegar helps neutralize the effects of a cough. Honey hinders the production of phlegm. Some parents give their children (over the age of one) a spoonful of honey each day because of its curative nature.

The final ingredient is water. In addition to diluting the strong flavor of this homemade cough remedy, water is essential to your body's fight against coughs and colds.

This homemade cough remedy can cure a minor cough. But for a persistent cough that has lasted for a week or two it is better to seek the advice of your doctor. It is important to receive medical attention immediately in order to keep a bad cough from getting worse.