

Home Remedy for Kids

Recommended Remedy:

Sure, I can help with a home remedy for your son's cough using the ingredients you have. Let's make a cough-relieving drink using lemon, ginger, garlic, and turmeric:

1. ****Ginger and Turmeric Tea****:

- Boil a cup of water.
- Add a small piece of grated ginger and a pinch of turmeric.
- Let it simmer for a few minutes.
- Strain the mixture.
- Squeeze in some fresh lemon juice and mix well.
- Sweeten with honey if needed and have your son drink this soothing tea slowly.

These ingredients are great for their anti-inflammatory and immune-boosting properties, which can help relieve cough and cold symptoms. Remember to monitor your son's reaction to the new ingredients and adjust the quantity as needed.