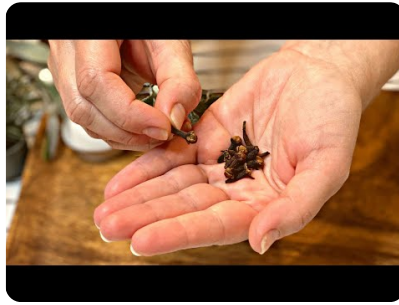


Bronchitis Remedy

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Prep: 5 Cook: 7 Rest: 0 Servings: 1

Ingredients

- 2 ▶ Cloves
- 1 ▶ Lemon
- 1 piece ▶ Ginger
- ▶ Honey (optional)
- 1 ▶ Cinnamon stick
- 1 l ▶ Water

Instructions

1. Simmer

Simmer for 5-7 minutes. This helps extract the beneficial properties of the ingredients.

2. Boil Water

Boil 1 liter of water.

3. Add Lemon

Add the juice and zest of 1 lemon to the mixture. The zest adds additional immune-boosting benefits.

4. Add Ingredients

Add 1 cinnamon stick, 1 piece of ginger, and 2 cloves to the boiling water.

5. Serve

Drink warm, 2 times a day (morning and evening). Add honey to taste, if desired.

Source: <https://youtu.be/KS9UbjSNoFA?si=7eYxLUQk8RjpI7Aw>