

COLD AND FLU SOS

Broths & Garlic

- Plenty of broths (from mushroom to chicken, have been found to be beneficial in treating cold symptoms)
- Garlic (eat a raw clove at first sign of infection, you can cut up and swallow like a capsule)



Thyme Honey Cough Syrup

- 1 TBSP thyme
- 1 tsp lemon juice
- 1 cup of water
- 1/2 cup organic honey

Steep thyme in hot water for 15 minutes. Strain. Add lemon and honey. Refrigerate for up to 1 week.

—Recipe: *Dr. Tieraona Low Dog*

Sage Gargle For Sore Throats

Steep 1 teaspoon of Sage in 1 cup of boiling water for 15 minutes. Strain. Add 1/4 teaspoon of salt. Gargle, spit or swallow.

—Recipe: *Dr. Tieraona Low Dog*

Ginger Root Tea for Congestion and Chills

Simmer 1 inch of grated ginger root in 2 cups of boiling water for 5 minutes. Strain. Add 2 tablespoons lemon juice and add honey to taste.

Many ways to contact us.

2851 Clover Street
Pittsford, New York 14534
PH (585) 641-7102
FAX (585) 851-8657
lesley@lesleyjamesmd.com

Facebook: facebook.com/LesleyJamesMD
LinkedIn: linkedin.com/company/lesley-james-md
Twitter: @lesleyjamesmd
Instagram: @wellworks
Pinterest: pinterest.com/drlesleyjames