

Immune Defense with Herbs – Bonus Section 4

Herbal Tonic for the Cold and Flu

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00:09 Speaker 1: Today, I'm going to do an herbal tonic. This is the kind of stuff that I personally use every time I have a cold, that I give to my partner and to my family members, everyone I love that I come across with every time somebody has a bad cold, whether it is dry or wet, fever, just general malaise, aches and pains, this particular remedy has a lot of ingredients. What I'm asking you to do is to find at least a minimum of three or four of these and use them every day. If you feel like you are coming on with something this is the perfect time to start using this particular remedy, you can actually do this two or three times a day, about a cup to 12 ounces, two or three times a day.

00:58 S1: If you already have a particular respiratory condition, so the cold, the flu, perhaps you've been diagnosed with the coronavirus and you were sent home and told to just simply treat it like you would treat a cold, this is what you want to do also. This particular remedy includes ingredients that are good to increase the amount of... The power of your... The antioxidant power in your body to help you fight viruses, bacteria and things that don't belong in your body. But they also are good at helping you reduce mucus, reduce inflammation, reduce fever, helping you feel better, sleep better, it's just... It's an all-around incredible tonic.

01:45 S1: So let's get started. It's very easy to do. The first thing we need... I'm gonna tilt my phone so you can see the table that I'm looking at. You won't see my head, but that's okay. The first thing we need is ginger. So this is a ginger root, and I essentially took about this much, sliced it, cut it, put it in water, and let it boil for about 10 minutes until the water looked like this.

02:15 S1: So this is ginger tea that has already been cooled off. There's about 12 ounces of fluid in here, so I'm gonna do this and I'm gonna add the juice of half a lemon, fresh lemon, don't use stuff from packages double, I want straight fresh lemon that you just cut and squeezed, just about the juice of half a lemon, cayenne pepper, just a little dash. Whoops, that's a little bit more than a dash, I'm sorry about that. Super important raw apple cider vinegar. I shake it and I add about a cap full, you can actually do more than one. That's actually great. And then I'm gonna use honey. This honey has been infused with thyme. Thyme is a great herb for the respiratory system to release cough, to get rid of mucus in the throat and the esophagus area, and if you are a vegan, you don't have to use honey. These ingredients will be all perfectly fine.

03:21 S1: In the herbal world people use honey, even those people that are plant-based as medicine. Exclusively as medicine. I don't use it to cook or to sweeten anything else. I use it in relatively small amounts as medicine, so I take about a teaspoon, this is a little bit less than a teaspoon, so I'm just gonna add a little more, teaspoon of my thyme honey and I'm just gonna mix all of this. And it actually tastes like lemonade, it's actually very, very easy to drink, even if you are or have a picky drinker, if you have a kid that might not like to swallow stuff, just use a little less cayenne pepper and a little more of the honey, so to make it a little bit sweeter, a little bit more palatable.

04:12 S1: So that's it. This is literally the drink. However, if you want to have a one-two punch on this, then you can add two really amazing herbs, one of them is reishi. Reishi is a type of mushroom really great to increase your immunity, I just add a droplet full in here and then mix it and oil of oregano. Incredible anti-viral, anti-bacterial antiseptic, just an incredible antibiotic-type plant, and I just add about... This is really strong and could be really really stingy. I'm gonna move this up so that you can see my face again [chuckle] Here I am. This is... This could sting a lot, so be careful with it. What I normally do is I add about 10 drops to my drink.

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05:08 S1: In 12 ounces of water you could barely taste it, but it is really powerful. Now, you could do that three or four times a day, and then you shake it, and then you drink it. You can drink this room temperature, you can... I would drink it cold from the refrigerator, but room temperature is fine and in tea form is actually really fine. So you can just... Just as soon as you take the ginger out of the stove you start drinking it, you start making the mix and then you drink that, and it will soothe your throat, it'll get rid of the aches and pains temporarily.

05:45 S1: It's also... It helps your body heal. It literally has this ability to help you feel warm from the inside out. It'll help you sleep, it'll help you feel so much better throughout the process. It should actually shorten the length of the cold or the flu. In my experience with my loved ones and the people that I've actually done this for and myself, this is... This will shorten the duration of your cold and will make you feel better much faster than if you do nothing else or if you just simply take over-the-counter remedies. So I love my tea.

06:25 S1: This is actually not my creation, my partner was the one who made... Just one day decided to mix all of this together, and I was like, Wait a minute. All of these are incredible. And of course, the last two are just my add-ons, it's kinda like a one-two punch because we are struggling. This is a big problem that we're in in this world, and we need to do something to strengthen our bodies so that if we happen to go out there when the world... When it's time for us to get back to society and regain our day-to-day, we will still be exposed to bacteria and viruses and pathogens that could potentially harm us. So this is something that you can take every day as a tonic once a day, or if you already have symptoms of whatever it is that you might have symptoms of then you will start feeling better faster.

07:21 S1: So that is my video for today. Thank you so much for listening. Please, please, please share this video with all of your friends. I wanna be of service and I think these types of remedies are stuff that the world should know about. This should be in every single person's homes. These are ingredients with a couple of exclusions, these are ingredients that you can still find in the supermarket. It's easy for you to find things like apple cider vinegar and cayenne pepper and ginger and lemon and honey. Thank you so much and please, please be safe. Bye bye.

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