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Garlic & Onion Cough Syrup (also antibacterial, antifungal and antiviral!)

This is a great recipe for cough syrup. Will help calm a cough and also help your body fight off the “bug”...

Good for cough, flu and mild-moderate bacterial infections.

Kids love it! (Adults too... my fiancé wanted to know if we could make more to use as a marinade. 😊)

1. CRUSH and roughly chop a whole head of garlic. (Crushing is very important, as this is what activates the enzymes!) Toss into a small sauce pan.
2. Chop a whole onion. (Doesn't matter what kind... but if you use a Spanish onion, be prepared for your syrup to take on an unappetizing grayish color.) Toss this into the sauce pan, too.
3. Cover with water (so there's about ½" water over the top of the herbs.)
4. Simmer for 30 minutes.
5. Remove from heat.
6. While the mixture is warm, stir in sugar sparingly, to taste. (Note: Can use honey somewhat more liberally in place of sugar, but NOT for infants under 1 year old.)
7. Cool and strain the mixture. (Straining not necessary, but texture may be distasteful to some. If not straining, finely dice herbs.)
8. Store in the refrigerator. Generally keeps for 1-2 weeks.
9. Administer 1 tsp. three times daily... or as often as you like!
(Cannot overdose... it's food!)

This recipe is NOT for people with low blood pressure or blood clotting
difficulties, on blood thinning medications or with thrombocytopenia.