

Lung Clearing Tea

Make a tea, 3 cups of water, and inch of ginger root chopped or sliced fine, bring to a boil, then simmer for ten minutes.

Take it off the heat, and add 1/4 tsp of cayenne. Let cool.

When the temp reaches the point where you can stick a finger in the mix without getting burned, add the juice of 1/2 lemon. Pour into a cup and add a tsp. of raw honey.

Drink as much of this tea as you can. Aim for 3 cups, 3 times a day.

The ginger heats, the cayenne does too and draws the blood toward the lungs. The lemon cuts the phlegm and adds vitamin C, and the honey is a good fortifier, emollient, making the phlegm easier to move.

Reheat tea gently, do not boil, as you'll lose the enzymatic properties of the honey.

Elderberry would be good too.