

HEALING HONEY

Honey may offer parents an effective product to help soothe children's throats. It has been used for hundreds of years for its healing properties by many cultures. Honey possesses significant antibacterial activity and has been shown to actively promote healing, by stimulating the immune response to help with the natural wound healing process, making it the ideal product for helping to soothe children's throats from the age of 2 years.

Honey & Lemon Cough Syrup

- Warm 2 cups of honey over a low heat (do not boil).
- Bring 1 whole lemon to boil in a pan of water to soften and kill bacteria.
- Let the lemon cool, cut into slices and add to the honey, keep on a low heat for 1 hour.
- Strain the lemon from the honey and cool. Bottle, seal and store in the refrigerator for up to 2 months.

To soothe the throat, take ½ teaspoon for an 11kg child, about 4 times a day or as needed.

