



Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

Post Infectious Irritating Cough

Steve picked up a cold when we were in Spain last Autumn. I gave him the supplements suggested on this website which meant the symptoms were mild and he was able to enjoy a long weekend away with friends.

However, he was left with a post infectious irritating cough.

I found this natural remedy that cleared it in 48 hours.

It is cheap and effective and only requires 2 ingredients – coffee and raw, organic honey.

According to the book ‘Age Away Without Aching’ by the editors of FC&A Medical Publishing, a 3 year study showed a combination of coffee and honey significantly eased chronic coughing. The caffeine will relax and widen the major air passages in your lungs, while the honey, is, itself, a cough suppressant.

A study by Oxford University dated 20 August, 2020, found that honey is better than usual care for respiratory symptoms, especially cough.

<https://www.phc.ox.ac.uk/news/honey-better-than-usual-care-for-easing-respiratory-symptoms-especially-cough>

Here is the recipe:

Ingredients

¾ cup raw organic honey

½ cup instant coffee crystals

Method

1. Mix honey and coffee together to make a paste.
2. Measure 1 tablespoon of this mixture into 7 ounces of warm, not hot, water (hot water destroys the active ingredients in the honey)
3. Drink 3 times a day for a week