

# Honey Cough Mixture



Honey Cough Mixture. Its an old remedy.  
This remedy works very well with bronchitis, chest coughs.  
It's amazing. Tried and tested by ourselves.

---

## The ingredients

**Organic Pure Honey.** Half a 500g jar



**The three Lennon Ingredients.**

1. one bottle of turlington drops. (used for colds and flu, as well as bronchitis)
2. one bottle of borsdruppels drops. (used for colds and flu, and croup)
3. one bottle of peppermint drops. (stomach ailments and flatulence)

**Vinegar** Fill up the jar (after lennon products

## Method.

Fill half your bottle with pure organic honey (not Irradiated)  
Use lennon products from local store in south africa.  
Pour one of each of the complete bottle in honey mixture.  
Then top up the jar with vinegar, stir well.  
keep in cool cupboard.

## Guide to Take.

Take a teaspoon of cough mixture as required.

Adults 1 – 2 tsp. three times a day. For bad cough

Then you can take one tsp until you are better.



**NB**

Do not give children honey younger than a year old.

