

HOMEMADE SUPPORT FOR A STRONGER, HEALTHIER WINTER

Immune Boosting Syrup



Winter is synonymous with a higher prevalence of colds, flu, and respiratory infections, partly because of the cold temperatures and reduced humidity, which create ideal conditions for virus survival. Reduced sunlight during winter can lead to decreased production of Vitamin D, a crucial component for a well-functioning immune system. Cold weather itself can also weaken the body's immune response, leaving it more susceptible to illnesses.

An immune-boosting syrup, packed with vital vitamins, minerals, and natural ingredients, can serve as a valuable preventive measure to fortify the immune system and reduce the risk of falling ill during the winter, offering an added layer of defense against seasonal health challenges. You'll find plenty of recipes online – a quick Google search can help you discover one that matches your taste – but here's a simple we'd like to share.

IMMUNE BOOSTING SYRUP

Easy to prepare, this DIY remedy helps soothe sore throats and gives your immune system a boost. Full of antioxidants and essential minerals, this syrup warms both body and soul. Consume 2 to 3 teaspoons daily when you're feeling under the weather or experiencing a nagging sore throat.



INGREDIENTS

1 inch of fresh ginger
4 small garlic cloves
2 sprigs fresh rosemary
2 sprigs fresh thyme
8 ounces honey

You'll also need an 8-ounce glass jar with a lid.

DIRECTIONS

Slice the ginger into 1/4-inch pieces (no need to peel it first). Crush the garlic cloves with the side of your knife and pop them out of their skin. Place ginger slices, crushed garlic cloves, rosemary, and thyme into the empty jar. If needed, fold or break the stems of herbs in half to allow them to fit comfortably. Cover with honey, and let sit in a cool, dark location for at least a week to infuse. Store in a cool, dark place for up to two months.