



It's fun and easy to make your own herbal mixtures. Many of the ingredients can be found in the kitchen, and essential oils are often found at your local natural food or supply store. If you can't find the ingredients locally there are numerous Internet stores that supply herbal oils and loose herbs.

Below are 2 incredible recipes and for more tips and information about herbs come to http://livinghealthystore.3dcartstores.com/Herbal-Remedies_p_53.html to purchase the **Herbal Remedies** book for a new low price of \$15.00!!!



Herbal Remedies

By Denine Rogers Rd, Ld

Homemade Cough Syrup

This can be used to treat mild coughs due to colds. Take ½ teaspoon every two to three hours.

Ingredients:

½ Cup Water

½ Cup Honey, and

5 teaspoons of dried herbs – any combination of the following herbs: Mullein leaves, horehound, rosemary leaves, cinnamon bark, ginger, cayenne.

Combine the ingredients in a pot on the stove and bring to a boil. Simmer until the mixture reduces to about half. Then, remove and strain the herbs, leaving only the liquid. Cool and pour into a small glass container, and store in the refrigerator.

Clean Scalp Hair Rinse

Ingredients:

2 Cups of apple cider vinegar, and

¼ Cup dried sage, rosemary or thyme leaves (alone or in any combination)

Heat the apple cider vinegar to boiling and remove from heat. Add the herbs and cover for 10 minutes. Strain the mixture, leaving only the liquid. Put the mixture into a container (an old shampoo bottle will work great) and use each time you wash your hair. To use, mix with water as you rinse your hair with it. This helps control dandruff.