

## Sore Throat Gargle

### Ingredients:

- 1 cup Sage or Thyme herb tea (or water)
- 1 tablespoon apple cider vinegar
- 1 teaspoon Sage infused Honey
- 1 drop Geranium essential oil
- 1 drop pine essential oil
- 1 tablespoon fresh lemon juice or 1 drop lemon essential oil

Brew the herb tea and strain or use water. Add cider vinegar. Mix the essential oils in the sage honey and then add to warm water or to warm tea mixture.

Gargle 3x day. Avoid eating or drinking immediately after the gargle.

### **How to make Sage infused honey**

- 1 ½ cups raw honey
- ¼ cup fresh sage leaves (*salvia officinalis*)

Heat honey in a double boiler pot. Add sage leaves and heat until leaves are become dry. Pour aromatic honey into a clean glass jar and label.

To your Health!!!

Yamin Chehin L.Ac; Dipl. O.M.

Note: This recipe is recommended by Valerie Gennari in her book Aromatherapy, soothing remedies to rejuvenate, restore and heal.