12 Home Remedies for Coughs

Categories: Health/Fitness, Homesteading

It's cold and flu season. If you have a nasty cough or sore throat, I have something to share that will help ease your suffering.

The guys at Common Sense Homesteading have come up with 12 remedies/recipes to help ease coughing and soothe your throat.

Why not make a note of some of the remedies and ensure you have the ingredients at home; then next time you or your or the kids come down with a cough, you can make a soothing natural syrup or lozenge to help ease symptoms.
See: [Home Remedies for Coughs](http://knowledgeweighsnothing.com)