Grandma's Homemade Cough Syrup

Grandma knows best! Actually the older I get, the more I am starting to realize that most of that generation knew more about what was better and what worked than we do today. It seems that today we can't help but turn to ready made off-the-shelf solutions to many of our problems.

Cough medicine is no exception! We spend a fortune on it at the pharmacy, we don't understand what’s in it, but they tell us it's effective and it will help ease our suffering. Do you know what? It's rubbish, so don't waste your money on cough medicine! Instead have a go at making some natural homemade cough syrup. Grandma's recipe below contains just three natural ingredients that you may well already have at home. Honey, lemon and olive oil. It is really easy to make and it will sooth your cough and sore throat better than anything from the pharmacy.

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(Photo from: Mrs Happy Homemaker)