

Homemade Natural Decongestant

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Wow, cold and flu season is well and truly here... I was only telling a friend a few weeks back that I hadn't had a cold in over ten months, I should have known better as I have had the mother of all colds for the last week and a half, ten month's worth all in one go I think! I am all but over it now, but I wish I had known about this decongestant then.

When you see the ingredients you just know this is going to clear you up and get you feeling more human again. There's cayenne pepper, honey, lemon juice, ginger, apple cider vinegar. If this doesn't do the trick I don't think anything will. Get the ingredients and mixing instructions below.

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(Photo from: Roots Simple)