

# Homemade Pine Needle Cough Syrup – For Powerful Cough Relief!

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Whether you're suffering from a common cold, seasonal allergies or a more serious illness, such as pneumonia or bronchitis, the need for immediate and long-lasting cough suppression is immense. Unfortunately, many over-the-counter cough syrup medications are filled with a myriad of synthetic chemicals, which makes it an unappealing option for those wishing to minimize their exposure to these harsh compounds. However, what if you were to discover one of the most potent cough suppressant and anti-inflammatory compounds is found in your backyard?

Pine needle cough syrup has quickly moved from the underbelly of natural remedies into the mainstream spotlight due to its potency in alleviating symptoms associated with [post nasal drip](#) and respiratory illnesses. The most impressive part? This medicine utilizes 100% natural and cheap and/or free ingredients, which makes it an ideal choice for those seeking to minimize their exposure to synthetic chemicals or when access to pharmaceuticals is unavailable, such as during a natural disaster or camping trip.

## The Ingredients

The potency of pine needle cough syrup is only matched by its simplicity. To make this homemade medicine, all you need is:

- ¼ cup of pine needles (specifically from the Eastern White Pine)
- ½ cup of filtered water
- ½ cup of raw honey (preferably from a local source)

## **Directions**

**Step One** – Pour the water and pine needles into a pot and bring the water to a gentle boil. Allow the ingredients to boil for 10 minutes, or until the needles have turned brown and water has adopted a greenish-yellowish hue.

**Step Two** – Strain the needles out of the water, and replace the water back into the pot.

**Step Three** – Add the honey into pot, and bring the water to a boil. Continue to boil the ingredients until the liquid transforms into a syrup-like consistency.

**Step Four** – Once the liquid has thickened, pour into a resealable glass jar and allow it to cool.

**Step Five** – Consume 1 to 2 teaspoons as needed to control your cough and soothe throat and lung irritation. Refrigerate between uses.