As far as I am concerned, being bunged up and all congested is the worse part of having a cold. Sure, there are some over the counter medicines that can help, but why reach for the pharmaceuticals when nature can provide a healthier, natural alternative.
This homemade remedy is amazing for clearing congestion and helping you to breathe clearly again. Given that it only contains: honey, lemon juice, radishes, red onion, garlic cloves it is probably safe to say that as well as clearing congestion, it is actually also good for you! A word of caution – honey can cause botulism in babies, so you should never feed babies anything containing honey, just to be on the safe side.

Check out the link below for the recipe and tutorial on how to make this natural/healthy decongestant.

Homemade Decongestant

(Photo from: Titus2Homemaker)