How To Make Fire Cider

Categories: General, Health/Fitness, Homesteading

We feature a lot of home remedy posts and we have done several cold and flu remedies. The thing is - natural cold and flu remedies are BETTER than anything you can get from the pharmacy to relieve symptoms and promote a quick recovery. The only things from the pharmacy that help with colds and flu are painkillers that reduce temperatures. Pretty much everything else is just clever marketing!

It won't be long and the cold and flu season will be upon us. I highly recommend heading over to 'Mommy Potamus' and getting the recipe for fire cider and making a batch right now, because it takes a month or so to mature and mellow out. Make some and give it a try next time you or the kids are under the weather. You can even use it as a marinade or salad dressing!

How To Make Fire Cider Cold & Flu Remedy

(Photograph from: Mommy Potamus)