

# Homemade Lozenges For Flu Season

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Cough medicine can be extremely expensive and it's usually filled with lots of chemicals that may cause side-effects. Is it true that honey is a great way to suppress your coughs? The folks at Mayo Clinic say it is. In fact, according to one study honey was found to be just as effective in stopping coughs as dextromethorphan - the main ingredient in Nyquil.

1 cup Sugar

½ cup Water

1 Tbl fresh Lemon juice - it's filled with Vitamin C

1 Tbl Honey - it's antibacterial, and natural cough suppressant

½ tsp ground Ginger – antioxidant, helps with pain, nausea and boosts the immune system

¼ tsp ground Cloves - they reduce phlegm, and are full of antioxidants

Combine all ingredients in a medium sauce pan and place on medium heat. When it starts to simmer, reduce the heat and continue to simmer, stirring regularly for about 15 to 20 min. Line a baking pan with parchment paper. Remove pan from heat to cool a few minutes. When the syrup is thick and dark, drop by teaspoon on the paper in lozenge size wafers. When cool, dust with powdered sugar to prevent sticking together.