

# NATURAL COUGH LINCTUS

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## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein**

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## Introduction

The following natural cough linctus preparations can be effective in easing and relieving coughs.

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## Simple Homemade Cough Syrup

- 1/2 cup honey
- 1 lemon (juiced)
- 1 TBS glycerine

Heat the lemon juice in a saucepan without bringing to a boil, add to rest of the ingredients, mix the concoction thoroughly.

Pour into sterilized glass container, seal, and refrigerate.

Take 1 to 2 tablespoons as needed.

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## Honey

Taking 2 tsp. of honey may be as effective as *dextromethorphan*, the active ingredient in many over-the-counter cough syrups, according to Dr. James M. Steckelberg of the Mayo Clinic. Honey coats the throat, soothing the rawness and irritation. Additionally, honey may help to reduce congestion.

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### **Honey and Hot Water**

Mix 2 tsp of honey in a mug of hot water. Squeeze a wedge of lemon into the cup, and stir until the ingredients are well combined.

Sip slowly to soothe the throat and alleviate your cough. Honey will soothe your cough, while the lemon juice will cut through the mucous in the back of your throat.

Drink every few hours, as needed.

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### **Green Tea, Lemon, and Honey**

Green Tea laced with fresh lemon juice and honey is often effective with stubborn coughs.

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### **Raw Honey and Lemon**

This is a remedy for sore throats and tickly coughs.

A mixture of fresh lemon juice and raw honey provides soothing relief for sore throats and helps stop the tickle that stimulates coughing.

Mix the juice of 1/2 a lemon with 2 to 3 tablespoons of honey and sip throughout the day as needed.

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### **Pineapple Juice and Honey**

Eight ounces of warm pineapple juice and two teaspoons of honey make an effective cough syrup.

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### **Lemon and Pepper**

A traditional natural cough remedy is to sprinkle half a lemon with pepper and then suck it.

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### **Apple Cider Vinegar**

- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey
- 2 Tablespoons water
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger

Mix well and take by the teaspoon.

Take 2 to 3 tsp as needed during the acute phase, then 2 to 3 tsp, 3 to 4 x daily.

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## Apple Cider Vinegar and Honey

Add two to three teaspoons of apple cider vinegar to one 250 ml glass of water. Blend in a teaspoon of honey. Consider heating the concoction to better mix in the honey, and because a warm linctus is soothing when suffering from a dry cough.

Apple Cider Vinegar Mix

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## Apple Cider Vinegar

The following apple cider vinegar cure is designed for both a dry cough and an accompanying sore throat. Blend thoroughly together 2 or 3 teaspoons of apple cider vinegar with equal amounts of sugar and butter. Take the concoction 3 to 4 x daily

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## Steam Inhalation

Though not a linctus per se, steam carrying specific Aromatherapy Oils can be very effective in cases of coughs.

Suitable Oils include:

- Tea Tree
- Albas
- Lavender
- Eucalyptus

The steam will help to relieve irritation and congestion, and the oil(s) will help to deal with infection.

The procedure for Steam Inhalation is covered in, "*Steam Inhalation for Respiratory and Sinus Conditions*", Compiled by Campbell M Gold, in the Health Archive, at <http://www.campbellmgold.com>.

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