



NATURAL REMEDIES FOR COLD AND COUGH

1

Black Seed or Black seed oil

Black seed oil or black seed oil is known as the oil that can cure everything except death

It's has a lot of antioxidants

Great for immunity building

Cell regeneration eg skin and hair growth

Vitamins and minerals in small but concentrated amounts

Respiratory issues etc

If you are using the oil

1 tbspn daily above 1yr for 5 days

1/2 tspn daily below 1yr for 5 days

If using the seed

1 tbspn mixed in 1 tbspn of olive/palm/cold pressed coconut oil daily above 1yr for 5 days

1/2 tbspn mixed in 1 tbspn of olive/palm/cold pressed coconut oil daily above 1yr for 5 days

If the cough persists please go to the hospital

If you are using for general health purposes a maximum of 2 months at a stretch.

My advice is focus on using it maybe 2-3 times a week or when the weather or the child is exposed to conditions that can make them sick. I use mine when I notice a cough or cold.

So far for those who shouldn't use are people on certain medication so you would need to check with your Dr.

If you are on blood thinners or have bleeding issues or about to go for surgery then don't take black seed oil

2 Spirulina

Spirulina is a blue green algae that is one of the richest sources of protein it is also an Immune booster

Super food—concentrated amount of nutrients

Good source iron

Heavy metal detoxifier

Very easily digestible

For children for everyday use

6 months–3yrs–1 capsule

3–10yrs–2–3 capsules

10 and above–4 capsules

Adults–2–4 capsules

All the above is daily. However the child does not need to take it daily as it is still food.

Can be added to swallows, baked on low heat, cereals, food that is warm (do not cook it), smoothies and pap

Open the capsule and empty the contents into the meals.

If the child can swallow the capsule whole that is fine too

3 Echinacea/Elderberry tea

INGREDIENTS

1/4 cup echinacea dried
1 tsp lemongrass dried
1 tsp mint dried
1 tbspn of Rose Hips dried

METHOD

Mix all ingredients together and then add 230–250ml of boiling water. Allow the mixture to steep for about 15 minutes. Enjoy plain or with honey.

The herbs can be mixed in large batches and stored and then used as needed

RECOMMENDATIONS:

1 YR UPWARDS–90ML TWICE A DAY
ADULTS AND TEENS–120ML TWICE A DAY

USE ONLY 1 TBSPN OF LEMON
IF THERE IS HISTORY OF GASTRIC REFLUX

IF AFTER 5 DAYS THE COUGH GETS WORSE, A FEVER STARTS
OR THE COUGH DOES NOT DECREASE PLEASE TAKE THE
CHILD TO A HOSPITAL.

4

Lemon and Gingam tea

INGREDIENTS

- 1 Lemon
- 1 small Ginger root
- 2 tablespoon of Honey
- 1 teaspoon of Cloves

METHOD

Into a pot with some water, add grated ginger, cloves and bring to a boil.

Turn off heat and allow ginger and clove to infuse for 2 mins.

Sieve the water into cup and add lemon juice and honey.

Stir till well combined.

RECOMMENDATIONS:

1 YR UPWARDS-90ML TWICE A DAY

ADULTS AND TEENS-120ML TWICE A DAY

USE ONLY 1 TBSPN OF LEMON
IF THERE IS HISTORY OF GASTRIC REFLUX

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5

Garlic Cough Syrup

INGREDIENTS

6 cloves of Garlic
1 cup of raw Honey

METHOD

Chop the garlic and add it to a GLASS JAR.

Pour the honey into the GLASS JAR and
stir till well combined.

Place it in the fridge for
at least 48 hours before use

RECOMMENDATIONS:

1 YR UPWARDS-1 TABLESPOON 2 TIMES A DAY

ADULT AND TEENS-1 TABLESPOON UP TO 4 TIMES A DAY

IF AFTER 5 DAYS THE COUGH GETS WORSE, A FEVER
STARTS OR THE COUGH DOES NOT DECREASE PLEASE
TAKE THE CHILD TO A HOSPITAL.

6 Gineapple Syrup

INGREDIENTS

2 cloves of Garlic
6 pineapple chunks
Half a Ginger root

METHOD

Grate the ginger the garlic and add it to a GLASS JAR.

Pour the honey into the GLASS JAR and
stir till well combined.

Place it in the fridge for
at least 48 hours before use

RECOMMENDATIONS:

6-10 MONTHS-1 TEASPOON 3 TIMES A DAY

10 MONTHS UPWARDS-1 TABLESPOON TWICE A DAY

ADULT AND TEENS-1 TABLESPOON UP TO 4 TIMES A DAY

IF AFTER 5 DAYS THE COUGH GETS WORSE, A FEVER
STARTS OR THE COUGH DOES NOT DECREASE PLEASE
TAKE THE CHILD TO A HOSPITAL.

7 Vit C shot

INGREDIENTS

1 cup of freshly orange juice

1 heaped tbspn of Baobab and dates powder

METHOD

Put the Baobab and dates powder into the cup of orange juice and shake and mix till thoroughly combined

RECOMMENDATIONS:

6-10 MONTHS- 60ML DAILY

10 MONTHS UPWARDS-100-200ML DAILY

ADULT AND TEENS-300-500ML DAILY

8 Gnions Syrup

INGREDIENTS

3 large Ginger root

1 small Onion

METHOD

Blend the onion (with a little water) sieve. Grate the ginger and add into a pot.

Add water enough to cover the ginger then bring to a boil.

Sieve the ginger and mix the water with the blended onion till well combined.

RECOMMENDATIONS:

CHILDREN 3 YRS AND ABOVE- 10ML 2 TIMES A DAY

ADULT AND TEENS-30ML 2 TIMES A DAY

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9 Immunity syrup

INGREDIENTS

1 tspn of Agas Immunity mix

1 tbspn of Honey

METHOD

In a bowl mix the above ingredients together and
serve

RECOMMENDATIONS:

12 MONTHS-2YRS- 1/2 TBSPN DAILY

2YRS-6yrs- 1 TBSPN DAILY

6yrs and above- 1 TBSPN TWICE DAILY

IF AFTER 5 DAYS THE COUGH GETS WORSE, A
FEVER STARTS OR THE COUGH DOES NOT
DECREASE PLEASE TAKE THE CHILD TO A
HOSPITAL.

10 Immunity Tea

INGREDIENTS

- 1 tbspn OR 4-5 pieces of mint leaves
- 1 tspn of immunity mix OR tumeric ginger and garlic powder (mix together and use 1 tspn of the mix)
- 1 tbspn of lemon/ Apple cider vinegar (optional)
- 1-2 tbspn of dates puree or honey
- 200ml of warm water

METHOD

Add in the ingredients above into the water and stir till well combined

RECOMMENDATIONS:

12 MONTHS-2YRS- 50ML DAILY

2YRS-6yrs- 100ML DAILY

6yrs and above- 200ML DAILY

IF AFTER 5 DAYS THE COUGH OR COLD GETS WORSE,
A FEVER STARTS OR THE COUGH DOES NOT
DECREASE PLEASE TAKE THE CHILD TO A HOSPITAL.

11 Steam Inhalation

INGREDIENTS

2 drops of methanol/silverbird/peppermint
essential/tea tree oil
1/4 of a medium bucket of hot water

METHOD

Add the drops of oil of choice into the water and stir.
Cover the person head with a towel over the bucket
and inhale the steam for 5 mins at a time; MAX OF 20
MINS SESSIONS.

RECOMMENDATIONS:

12 MONTHS-2YRS- 1 SESSION DAILY
2YRS-6yrs- 2 SESSIONS DAILY
6yrs and above- UP TO 3 SESSIONS DAILY

IF AFTER 5 DAYS THE COUGH OR COLD GETS
WORSE, A FEVER STARTS OR THE COUGH DOES
NOT DECREASE PLEASE TAKE THE CHILD TO A
HOSPITAL.



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