



# IMMUNITY CARD

SIMPLE HOME REMEDIES FOR COLDS AND COUGHS

# Black seed oil (6 months)

1 tspn daily above 1yr for 5 days

1/2 tspn daily below 1yr for 5 days

## You can also mix as;

1 tspn mixed in 1 tspn of olive/palm/cold pressed coconut oil daily above 1yr for 5 days and 1/2 tspn of the same mixture for children below 1 yr

# Garlic Cough Syrup (12 months+)

## METHOD

## INGREDIENTS

- 6 cloves of Garlic
- 1 cup of raw Honey
- 1 tspn of immunity mix
- 1 onion pureed

Chop the garlic and add it to a GLASS JAR.  
Add the the honey, onions and immunity mix into the GLASS JAR and stir till well combined.  
Place it in the fridge for at least 48 hours before use

**RECOMMENDATIONS:** 5mls twice a day for 5 days

# Gineapple Syrup (6 months)

## INGREDIENTS

- 2 cloves of Garlic
- 6 pineapple chunks
- Half a Ginger root
- 1/4 cup lemon/water

## METHOD

Add all ingredients into a blender and blend smooth

**RECOMMENDATIONS:** 60-90ml daily for 5 days

# Lemon and Gingam tea (12 months)

## INGREDIENTS

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

## METHOD

Into a pot add 200ml of water, add grated ginger, cloves and boil. Turn off the heat and set aside for 2 mins. Sieve the water into a 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

If after 5 days the cough gets worse, a fever starts or the cough does not decrease please take the child to a hospital.

# Steam Inhalation (2 months+)

## INGREDIENTS

- 2 drops of methanol/silverbird/pepper mint essential oil/tea tree oil
- 1/4 of a medium bucket of hot water OR diffuser

## METHOD

Add the drops of oil of choice into the water and stir. Cover the person's head with a towel over the bucket and inhale the steam for 5 mins at a time; MAX OF 20 MINS SESSIONS. If using a diffuser set it in the room and allow the steam to circulate.

## RECOMMENDATIONS:

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

# MEET OUR FOUNDERS



MRS. IFEYINWA OMESIETE is a certified Nutritionist with a Bsc. In Nutritional Sciences from the University of Minnesota-Twin Cities. Her passion is to cater to the wellness of children dealing with nutrition and dietary ailments. With experiences ranging from picky-eaters to the management of genetic disorders through nutrition. She creates and introduces innovative recipes designed to improve a child's diet based on their diagnosis, physical activity and age bracket. She is the Pediatric nutritionist who slays!

MRS. OMOLABAKE MATTHEW-IBRAHIM is a digital content enthusiast with BSc. in Computer Science From the University of Lagos. Her passion for cooking, research and her new role as a mom birth her personal blog, Working mum Diary, where she shares her experiences as a working Nigeria mom. Through her blog contents (menu & recipes) she inspires moms to make nutritious feeding choices despite their busy schedule.



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