

2-INGREDIENT HOMEMADE SYRUP FOR **STOPPING COUGH** AND CLEARING PHLEGM FROM LUNGS



Natural Phlegm Recipe

National Geographic



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Conclusion Author Bio Introduction If you happen to enjoy your food it is possible that you may find yourself missing some particular ingredient because you are so used to seeing it being sprinkled on your food before it was served up to you These food items include salt pepper possibly some honey for sweet dishes sauces syrups nuts and of course garnishing like tomatoes onions and chopped coriander I am happy to introduce you to one of these wonder spices which also happens to be a herb It is known as coriander The leaves of the coriander are used along with the seeds which have a distinct flavor and taste This plant is an herb and that is why it is not going to grow very large Green coriander leaves are normally ground up in the summer along with mint leaves and made into chutney That is because there is an impression coming down through ancient times that coriander is excellent for cooling down your systems That is why coriander use is not encouraged in the winter Just imagine that you have had a hard day s work on a summer day You want to cool down really fast You immediately take a glassful of cold water or fresh juice and now you are ready for a meal That meal is accompanied with the fresh mint and coriander chutney Now this is the thing which is healthy it is going to keep your system warm and well toned and the best thing of all is that it is so delicious It is a perfect complement to the food that you are eating In the East it is normally given to people suffering from fever so that its diuretic qualities can get rid of any toxic wastes in the body and thus lower the fever Since ancient times coriander has been used all over the world as herbal remedies When people could not get to the wise man or to some ancient who was knowledgeable about herbal cures they used to resort to herbs like coriander and ginger and other such naturally healing medicines to take care of small and large problems and ailments in the family So the moment some child or some elder used to complain of some family problems brought about by either eating too much or too rich a diet the wise woman of the house would immediately feed him buttermilk in which she had added a little bit of green coriander leaves And soon that person would find him cured and as merry as a tadpole and chirpy as a lark Since ancient times powdered coriander seeds and their ground leaves have been used as an excellent remedy mixed with chopped coconut green chilies and ginger to get rid of any stomach ailments This remedy is still in use in places where you can get coconut easily Also do not use too many green chilies because they are just to heal You can seed them so that you do not have anything really hot and which you think is going to aggravate your tummy problem even more

Unveiling the Magic of Words: A Overview of "**Natural Phlegm Recipe**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Natural Phlegm Recipe**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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