

Homemade Cough Recipe – Whooping Cough

Equal parts of each herb in “**cut and sifted**” form:

- 2 parts Mullein
- 1 part Elecampane
- 1 part Slippery Elm
- 1 part Ginger
- 1 part Thyme
- 1 part Lobelia
- 1 part Yarrow
- Food grade vegetable glycerin
- Mason jars – pint jars work best in crock pot, or use quart jar(s) in pot.
- Cheesecloth, flour mesh towel, or other mesh material such as chiffon for straining herbs.
- Dish towel / other small towel or washcloth (to lay in bottom of crock pot).
- Crock pot or pot
- Glass bottle with dropper

Instructions:

- **For quick method:**
 - Fill a mason jar 1/3-1/2 full of herbs (1/2 full makes the brew stronger).
 - Add just enough hot water to get the herbs wet and fill the jar to about 1/2 inch from the top with glycerine.
 - Close jars and place jars in pot.
 - Fill pot with water up to bend of jar.
 - Soft boil for 3 hours.
 - Cool and strain using material such as chiffon.
 - Place glycerite into glass container or dropper bottle.
 - Close tightly, label and keep in in cool, dark place for one year or more.
- **For longer, stronger method:**
 - Fill a quart jar 1/3-1/2 full of herbs (1/2 full makes the brew stronger).
 - Add just enough hot water to get the herbs wet and fill the jar to about 1/2 inch from the top with glycerine.
 - Close the jar tightly, place it in a crock-pot with a small towel underneath to keep the jar from breaking.
 - Fill the crock-pot with water up to the top of the jar (not touching the lid), and leave it on the lowest setting for 3 days, keeping the glycerine hot but not boiling.
 - Add water as necessary.
 - After 3 days, carefully strain the hot and sticky herbal mixture through a cheesecloth into a glass container or dropper bottle.
 - Close tightly and label the glycerite tincture.
 - Keep in cool, dark place for one year or more.
- **Another possible longer, stronger method:**
 - Fill a quart jar 1/3-1/2 full of herbs (1/2 full makes the brew stronger).
 - Allow to sit for six weeks. Shake jar once every day or two during that time frame.
 - (*Optional but not necessary*) Place jar in water bath either in slow cooker or pot and slow boil the water surrounding it for 2-3 hours after 6 week period of time.
 - Cool and strain using material such as chiffon to strain your herb.
 - Place glycerite into glass container or dropper bottle.
 - Close tightly, label, and keep in cool, dark place for one year or more.

This tincture is more specific to cutting and removing mucus and phlegm, and assisting expectoration from the lungs. I made this formula specifically for my one year old who really had a hard time getting out the

mucus. Even though she would have frequent (terrible) coughing fits, they weren't very productive and she just kept swallowing any mucus that tried to come out. I originally made this without the slippery elm, but added it later to make it more effect, and it was!

After giving her this tincture, whenever she would cough, mucus and phlegm would come out by the handfuls. I kept a washcloth just below her chin to catch it all and wipe it away. I was amazed at how well it worked. You could also add one part Red Clover to fight off any bacteria or infections.

The standard adult dose is 1/2 to 1 teaspoon up to three times a day or as needed. For children, give 1/4 to 1/2 of the adult dose – depending on how young/small the child is.

Glycerites have a shelf life of approximately one to two years if stored in a cool, dark place.

Shari's website – along with other remedy recipes – can be found at this link:
<http://innergywellness.com/how-to-treat-whooping-cough-naturally/>