

An Unusual Culinary Column: Are You Still Living With That Pesky Cough?

By Karen Kain

Over the last six weeks I have been in four states, Nevada, California, Arizona and back to Oregon. Everywhere I went I met people that had 'that' cough. Before I left Oregon, I knew cold and flu season was in its prime, if you didn't have it yet you certainly knew someone with it. Now, that it is almost spring that pesky cough is still going round. So this week I will try to help you avoid the bronchial virus or at least bring you some comfort as you live with it.

The best thing to keep healthy is to eat well and of course, hand washing. Juicing is also very helpful. For the last four years I have been drinking 2 tablespoons of apple cider vinegar (ACV) with 1 tablespoon of organic honey in hot water every morning. I am extremely sensitive to caffeine and this has become my morning ritual, replacing coffee. ACV is a well-known anti-viral natural master tonic for flu. ACV has been associated with many health benefits, here are just a few: helps an upset stomach, cures hiccups, soothes a sore throat, helps to lower cholesterol, clears a stuffy nose, aids in weight loss, clears acne, gets rid of dandruff, boosts energy, helps with nighttime leg cramps, helps with bad breath, whitens teeth, fades bruises, and helps to control blood sugar. There is no doubt that getting more ACV in your diet is good for you. You can drink it in a tea, add it to your salads, use it in homemade tonics, as a detox bath and use it in your skin care regime.

When I heard that making ACV was easy to do, I wanted to try it. For this recipe I used whole apples, but you can use the core and skins only, which is perfect for the discarded bits when baking with apples. You can use a combination of 50% sweet apples, 35% sharp and 15% bitter if you like; I just used large red apples for my first batch.

I want to also include some other powerful homemade remedies that may help. The first is Garlic Syrup. Garlic Syrup is said to be 10 times more powerful than penicillin and it is easy to make and is also cost effective. You should always keep a batch on hand. Taking this syrup will help to boost your immune system and will aid in lowering your blood pressure as well as cholesterol. It will help reduce the number of colds and infections, and is also effective for treating gout, arthritis and joint aches.

Honey is an anti-bacterial, anti-viral and anti-fungal, and also helps with a bad cough. Garlic has antibacterial and antiviral properties that also help to boost your immune system.

Here are some natural cough remedies for you to try.

Thyme Tea – Mix 2 teaspoons of crushed leaves in 1 cup of boiling water, cover and allow to steep for 10 minutes. This will help to relax your tracheal and ileal muscles, which are involved with coughing and thyme will aid in reducing inflammation. This is a German recipe and used for upper respiratory infections, bronchitis and whooping cough.



Make a cough remedy tincture with Flax, honey and lemon – Boil 3 tablespoons of flaxseed in 1 cup of water, strain and add 3 tablespoons each of honey and lemon juice. Take 1 tablespoon as needed for your cough.

For a wet cough make a black pepper tea – Place 1 teaspoon of freshly ground black pepper with 2 tablespoons of hon-

ey in a cup, add boiling water, and allow to steep for 15 minutes, strain and sip as needed. This will stimulate the circulation of mucus.

For fast acting cough relief - Suck on a lemon quarter, sprinkled with salt and black pepper.

Sipping warm milk with a tablespoon of honey is also helpful as a cough suppressant.

Lastly, you can grind up some almonds and add to a cup of orange juice to help relieve bronchial spasms and coughs.

I hope that spring blesses us with beautiful weather, beautiful flower blossoms and healthy living.

Raw Apple Cider Vinegar

Ingredients:

- 5 Large apples, or the scraps of 10 apples
- Filtered water
- 1 Cup raw, local honey

You will need a wide mouth gallon glass jar, cheesecloth and a large rubber band.

Directions:

Wash and chop the apples into pieces no smaller than 1 inch, you can use the cores, stems and seeds. Put the apples into a 1-gallon jar, the apples should at least fill up to half way. Add room temperature filtered water completely covering the apples leaving a few inches from the top. Add the honey and stir to completely dissolve. Cover with cheesecloth and secure with a rubber band. Leave on the counter for 1 week mixing twice a day; this will form the hard cider. You

will see and smell bubbles starting to form as the sugar ferments into alcohol. When the apples sink to the bottom of the jar the hard cider is ready for the next step. Remove the apple scraps and keep the cider, putting it into a fresh gallon glass jar. Cover with the cheesecloth and rubber band. Let the cider sit for 3-4 weeks. This allows the alcohol to transform into acetic acid and good bacteria. You may see a small amount of sediment on the bottom. This is your mother culture. After 3 weeks you can start tasting it, if the vinegar has the right taste you can strain it and store it in a clean glass jar with a lid, if it is not strong enough leave it for another week. If the vinegar is too strong add some water to dilute it. Store it out of the sunlight. Raw apple cider vinegar does not go bad, if you get another mother film on the top just strain it again.

Garlic Syrup

Ingredients:

- 8 Peeled garlic cloves
- 1 Cup apple cider vinegar
- 1 Cup raw, organic honey

Directions:

Put everything into the blender and blend on high and pour into a glass jar then seal. Store in the refrigerator for 5 days and stir every day. After the five days the tincture is ready. Take 2 teaspoons in a tall glass of water first thing in the morning.

Karen Kain can be contacted at karenkain8@icloud.com.

VERNONIA CHRISTIAN CHURCH

We would like to invite you to join us
for our Easter Sunday Service.

Worship Service
March 27th
11:00 am

Pastor Sam Hough
410 North St.
Vernonia

office@VernoniaChristianChurch.org
503-429-6522

KLS SURVEYING

Owned and Operated by
Don & Kim Wallace

DON WALLACE, PLS
Professional Land Surveying
1224 E. Alder St.
Vernonia, OR 97064
Phone: 503-429-6115
FAX: 1-866-297-1402
Email: DWallace_KLS@msn.com

**Mariolino's
Pizza & Grill**

**Serving
breakfast, lunch & dinner**
Ice cream - cones, shakes & sundaes
Daily Specials

Family owned and operated for over 40 years.
721 Madison Avenue, Vernonia (503) 429-5018

ABSOLUTE MARBLE

QUALITY FABRICATION & INSTALLATION

**MARBLE
GRANITE
TRAVERTINE**

FREE ESTIMATES
Kitchen Countertops
Fireplace & Furniture
Tubs & Vanities

CCB#204480
Phone 503-429-2617
AbsoluteMarble@frontier.com