

# Cold Remedy

From Glenda James

## Ingredients:

1 lemon

1-2 garlic cloves

2 cups water

Honey or agave (optional)

## Directions:

1. Remove seeds and peel lemon. Peel garlic.
2. Put all ingredients into blender.
3. Sweeten to taste if necessary.
4. Do NOT heat. Drink 2 cups portion immediately.

NOTE: For this to be effective, drink two cups every 2-4 hours within a 24-hour period. No synthetic sugar intake (cakes, cookies, sodas, etc). Natural sugars (fruit, etc) are good.

Continue to take as needed depending on severity of cold.

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*Garden Exchange Workshop*

*Coleman Center for the Arts*

*Community Garden*

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