

Fire Cider

By Kathy Fitzpatrick

With the cold and flu season just around the corner now's a good time to whip up a batch of Fire Cider ! This remedy/recipe has been around for a very long time and has been credited to many different herbalists. It's a tasty, easy to make tonic. Fire Cider is an effective way to ward off the colds and the flu and works well at breaking up unwanted congestion. I enjoy the "fixings" on a toasted slice of Ezekiel bread. Some people steep theirs for only a couple of weeks, others, myself included, steep for at least 8 weeks, then strain into a clean jar. The following recipe is from Mountain Rose Herbs.

How to Make Fire Cider

Ingredients

1 quart Organic Apple Cider Vinegar

1/2 cup Horseradish root grated [fresh or from the store]

1/8 cup of Garlic chopped

1/2 cup of Onion chopped

1/2 cup of Ginger grated

1 tsp Cayenne

Directions

Place all ingredients in a quart jar and cover with Apple Cider Vinegar.

Cover tightly. Steep for 8 weeks. Strain into clean jar.

How to Use Your Fire Cider

~ Rub into sore muscles and aching joints.

~ Soak a clean cloth in Fire Cider to place on a congested chest.

~ Drink it straight or diluted in a bit of water or tomato juice. Start out with a tsp or so to test your tolerance level.

~ Mix with a bit of honey to ease a cough.

Individual tolerance to the heat will vary so you and your family will want to experiment with quantity.