

Thyme Cough Syrup

Be Your Own Doctor Recipe

1 cup Thyme leaf
1 cup Red raspberry leaf
3 T. Bayberry root
1 cup Marshmallow root
2 T. Fenugreek seeds
5 c. boiling water
Honey

Pour boiling water over the herbs; let sit for at least 5 hours.

Spoon herbs into cheesecloth and squeeze out the water catching it in a bowl. Discard herbs. Measure liquid and add as much honey as liquid to the syrup. Stir.