

Edu-Tip!

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Do you know those pretty yellow flowers that look like dandelions from a distance; the ones that are the first to pop up in the spring? Well, be sure you know what you're picking, but, they are called Coltsfoot and they come just as spring bronchitis appears. When the flowers are at their peak, pop off the blossoms, fill a jar with the flowers and pour 80-proof vodka to the top of the jar. Devil's Spring is a convenient brand. Allow this to set for a fortnight (as they say in the old botanical texts). After this 2 week period, you may decant and use as an effective natural cough treatments. If corked tightly, it will last for years.

To use for coughs draw up 10-20 drops into a pipette and drop into 4 ounces of water. This dose is administered every few hours or so. It is much less expensive on the body and the pocket book than antiquated antibiotics. It's effective and carries no questionable properties. Just like your own homemade soup.....your own homemade medicine!