

## Onion & Horseradish Elixir



**This kitchen elixir has strong decongestant qualities which is helpful for reducing excessive mucous and thus fight infection situated in the lungs. The herbs in the formula are directly effective against a wide range of infective agents, including bacteria, viruses, parasites and fungus. It raises body temperature, increases circulation and heightens the potency of the immune system. By increasing sweating, this formula improves the elimination of toxins from the body. The formula can be used as a preventative measure at the beginning of autumn when colds and chills emerge with the damper weather. It can also assist chronic, stubborn situations and acute short term conditions.**



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### SHAKE BEFORE USE

Take as needed to assist breathing. For long term support and prevention (*during the cold and damp*) use 5ml 1-2 x daily. If new to the formula start with 2ml daily and progress to adult dose below.

**ADULT DOSE:** 10ml 2-3 x daily, taken neat or in 25ml of fruit juice.

**WARNING:** Breast feeding women should be aware of the potential to affect the babies bowel movements.

**FOR BEST RESULTS:** Avoid mucous forming foods and thus excessive mucous load, which attracts infection in the throat and lung region. Therefore avoid all wheat and dairy products. Consume rice and corn pasta, oat cakes and other alternatives. Avoid tea, coffee and alcohol as much as possible to reduce the strain on the immune system. Drink 2 litres of room temperature water daily. Consider the Breathe & Clear Herbal Tea to further assist the lungs and enhance breathing.

### HERBAL INGREDIENTS EXPLAINED:

**ONION** – *ALLIUM CEPA* is rich in sulphur compounds which combat a wide range of micro-organisms partly by providing plenty of oxygen and partly through it's expectorant action. These attributes reduce the excessive amounts of mucous within the lungs and is used worldwide to treat colds and flu. Onions improve circulation and help keep the heart healthy.

**HORSERADISH ROOT** - *ARMORACIA RUSTICANA* is probably better known as a condiment these days than as a medicinal plant but the root has many healing qualities. It is a strong digestive stimulant, increasing gastric secretions and appetite. It is a diuretic and promotes sweating, making it useful in flu and fevers. It is a mild antibiotic, and particularly good for clearing the sinuses and helping the body rid itself of excess mucus.

**CHILLI PEPPERS** – *CAPSICUM MINIMUM* promote circulation and sweating, giving very cell in the body an increased flow of blood, warming the whole body. They are also antibiotic, and are a safe stimulant and tonic.

**GARLIC** – *ALLIUM SATIVUM* is an excellent remedy for all types of infections, having powerful antibiotic, antiviral, antifungal and antiseptic properties (*like onion it is rich in sulphur*). Unlike antibiotics, which destroy good bacteria along with bad, garlic stimulates the healthy growth of beneficial bacteria in the gut. It also thins the blood, improving circulation, and lowers blood pressure. (*It also reduces levels of fat in the blood.*) The Nobel Prize winner Dr. A Stoll proved that garlic treated a wide variety of disorders including whooping cough, colds, sore throat, emphysema, pneumonia and other respiratory illness.



**GINGER** – *ZINGIBER OFFICINALE* is particularly effective at promoting circulation in the peripheral blood vessels. It is anti-inflammatory, antiseptic and inhibits coughing. It increases sweating, facilitating the elimination of toxins and reducing fevers. Ginger is effective against a wide range of digestive upsets and helps digest this formula.

Elixir is in an apple cider vinegar base.

