

Homemade Cough Medicine

Ingredients

Approximately in equal parts

Onions (white or red)
Sugar (white or brown)

A Jam jar with a screw on lid



Video

Preparation

1. Peel onions and chop into large chunks.
2. Fill the jam jar, first starting with a thin layer of sugar then alternating between layers of onions and sugar ending with sugar.
3. Now let the jar steep for a couple of days at room temperature, shaking the jar in between intervals to mix together the onions and sugar.
4. When the sugar has completely dissolved you can put it in the fridge.
5. You can either use a clean dessert spoon to take the medicine or you can sieve the mixture and put the juice back into the jam jar, throwing the onion away. The juice keeps for about a week in the fridge.
6. Dosage: 1 Dessert spoonful 3 times a day. If you take it before you go to bed, don't forget to brush your teeth as the medicine has lots of sugar in it.

Tip: The finer you chop up the onions, the faster the juice is extracted by the sugar.