

COUGH AND BRONCHITIS WILL DISAPPEAR WITH THIS HOMEMADE NATURAL REMEDY

Bronchitis is a common respiratory problem defined by the bronchial tubes being aggravated by viruses, bacteria, irritants such as smoke, and other particles. These tubes carry to the lungs oxygen from the nose and mouth.

You should be able to treat acute bronchitis on your own, without any medical treatment.

Some of the oldest and most strong ingredients contain this modern natural treatment that soothes the throat and lungs and prevents coughing and bronchitis in no time!

You can use this treatment for both adults and children and enjoy its taste as well, thanks to the strong properties of honey and bananas that are used in the recipe!

With this drink, anything from a sore throat, bad cough, and even digestive problems can be treated.

For the remedy INGREDIENTS, you'll need:

- 40cl Of boiling water(about 1 cup and a half).
- 2 medium bananas riped with dots.
- 2 TBSP.Of pure honey.

HERE IS HOW TO MAKE IT:

Peel the bananas first then use a wooden fork or spoon to puree them. Do not use metal cutlery, since when in contact with metal, the bananas appear to darken.

After that, put the mashed bananas in a pot and add the boiled

water. For thirty minutes, let the mixture steep.

And finally, add the tablespoons of honey once the remedy is cooled down. If you like it translucent, you should strain the mixture. The last edition of the honey is essential because it does not lose its important properties to the boiling water.

USAGE:

Drink 10cl 4 times per day (total of 40cl a day) of this solution.

For one day, this quantity is reasonable and you can make a fresh one the next morning.

The first results will come in 5 days.

Appreciate nature more and still look to it for more meaningful remedies!