



Fire Honey

This warming immune-stimulating honey is a great preparation to have on hand when you are fighting off sickness! It lowers inflammation, helps with moving mucus, soothes cough, eases sore throat, boosts your liver function (and detox pathways), promotes healthy digestion, supports symptoms of acid reflux, and can even reduce joint pain.

This preparation definitely had a spicy/hot energy and should not be used for people who are sensitive or allergic to any of the ingredients.

Ingredients

- 1 cup raw honey
- 1 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp cinnamon
- 1 tsp ground turmeric
- 1 tsp ground ginger

Directions

- Add the 1 cup of raw honey to a pint mason jar.
- Add the cayenne pepper, black pepper, cinnamon, turmeric, and ginger.
- Stir until well mixed.
- Cap and label, store at room temperature in a cabinet.



To Use

- Add a teaspoon of the Immune Honey to a teaspoon of warm water and stir until well mixed.
- Drink daily as a wellness tonic or as needed for acute infections.