

## Beat the hateful colds with honey

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The common cold (also called nasopharyngitis, runny nose or cold), is a viral infection of the respiratory tract. Symptoms of colds such as runny nose, sore throat, cough, mild fever, continuous sneezing .

There are many ways to treat colds. And honey is one of the most effective ways to treat colds.

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Regularly use honey to improve the immune system and treat colds. Especially during these cold days, you are very susceptible to colds.



**Honey and cinnamon:** Honey has anti-inflammatory, antioxidant, antiviral and antifungal effects and prevents colds. Mix 1/4 teaspoon of cinnamon powder with 1 tablespoon of honey. Drink 2 times a day to keep warm from the inside.

**Honey and onions :** A combination of honey and onions helps your body warm up. Just cut the onions into thin slices, then mix with honey and leave overnight. Mix with warm water to drink. This tea is great for keeping warm and preventing colds in cold weather like this.

**Honey, lemon and ginger:** Drinking warm water with honey, lemon and ginger to drink will help warm your body for a few minutes while preventing colds.

**Honey and cinnamon tea:** Honey combined with cinnamon tea can soothe cold symptoms. This mixture also prevents coughs from sore throats. You only need to add 2 tablespoons of honey to cinnamon tea. Drinking this mixture several times a day will make you feel a quick relief of colds.

**Honey and lemon tea:** Honey and lemon tea are also an effective treatment for colds. Drink this mixture regularly in the early morning to promote maximum effectiveness.

**You can refer to some of the following articles:**

1. **Simple ways to avoid drowsiness after eating**
2. **In these ways, it is possible to clean up the smell of your family's refrigerator**
3. **Top 8 effective cancer prevention foods**

**Wishing you and your family a happy new year!**

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