

# The juice of pineapple juice is 5 times more effective than syrup cough

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Both economical and non-toxic, the **pineapple juice** mixture can **treat coughs** more than 5 times more effectively than cough syrup.

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**Vitamin C** not only enhances the immune system, creates substances that work **against** recurrent **infections** , colds and flu, but it also has the potential to reduce the symptoms of a dry warehouse. The pineapple contains bromelain - a protease enzyme mixture with **anti-inflammatory** properties. The combination of these nutrients helps prevent disease and kill bacteria, including those found in the throat. In fact, the study found that pineapple-derived ingredients can reduce mucus five times faster than cough syrups sold directly at drugstores.



## How can cough symptoms be treated?

Pineapple juice can treat most **persistent cough** symptoms, as long as it is not as serious as pneumonia. If you have a **cold** , skip drinking cough syrup and drink the pineapple juice mixture right away. Both economical and contain no harmful chemicals and provide nutrients to the body against colds.

## How effective is the pineapple juice mixture?

Besides providing **nutrients** in pineapples, drinking pineapple juice also eases the throat and supports the discharge of mucus easily. Thick and stubborn mucus in the lungs or sinuses can cause coughing, sneezing, and long and painful infections.

In a study published in " *Der Pharma Chemica* " in 2010, researchers found an effective treatment for patients with **tuberculosis** , an infectious disease caused by *Mycobacterium tuberculosis* (the bacterial cause tuberculosis). As part of this study, they discovered a mixture of **pineapple juice, pepper, salt** and **honey** used for patients every day, helping to dissolve mucus in the lungs - thus helping us Get rid of the terrible sore throat!



## How to make syrup from pineapple

### Ingredient:

1. 1 cup of fresh pineapple juice
2. 1/4 cup of fresh lemon juice
3. 1 piece of ginger
4. 1 spoon of pure honey
5. 1/2 spoon of Cayenne chili powder

### Using

Mix all the ingredients together. Drink 1/4 cup of pineapple juice mixture every day, drink 2-3 times a day and repeat it daily until the cough and sore throat is gone.

Now you know how to get rid of cough symptoms naturally without using drugs! I hope you will soon get rid of the cough. Good luck!

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