

Honey Fire Cider

Apple cider vinegar and honey are the two main allies of this powerful and yummy herbal elixir, also known as Oxymel in the ancient Greek pharmacopoeiae.



The word oxymeli translates as “acid and honey” and dates back to the age of Hippocrates, where vinegar and honey were used to extract properties from medicinal plants.

This oxymel is a spicy yet sweet tonic which will boost your immune system. Due to its fermented nature, it stimulates digestion and improves blood circulation. The synergy of medicinal herbs and healthful spices, will help raise your inner thermostat during cold times. It can be used to prevent and treat colds, or also as a cough syrup which will soothe dry throats.

Ingredients

Unpasteurized apple cider vinegar, honey, turmeric, lemon, elderflower, ginger, rosemary, thymes, garlic, onion, radish, chilly peppers, black pepper, star anise, cinnamon & carrot.

Dosage & Use

Shake well before each use.

Take 1 tablespoon each morning to help warm up or triple that if you feel the sniffles coming on.