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**Say Goodbye To Cough Phlegm, Flu, and Clean The Lungs Forever With This Old Remedy**

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Natural remedies are always a better option than conventional solutions.

Find the healthiest combination of ingredients that works best for you. That is the only way to avoid any side effects. We give you a recipe that is safe for both children and adults. Remember, the original recipe uses fresh carrots, as they provide the maximum benefits.

**What makes carrots that powerful?**

* Stronger immunity
* Optimal cardiovascular health
* Healthy cholesterol levels
* Great skin complexion and acne treatment
* Proper detoxification
* An amazing source of calcium required for good digestion

Let’s get you through the ingredients:

Ingredients:

* ½ kg carrots
* 3-4 tbsp. organic honey
* purified water

Preparation:

Peel and clean the carrots. Transfer them to a pot, and turn the heat on bedium high. Cook your carrots until they become soft. Preserve the liquid.

Mash the carrots. Add 3-4 tablespoons of raw and organic honey to the liquid in which you cooked your carrots, and stir in the carrot puree.

Keep your remedy in a cool place.

Sources and References:
[homehealthystyle.com](http://homehealthystyle.com/index.php/2016/07/30/say-goodbye-to-cough-phlegm-flu-clean-the-lungs-forever-with-this-old-remedy/)
[www.healthyfoodteam.com](http://www.healthyfoodteam.com/say-goodbye-cough-phlegm-flu-clean-lungs-forever-old-remedy/)

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