

## Chinese Herbal Flu Remedy - from K.H.



- 3 medallions (round slices) of fresh ginger
- 3 cloves garlic, slightly crushed
- 2 Tblsps. fresh thyme, coarsely chopped
- 1-2 small hot peppers (jalapeno or others), chopped or sliced
- 3-4 green onions, washed but with roots left on, sliced

Put all ingredients in a bowl. Pour hot water over, and let steep, covered, for 15 minutes. Strain and drink. Break a sweat, cover up well, avoid chill, and sleep.