

Sage & Honey Tea (for Sore Throat)

Ingredients

- 1 teaspoon dried sage leaves (or 5 fresh leaves)
- 1 cup boiling water
- 1 teaspoon raw honey (added after steeping)

Instructions

1. Place sage leaves in a cup.
2. Pour boiling water over them.
3. Cover and steep for 7 minutes.
4. Strain and let cool slightly.
5. Stir in honey (adding after steeping preserves enzymes).

Benefits

- Sage is antibacterial and anti-inflammatory, calming throat irritation.
- Honey coats the throat and provides soothing relief.
- May help reduce coughing and swelling in the tonsils.

Warnings

- Avoid very high doses of sage (contains thujone).
- Honey is not safe for children under 1 year.
- Always consult your doctor if sore throat lasts more than 3 days with fever.