

## **Cough remedy: Fight with flax, honey, and lemon**

Ground flax, when combined with a liquid, forms a mucus-like substance, which soothes the cough reflex, explains Dr. Solomonian. Honey has the same effect. "Lemon tends to cut mucus, so if the cause of the cough is post-nasal drip or tonsillitis, the lemon might alleviate that a bit," she says. For this at-home remedy, boil 2 to 3 tablespoons of flaxseeds in 1 cup of water until the water becomes thick. Strain, then add 3 tablespoons each of honey and lemon juice. Take 1 tablespoon as needed for cough treatment. Learn about the 13 reasons your cold just won't go away.