

# HOW TO GET RID OF COLD AND COUGH FAST?

## 7 Best Home Remedies



### Garlic

Crush 4-5 cloves, sauté in ghee, and add to your diet to combat cough and cold.

### Turmeric and Milk

Mix turmeric powder with hot milk and drink before bed for faster healing.

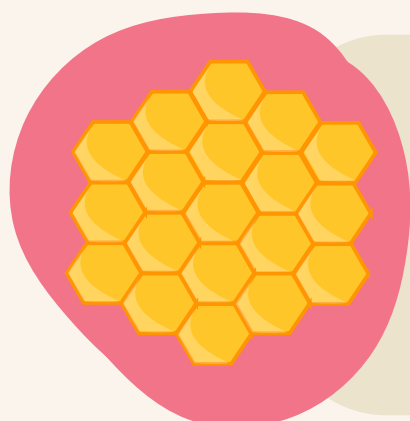


### Ginger and Honey Tea

Brew a soothing cup of ginger and honey tea to alleviate symptoms.

### Eucalyptus Oil

Inhale steam with eucalyptus oil and warm water for effective relief.

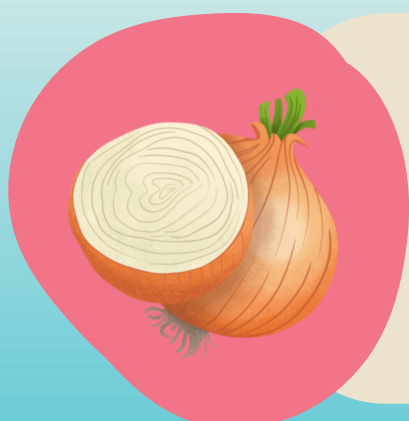


### Honey

Add honey to ginger tea or warm water, and consider adding lemon for extra benefits (except for infants).

### Warm Chicken Soup

Provides relief by soothing the throat, clearing congestion, and supporting the immune system.



### Onion Juice

Consume one teaspoon of onion juice every few hours to ease cough and cold symptoms. Boosts the immune system and reduces irritation.