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## Cold Medicine

<http://www.homeschoolfitnesscoach.com/blog/cold-medicine/>

Everyone in my family is fighting off a nasty cold. I imagine we caught it at church last week. It's hit everyone except Dad. I think he's hoping he catches it so he can play hooky for a few days. We rarely get sick in our house since we changed our eating habits three years ago. I even had to look up our favorite chicken soup recipe that everyone likes when they're sick. I hadn't made it in a very, long time. This is our version of cold medicine. I try not to give my family any over the counter medications unless it is really necessary. With the newest recall on Dimetapp and other phenylephrine products, I'm thankful I don't. Sometimes we tend to overmedicate our bodies instead of letting it heal itself. Every snuffle and cough does not need to be medicated. If the cough is so bad that it is keeping my kids up all night I will use a cough syrup. I also like to use Vicks Vapor rub on their chests to help clear up some congestion. I use extra pillows and prop them up so they have better drainage while they sleep. It helps my little ones sleep better. So, I thought I would share my chicken soup recipe. It's nothing magical, but it is the ultimate comfort food when you're sick. Chicken Soup - Cold Medicine 1 whole chicken 1/2 cup water 2 tbsp black peppercorns 2 bay leaves 1/2 cup whole, baby carrots 1 whole onion, chopped into quarters 1 celery stock, chopped Place all in a crockpot and let it cook overnight on low. Next morning, remove chicken and let it cool. Shred the chicken and set aside half of it for another meal. Strain the chicken stock, discarding all the remaining veggies and place strained stock into a large pot. Add veggies of your choice and the shredded chicken I like to add: whole baby carrots red potatoes snow peas shredded cabbage broccoli cauliflower spinach (added right before serving) cilantro garlic Italian seasoning salt and pepper Bring up a boil, then bring down to a simmer and cook until the veggies are tender. I always add the quick cooking veggies after the potatoes and carrots are tender so they do not get overcooked. There was an actual study done on chicken soup as a remedy for colds. They concluded that chicken soup has anti-inflammatory benefits. Grandma always knows best. Post from: Homeschool Fitness Coach

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