## **QUESTION OF THE WEEK**

## **Q:** What thyme is it?

Thyme-thymus vulgaris is a lonely spice is our cupboard. Besides the rare recipe that



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calls for this ingredient, thyme has wonderful medicinal properties. Thyme is an effective treatment for cold symptoms, asthma, and upper respiratory conditions, reducing inflammation in the bronchial tubes and decreasing mucus production. It has antibacterial, antifungal, antiviral, and antiprotozoan characteristics. Thyme purchased at a health food store is more

effective as a tincture than as a tea. It is a great alternative to traditional cough syrup, especially when administered with a teaspoon of raw honey.

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