

The recipe below is both delicious and soothing as we transition into the fall season when coughs can appear.

**Ingredients:**

4 cups water
1/4 cup of almonds (about a handful)
2 pears (any variety), cut into pieces
1 or 2 large pieces of tangerine peel
2 to 3 tablespoons of honey

Directions:

Bring the water to a boil in a large pot. Add the almonds, pears and tangerine peel. Allow the mixture to boil down to two cups. Stir in the honey. Drink while warm once or twice a day for about a week.

Compliments of [Dr. Debra Bebell](#) , Acupuncture Physician