

## **Cough Syrup for a damp cough**

**This is a cough syrup to help too much mucus**

2 parts wild cherry bark

2 parts white pine bark

1 part elecampane

1 part yerba santa

1 part licorice

1/2 part thyme

1/2 part cinnamon

mix all as a 1:6 ratio for glycerite

mix all as a 2:5 ratio for tincture w 50% alcohol