

3 Healing Soups

for a Head Cold



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If you are suffering from a head cold, one of the best things you can do is give your body healthy foods without a lot of artificial ingredients. You might know that chicken noodle soup does a body good when you have a cold, but that's not the only type of soup that is good for you. Here are some different options to try out.

Spices That Can Treat the Cold & Flu

When you have the cold or flu, it is important that you maintain a healthy diet without any preservatives or added ingredients that your body doesn't need. However, there are some ingredients that are great to use, especially in soups and other soothing foods to eat when you are sick. These include many spices that provide healing benefits, as well as flavor.

Ginger

Among the different types of spices that can help with the cold and flu, ginger is probably at the top of the list. This powerful spice is not only great with many types of cuisine, but also has some health properties. Particularly, it contains a natural anti-inflammatory property that can help to clear your sinuses when you have the cold or flu and can also ease your headaches and nausea that often come from these types of viruses. There are many ways to use more ginger when you are sick, from adding it to your chicken noodle soup, to making a hot tea with ginger and lemon.

Cinnamon

The great thing about using cinnamon is that it is delicious, easy to use daily, and something most people love. Cinnamon is a spice that can be used for both sweet and savory dishes, so no matter what your palate or preferences, it shouldn't be hard to increase its usage each day. Cinnamon is a wonderful spice for your immune system and can help treat side effects from having the cold or flu. It has natural antioxidant properties and can increase blood flow in your digestive system. Try adding it to oatmeal, cereal, coffee or tea, or savory dishes.

Cloves

Another spice that will help you if you get the common cold or come down with the flu is cloves. This goes great along with cinnamon, especially with your seasonal recipes. It is great that these spices help with a cold, since fall is the season when you would get the illness anyway. Cloves work similar to other herbs in that they naturally have properties to help relieve your body of viruses and infections. As an added bonus, clove is wonderful for any type of toothache you might have.

Turmeric

The last spice to add to your spice cabinet for healing powers is turmeric. This has been popular for a few years now and isn't going anywhere. It naturally has anti-inflammatory properties, along with being an antioxidant and antiviral spice. Turmeric has a bright orange color and is great with savory dishes, along with tea and tonic. If you are making a pot of coffee, you can even add some turmeric and cinnamon to your coffee for a little spice and to help treat the cold or flu at the same time.



Here are 3 amazing soup recipes to help combat your cold:

Bone Broth Soup

Makes 4 servings

3-5 pounds of soup bones*

Water (enough to cover the bones)

1 tablespoon Bragg's raw apple cider vinegar

***NOTE:** Ask your local butcher shop for soup bones. Soup bones are usually very cheap, if not free!

In a stock pot, add the soup bones and enough water to cover. Add raw apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keep in the fridge for a few days, or for four to six months in the freezer.

If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.



Creamy Sweet Potato Soup

Serves 4

2 sweet potatoes, chopped
1 apple, cored and chopped
2 garlic cloves, chopped
1 onion, chopped
2 cups vegetable broth
1 13.5-oz can of coconut milk
1 teaspoon cinnamon
1 teaspoon nutmeg
Sea salt and black pepper to taste

Add the chopped sweet potato, apple, garlic, onion, vegetable broth, coconut milk, cinnamon, nutmeg, sea salt, and black pepper to a large pot over high heat. Cover and let it boil. When the pot begins to boil, turn down the heat to medium and allow the pot to simmer until the sweet potato is soft (about 15 to 20 minutes). You can serve the soup as is, or you can blend the soup using an immersion blender or high-speed blender.

Cauliflower, Sweet Potato and Kale Soup

Serves 4

1 head of cauliflower, chopped
1 large sweet potato, chopped
1 bunch kale, chopped
1 onion, chopped
1 garlic clove, diced
1 teaspoon rosemary
1 32-oz box of vegetable broth
Sea salt and black pepper to taste

Add the cauliflower, garlic, sweet potato, kale, onion, rosemary, and vegetable broth to a large pot over high heat. Cover and allow the pot to come to a boil. Once the pot is boiling, turn down the heat and let it simmer for about 20 minutes until the vegetables are soft. Add sea salt and black pepper to taste.

