

## Mint your way, through monsoon!

Mint, known for its fresh flavor, also offers benefits beyond the culinary world. Mint, that aromatic herb you love in your mojitos, is a powerful natural remedy for coughs. Packed with anti-inflammatory and expectorant properties, it can soothe your irritated throat and help clear

### Harness the Power of Mint for Cough Relief

#### Soothing Mint Tea

Steep fresh mint leaves in hot water for a few minutes. The resulting tea can help calm irritated throat tissues and reduce cough frequency.



#### Inhale the Benefits

Add a handful of fresh mint leaves to a bowl of boiling water. Inhaling the steam can help clear congestion and ease breathing discomfort.

#### Have menthol crystals?

Add a few crystals to eucalyptus oil and warm it. Applying this on the blocked nose opens up blocks



#### Irritating throaty cough?

Roast few mint leaves and chew them with little honey/ Palm jaggery



### Grow Your Own Mint Oasis



The monsoon season is the perfect time to cultivate your own mint plant. It thrives in humid conditions and requires minimal care. Simply plant a cutting in a pot with well-draining soil and place it in a spot with indirect sunlight. With a little love, you'll soon have a fresh supply of mint leaves at your fingertips.

For doubts and queries, please reach out:  
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