

Ask Aunt Nettie: Vegan Cures for Colds

Vegetarians in Paradise

Dear Aunt Nettie,

It seems every winter I catch one or two nasty colds and suffer for weeks with lingering symptoms. Is there anything I can take to prevent a miserable winter?

Your friend,

Diane

Diane Darlin'

Gosh, sufferin' from a miserable cold that wants to be a hanger-on-er kin be a terrible ordeal fer anybody, but there's help fer it. But when I tell ya what it is, don'tcha git yer dander up 'n' say, "I cain't."

Git yerself over ta the market, 'n' treat yerself to a heap o' those nice sweet onions, maybe those dee-lishious Maui onions. Now yer gonna eat 'em ever' day, 'n their best when they's raw as kin be. Cut 'em inta yer salad, tuck a nice thick slice inta yer san'wich, or jes bite inta the whole thing jes like it was an apple.

Now if'n ya cain't find them sweet onions, git them brown ones 'er even them red beauties. They's a little stronger, but mighty good with the antibacterial 'n anti-viral power.

One o' my favorite onion treats is a nice thick raw onion slice top o' some sprouted rye bread with some fresh ripe avocado spread on it. Now that's good eatin' 'n' it's good fer ya, too.

If ya really cain't stand 'em raw, well, then cook 'em 'n eat 'em ever' day that way. Now, ya might could jes add some fresh garlic to yer fixin's fer a bigger protection.

Here's hopin' y'all have a healthy winter, darlin'.

Yer ever lovin' Aunt Nettie

Source:

<http://www.vegparadise.com/>