

COLD AND FLU HERBAL REMEDIES

Echinacea: E. Angustifolia; E. Purpurea

Parts used: Root 3rd year, flowers and seeds at maturity.

Actions: Immune stimulant, Anti-inflammatory, Anti-bacteria, cell normalizer.

Active against: Staphylococcus aureus, Streptococcus sp., Mycobacterium tuberculosis, Abnormal cells (direct application necessary).

Echinacea: Should be used at the very onset or when you feel the earliest hint of that tingle in the body that signals the approach of symptoms. It is at this point that Echinacea is most effective. It must be taken in large doses and frequently to be effective.

Dosage: 1-2 dropperfuls every hour; 2 capsules every hour; 1 teaspoon per cup

(can be used in conjunction with Goldenseal, but pause goldenseal use after 2 weeks -- it acts as an antibiotic)

Red Root: Ceanothus

Parts used: Root

Actions: Lymph System Stimulant, Anti-inflammatory, and Tonic

Red Root: helps to clear out the dead cellular tissue from the lymph system, and allows the healing process to increase, sometimes dramatically. It is useful when any of the lymph system is swollen, infected or inflamed.

Vitamin C: Vitamin C provides a protective function against free radicals, supports strong connective tissue and coronary arteries, reduces wound healing time and stimulates the immune system.

Indigenous peoples diet regularly contained evergreens. Additionally pine bark in conjunction with fresh evergreen tips was used as medicine. Pinebark (Picnagenal) just under grape seeds is the highest in proanthocyanidins this is a powerful antioxidant and potentiator of Vit. C= less Vit. C for more effect.

Garlic

Actions: Anti-bacterial, Anti-viral, Antiseptic, Antiparasitic, Antiprotozoa, Antifungal, immune stimulating hypotensive.

Active against: Tuberculosis, Candida, Dysenteriae, Staph, Pseudomonas sp., E. coli, Herpes Simplex, Influenza B, and HIV.

Use Garlic oil for Pain and Infection of the ear, sinuses or lungs. Place 10 cloves of garlic (peeled) in 1 cup olive oil, bring to a boil and simmer for approx. 45 mins until garlic is brown, but not charred. Cool, squeeze out the garlic cloves and store in glass jar. Apply with the fingers to affected area every 2 hours (wear old clothing).

Most powerful herb for the treatment of antibiotic-resistant disease (followed by grape fruit seed extract) No other herb comes close to the multiple system actions of garlic, its antibiotic activity, and its immune-potentiating power. Eat 1 clove 3 x daily for prevention.

Elderberry: Sambucus Nigra

The blue/black berry group (**STAY AWAY FROM THE RED AND WHITE ONES**).

Parts used: Berries and flowers, but leaves, bark and root all have a long tradition of medical use.

As an antiviral, Elder inhibits viral replication. In use for Ebola and Swine Flu. **NOTE: studies show conflicting results for elderberry use in covid patients, and they are leaning toward not recommending it.**

Ginger

Part used: Root

Actions: Antibacterial, antiviral, circulatory, stimulant, anti-inflammatory, anti-spasmodic, anti-emetic, anti-fungal, anti-arthritis, analgesic.

Active against: Malaria, dysentery, pneumonia, Staphylococcus sp., Candida, E. coli, Streptococcus sp., Salmonella.

Gingers anti-cough action rivals that of codeine, and its strong expectorant and antihistamine actions help thin bronchial mucus and move it up and out of the system. For Gingers anti-viral effects it must be consumed fresh.

Fresh Ginger Juice Tea

Combine ¼ cup of the fresh juicer with 12 ounces hot water, 1 tablespoon wildflower honey, ¼ lime, 1/8 teaspoon cayenne. Drink 4-6 cups daily.

Lobelia

Parts used: all aerial part *esp.* seeds.

Actions: Expectorant, bronchodilator, anti-spasmodic.

Caution: Always use in low doses! People with heart issues should take hawthorne berries to improve heart function for a few days prior to taking lobelia. Do not use during pregnancy.

Schizandra / Schisandra

Parts used: Seed, Fruit (use as a tea or herb in capsules)

Actions: Decongestant; anti-inflammatory; vasodilator; good for liver, skin, brain, anti-aging.

Caution or Contraindications: Pregnancy/ breastfeeding; high blood pressure; gallstones; peptic ulcers; fever

Nasal Spray formula for Sinus Infections

5 drops of Eucalyptus Tincture

5 drops of Usnea Tincture

5 drops of Echinacea Tincture

5 drops of Sage Tincture

5 drops of Juniper Tincture

3 drops of Grapefruit Seed Extract (GSE)

Place tinctures in a 1 ounce (30ml) Nasal Spray bottle, add pure water to make 1 ounce (30ml.) and replace cap. To use spray into nostrils as often as desired.

Contact Brent and Shari Waggoner for more information: waggonerusa@gmail.com

This seminar does not intend to diagnose disease nor to provide specific medical advice. Its intention is to inform and educate. The presenters intend that participants use the information in cooperation with a medical or health professional.