

## HERBS, OILS, TEAS AND TINCTURES TO BOOST THE IMMUNE SYSTEM

The leaves, stems and roots of many plants contain nutrients and components with tremendous healing properties. Listed here are some that are especially noted for their ability to boost the immune system.

**Astragalus** – Can protect the body from infections by stimulating antibody activity, which include B cells, T-cell function and macrophages (all important to fighting viruses and bacteria). Up to 1,500 mg of Astragalus can be taken per day to support immunity.

**Echinacea** – Commonly used to prevent and treat infections, Echinacea produces antibodies while reducing inflammation thus aiding the immune response. Researchers have found that Echinacea can reduce the common cold by 55% and lessen the duration of upper respiratory infections. Up to 900 mg per day can be taken each day for up to 8 weeks. Long-term use, without a break, is not recommended.

**Elderberry**– Strong antioxidant properties are contained in Elderberry to help activate immunity. Rich in flavonoids, Elderberry can increase the production of cytokines to stimulate the immune response. It can also decrease flu symptoms, as researchers found subjects taking Elderberry had a decrease in flu-like symptoms four days earlier than those taking a placebo. Up to 1,500 mg of elderberry can be taken each day.

**Goldenseal Root** – Valued for its immune-enhancing properties, Goldenseal's antimicrobial activity is used to fight bacteria, fungi, and parasites. Goldenseal root improves immune function by increasing the activity of immunoglobulin antibodies. Up to 500 mg can be taken each day in divided doses.

**Grapefruit Seed Extract** – Citrus paradisi, or grapefruit seed extract, is derived from the seeds, pulp, and membrane of grapefruit. It has anti-bacterial, anti-fungal, and anti-viral properties. Researchers found that GSE inhibited the development of 67 different bacterial strains that were exposed to GSE overnight. Recommended dosage is 100 mg to 300 mg each day.

**Nettle** – Some natural doctors say this is the only herb needed for illness treatment. It contains large amounts of vitamins and trace minerals and helps the body stay hydrated and remove toxins. In a tea with Red Raspberry Leaf, Alfalfa and **Peppermint**, it makes a powerful immune supporting and illness preventing remedy.

**Oregano and Oregano Oil**- Oregano oil is a potent natural antibiotic and antiviral. When 5-6 drops are put in a glass of water and gargled, it can stop a sore throat in its tracks. 5-6 drops in a glass of water swallowed can help kill flu or infection in under 24 hours. It is tough to get kids to

take oregano oil, as it is very strong. Pregnant women should not take oregano oil. Oregano literally means "joy of the mountain!"

**Olive Leaf** – Flavonoids and phenolic compounds, found in olive leaf extract, can stimulate antioxidant and antimicrobial activity. Oleuropein, one of these primary compounds, has been shown to delay bacterial and fungal growth that impairs the immune system. Researchers have found oleuropein inhibits the development of viral infections, suggesting olive leaf extract can destroy viral agents. Supplementation can be up to 1,500 mg each day in divided doses.

**Y.U.C.K. Your Ultimate Cold Kicker**                      \$12.00

A powerful combination of herbs and healing oils known to stimulate the immune system. Promotes anti-inflammatory, anti-viral, anti-bacterial, anti-fungal anti-septic, and astringent responses in the body. Used to prevent or lessen the recovery time from a cold or flu infection. Ingredients include echinacea, elder berry, olive leaf, white oak, astragalus and eucalyptus.

\*\*Avoid during pregnancy due to circulatory stimulation in the uterus.

<http://www.purifiedlifefnaturals.com>

**Other helpful websites:**

<http://natural-healing-guide.com/natures-remedies/Grapefruit-seed-Extract.htm>

<http://appliedhealth.com/4-ways-to-boost-immune-system/>

[http://wellnessmama.com/1499/natural-remedies-for-illness/Our Father's Healing Herbs:](http://wellnessmama.com/1499/natural-remedies-for-illness/Our-Father's-Healing-Herbs)  
<http://healingherbs.biz/> (Colds, Flu & Fever Tea)

<https://www.mountainroseherbs.com/> Bulk herbs, essential oils

<http://www.vitacost.com/> Wide selection, great prices

<http://www.pipingrock.com/oregano-oil/oil-of-oregano-liquid-extract-3600>

