

The Well Being's Herbal Allies Workshop Series




SEASONAL WELLNESS - HERBS FOR THE IMMUNE SYSTEM

OCTOBER 5, 2019


Ways to maintain Wellness during the Fall



Stay grounded with nature

Mother Nature provides all the cues we need for seasonal transitions  reflect on the subtle daily changes and what is happening around us


Sleep with the natural cycles of the season

Shortening days and longer nights are nature's signal to slow down and nourish ourselves  get some rest, relaxation and quality sleep

Stay active with seasonal outdoor activities

Inactivity over the cooler months causes stagnation of the lymphatic system, circulatory system, metabolism, and weakens the immune system

Boost the immune system


Warm the body with herbs and grounding vegetables - roasted squash, roots, sautéed dark leafy greens  use an immunity boost when needed

Herbs for Boosting the Immune System

Immunity: *“the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells”* - Oxford English Dictionary

Echinacea (*Echinacea purpurea*)


General tonic, immuno-modulator & immuno-stimulator, lymphatic, antimicrobial (antibacterial & antiviral), anti-inflammatory, anti-allergic, diaphoretic, anti-catarrhal, detoxifier, alterative, peripheral vasodilator, bitter, vulnerary

 Treatment for the common cold, coughs, bronchitis, upper respiratory infections, and some inflammatory conditions



Astragalus (*Astragalus membranaceus*)


Mild adaptogen, immune tonic, anti-bacterial, heart tonic, liver protectant

 Used to defend against pathogens (viruses and bacteria) and support a healthy immune system; can be taken long term as a tonic herb for fibromyalgia, diabetes; common cold and upper respiratory infections



Elderberry (*Sambucus nigra*)

Anti-viral, anti-phlegm, respiratory tonic; antioxidant; anti-inflammatory

 Reduces duration of colds, flu and infections; prevents flu virus; acute immune and respiratory support



Elderberry Immunity Booster



Copyright © 2019 Limitlessness, LLC -
All Rights Reserved

Traditional Elderberry Syrup Recipe

TIME: 1 ½ hours 🌿 YIELD: 24 ounces 🌿 COST: \$7.00

MATERIALS

large pot
large bowl
strainer
cheese cloth
liquid measuring cup
bottles
labels



INGREDIENTS

1 cup dried Elderberries
2 cups water
1 large thumb of fresh sliced Ginger root
1 Cinnamon stick
1 cup Honey

Optional: 1/8 cup of high proof alcohol

DIRECTIONS

- Add water, ginger, dried elderberries and cinnamon to large pot.
- Bring mixture to a boil; then reduce to a simmer until desired thickness, approximately 30-45 minutes.
- Strain mixture using strainer lined with cheese cloth. Once berries have cooled, wring extra juice out from the berries using the cheese cloth.
- Measure Elderberry liquid and add it to large bowl. While still hot, add equal part honey and mix.
- Pour mixture slowly into bottle(s); label with date and ingredients. Store in the fridge and use within 3 months.

DOSAGE

Adults: Use 1-2 tablespoons several times a day when needing a immunity boost.

Children: Ages 1-3: ¼ teaspoon daily - Ages 4 and up: 1 teaspoon daily

WARNING: Do not give honey products to children under 12 months old.

Elderberry Syrup: Step-by-Step



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

Fire Cider












WHAT IS FIRE CIDER?

Fire cider is a traditional immune-supporting remedy with deep roots in folk medicine

- Infused apple cider vinegar packed with powerful immune-boosting, anti-inflammatory, anti-bacterial, anti-viral, and circulatory herbs
- A defense against cold and flu pathogens at the first sign of cold symptoms and as a decongestant and expectorant when the cold has set in
- Stimulates digestion and helps move circulation throughout the body and to the periphery

Sip a shot glass a day beginning in mid-autumn and throughout the winter months

Herbal Benefits of Fire Cider

-  **Apple Cider Vinegar** - lowers blood sugar, cholesterol levels, and blood pressure; anti-bacterial properties
-  **Ginger root (*Zingiber officinale*)** - nausea, morning sickness, gas, indigestion; used to treat the common cold, flu-like symptoms, headaches, and painful menstrual periods
-  **Horseradish root (*Armoracia rusticana*)** - rich in folate and sinigrin; helps the body break up congestion and calms inflammation
-  **Onion (*Allium cepa*)** - antioxidants, quercetin, minerals - potassium and sulfur; digestive health, immune function
-  **Garlic (*Allium sativum*)** - sulfur compound allicin is antiseptic properties, combats microbes causing the common cold, flu, sore throat, sinusitis, and bronchitis
-  **Cinnamon (*Cinnamomum cassia*)** - antioxidant, anti-inflammatory, lowers blood sugar levels, anti-bacterial, anti-fungal
-  **Turmeric root (*Curcuma longa*)** - curcumin - antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal properties
-  **Cayenne (*Capsicum annum*)** - rich in capsaicin which assists the body in managing inflammation; boosts metabolism
-  **Honey (raw)** - antibacterial, anti-inflammatory, antioxidant properties; energy booster

Traditional Fire Cider Recipe



INGREDIENTS

- 1 large red onion, chopped
- 3 heads garlic, chopped
- ½ cup fresh ginger root, grated
- ½ cup fresh turmeric root, grated
- ¼ cup fresh horseradish root, grated
- Fresh cayenne or jalapeño peppers
- Honey to taste
- Raw, unpasteurized apple cider vinegar

DIRECTIONS

- Place all ingredients except honey in a half-gallon jar, and cover with raw, unpasteurized apple cider vinegar. Be sure to cover the herbs by at least few inches.
- Cut a square of parchment or wax paper and cover the jar before tightly capping it.
- Store in a warm place for a few weeks, shaking the jar daily.
- After three weeks your fire cider will be ready.
- Add warmed raw honey to taste. Mix thoroughly and bottle.