

## **Welcome to the Elderberry Workshop**

### **Presented by Heart & Soul Naturals**



#### **History of Elderberries**

- There are about 30 known types of Elder plants and trees around the world.
  - The European version (Also known as the Sambucus nigra) is one most closely tied to your health and healing.
  - Its history dates back to as far as 400 BC.
- Hippocrates the, "Father of Medicine," called the elder tree his, "medicine chest."
  - In folk medicine today, the elderberry is considered one of the world's most healing plants.

#### **Elderberry Facts**

- The berries of the elder tree are packed with antioxidants and vitamins that are known to boost your immune system, tame inflammation, lessen oxidative stress and help protect your heart.
- Elderberries are an alkaline plant.
- Elderberries provide Beta Carotene which converts to Vitamin A in the body. This vitamin helps to fight free radicals that damage your skin, heart and lungs. Vitamin A also helps to fight inflammation, which can interfere with the proper functioning of cells and muscles.
- Elderberries also provide calcium and serve as a substantial source of Vitamin C which facilitates body tissue repair and assists in the formation of collagen.
- Elderberries are also a source of magnesium, potassium, and niacin.
- Unripe and even Ripe berries can contain trace amounts of cyanide. Therefore, elderberries should always be cooked or processed before consumed.
- The only parts of the elder tree that can be used are the flowers and ripe berries. Stems, bark, leaves and roots contain a naturally occurring chemical compound called cyanogenic glycoside, which releases the poison hydrogen cyanide.

#### **Ways Elderberry has been used for medical treatments**

(Sources Include: NIH PubMed & WebMD)

- Prevent and ease cold and flu symptoms
- Constipation
- Joint & Muscle pain
- Reducing Inflammation
- Respiratory Infections
- Headaches
- Fever
- Kidney Problems
- Epilepsy
- Minor Skin Conditions



- Stress
- HIV & AIDS

### **Precautions**

- No data is available regarding elderberry safety in people who are pregnant or breastfeeding.
- People with certain autoimmune diseases should avoid elderberry- Elderberry can worsen the symptoms of an autoimmune disease as it may stimulate more activity in the immune system.
- Elderberry may reduce the effectiveness of immunosuppressant drugs.

### **Sources of Elderberry & What to look for**

Elderberry products can be found in many forms, including:

- Syrups
- Teas
- Capsules
- Gummies
- Tonics
- Tinctures
- Topical Ointments

Remember not all supplements are created equal, and this unfortunately can be true with elderberry supplements as well. Dietary supplements are not regulated like conventional food products and drugs in the United States.

When purchasing over the counter supplements, always look for products that have undergone third party testing to confirm that the contents match what's on the label. Studies have been done evaluating elderberry products on the market, finding that many DID NOT contain elderberry. Instead, they contained elderflower or were mixed with other ingredients such as, black rice extract or purple carrot extract.

(Look for supplements with USP, NSF or ConsumerLab Label indicating they can be trusted to contain the listed ingredients.)

### **Ways to Prepare Elderberry at home**

Today we are going to discuss 4 of the 5 ways we prepare elderberries at Heart & Soul Naturals.

These are infusions, tinctures, cordials and syrups.

### **Infusions**

An Infusion is just a fancy way of saying tea. Steeping dried elderberries can almost be a controversial topic. Some sources will tell you to steep in simmering water for as little as 5 mins to as much as 20 mins. (Fresh berries should ALWAYS be cooked for at least 20 to 30 mins in simmering water)

Other sources say there is no need to simmer for so long if berries are dehydrated, because the dehydration process cooks them enough already.

Either way you decide, the longer you simmer the more flavor, of course.



### **Tinctures**

A tincture is a concentrated herbal extract. All tinctures are extracts, but not all extracts are tinctures.

For a true tincture, alcohol must be the solvent used to extract the herbal properties.

Our alcohol of choice for our tinctures is vodka (100 proof for that perfect 50/50 water to alcohol

ratio, though 80 proof will suffice.)

Some herbalists will tell you to only use grain alcohol, I personally disagree. After all of my research I have found that grain alcohol preparations can actually be very dangerous, if not diluted properly to make it safe for consumption.

Fresh tincture ratio is normally 1:2 (plant matter to alcohol)

Dry herb tincture ratios range from 1:3 to 1:5

Simply fill a mason jar with the correct amount of herbs to alcohol, cover, label and let sit in a cool, dark place for 6 to 10 weeks. When done, simply strain and cheesecloth your tintured herbs. Tinctures will stay good for several years when stored properly.

### **Cordials**

Cordials are a fun way to reuse your elderberries (or any berry you tincture). After straining your tincture. Do not press or squeeze the berries. Return them to the tincture jar and proceed to fill the jar with fresh raw honey.

Let sit for 4 to 6 weeks and you have yourself a delicious medicinal cordial.

### **Syrups**

When it comes to herbal medicinal syrups, elderberry is probably the most well known and has grown in popularity greatly over the last 5 years. What most people don't know is how EASY it can be to make your own at home. Not to mention, how much more affordable and just the pure

fact that you know the exact ingredients being used.

There are many recipes that you can find when searching. The recipe we use at Heart & Soul Naturals has a special ingredient that we haven't found in any other recipes online. Maybe that's what adds that extra yummy goodness to the blend!

A great tasting syrup is a good way to get all those amazing vitamins and minerals into our children. Sweetening with local raw honey is also key, giving you all the benefits of the honey as well.

I also must mention that there is a huge misconception when it comes to elderberries and when you should be taking it. A lot of people believe that it is only necessary to take it when feeling ill OR have been ill already for an extended period of time.

On the contrary, Elderberry does its best work in the body when taken as a daily supplement. The work that it does in the immune system makes it a wonderful preventative.

***Thank You All for Coming Today! Please feel free to ask us any questions you may have.***