

# Herbs for the immune system

Vinegar Infusion – thyme, rosemary, sage, oregano, garlic

Water infusion - Echinacea Tea

Honey syrup – elderberry/decoction



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# The Immune System is affected & influenced by...

## Weakeners

- #1 Stress
- Poor nutrition
- High Blood Sugar & High Insulin
- Unbalanced food choices
- Food preservatives
- Emotional upset
- Scary / Sad movies, books, art, music
- Lack of daily movement – lymphatic
- Incorrect environment ...
- Too loud
- Too cold /hot
- Not enough rest
- Not enough friendship
- Hungry
- Tired

## Strengths

- Joyful life-style approach
- Laughter, relaxation
- Massage – relaxing & lymphatic
- Positive social connections
- Fermented foods
- Balanced diets with high quality foods. Eating on time
- Herbs for stress tonics
- Herbs for immune tonics & stimulants
- Herbal anti- biotics
- Comfortable environment...
- Light, proper temps
- Sleep & wake cycles not extreme

# Herbal Vinegars.

## Herbal Vinegars

Any herb can be infused into a vinegar

Vinegar is a natural preservative

They can be used for flavoring foods

Or as “herbal aides”

They can be mild and pleasurable

Or strong and biting



## Apple Cider Vinegar... What is it?

Natural Apple Cider Vinegar is made from fresh, crushed, apples and allowed to mature. It goes through 2 fermentations, (alcohol to vinegar). When mature, it contains a web-like substance, called "mother" that is naturally occurring pectin and apple residues - it appears as molecules of protein connected in strand-like chains. Some people feel the best vinegar contains this mother and is not pasteurized. It is "live".

It can be used on its own as a health aide.



## Apple Cider Vinegar Benefits

Body & skin PH balancer

Heart burn & reflux

Reduce allergies – reduces mucus & sinus congestion

Reduces inflammation

Conditions & detangles hair

Anti-fungal for nails & skin

Reduces Candida Yeast in & on body – enzymes dissolve it

Acne treatment

Joint soothing bath ( 1 to 2 cups )

It is mixed with drinking water for chickens for internal parasites & bathing water for ducks.

## 4 Thieves Vinegar... Many Versions on the Same Legend Natural Anti-Biotic, Anti-Viral, Anti-Septic, Anti-Fungal

Erika's version

4 cups of good vinegar

2 TBSP Dry Thyme

2 TBSP Dry Rosemary

2 TBSP Dry Lavender

2 TBSP Dry Mint

4 to 8 Cloves of Garlic (optional but valuable)

Fresh can be used –reduce the quantity of herbs



## 4 Thieves Vinegar...

### Val's version

- 1 cup of good vinegar
- 1 T Dry Thyme
- 1 T Dry Rosemary
- 1 T Dry Oregano
- 1 T Dry Sage – substitute for mint
- 2 cloves Garlic

Place herbs in a jar. Cover with vinegar. Cap tightly.  
Store in a cool place





## Making of the 4 Thieves Vinegar

Use plastic wrap to protect metal lids from strong vinegar.  
Leave cool & dark for 6 to 8 weeks –shake daily if possible.  
After 6 to 8 weeks, strain out herbs.  
Bottle “Vinegar Tonic” in smaller jars.  
Label.



## Uses of the 4 Thieves Vinegar

Your uses will depend on the intensity of the garlic smell.

Insect Repellent for pets & people:  $\frac{1}{4}$  cup vinegar in 8 oz spray bottle topped off with water

Sickness: Quicken recovery. Adults 1 TBSP diluted in water several times a day

Children 1 tsp very well diluted 2 to 3 times a day

Disinfectant home cleaner: 1 to 1 dilution in water (again the garlic version not the most enjoyable )

Foot & Nail fungus: Soak every day for 2 weeks to 3 months.

Dandruff and Hair Rinse & Shine : dilute  $\frac{1}{2}$  TAB with 1 cup water

# Purple Cone Flower / Echinacea

Make a tea, add honey for immune support.



Lymphatic System

Improve Lymphatic  
Filtration & Drainage

Strengthen Immune  
Function with  
polysaccharides, fatty  
acids, glycosides

Stimulates T-Cell  
Formation

Inhibits bacteria & viruses

Increases antibody  
responses to interferon

Safe in Pregnancy

Caution if taking meds for  
autoimmune disease –  
may inhibit liver enzymes

Cooling: Long term use  
need to balance with  
warming herbs in winter

# Purple Cone Flower / Echinacea

Leaf    Root ( stronger medicinal )

Prepared and taken as tea, as tincture, or in pill form



This is one of our strongest herbs to boost the immune system when it is under threat.

Most people take it as tea. (leaf)

I occasionally use a tincture. (root)

Or decoct the root and make tea.

Can be used as a bath tea to help detoxify the lymph system.

# Purple Cone Flower / Echinacea

*Echinacea purpurea*; fibrous root

*E. Angustifolia*; tap root

*E. pallida*; tap root

There are 6 other species, none used medicinally



Robust

Native exclusively to North America

“Echin” = hedgehog, picky

Used extensively by First Nations as a way to ease pain and treat colds, coughs, colic and even snakebite.

Fell into dis-use in America but became popular in Germany in the 1930s

*E. Purpurea* is easiest to grow and has the widest range. All commercial crop is cultivated, not wild harvested

# Immune System Tonic Prevents viruses from entering

## Elderberry Decoction / Infusion

1/4 cup ( about 1 oz ) of dried RIPE Elderberries  
(1/2 cup if using if fresh or frozen) remove stems!

1 cups Water

1/2 cup Honey – local wild preferred

Optional-warms the body & anti viral / bacterial

1/2 Tablespoon fresh grated ginger

1/2 cinnamon stick ( or some powder )

2-3 pieces of clove



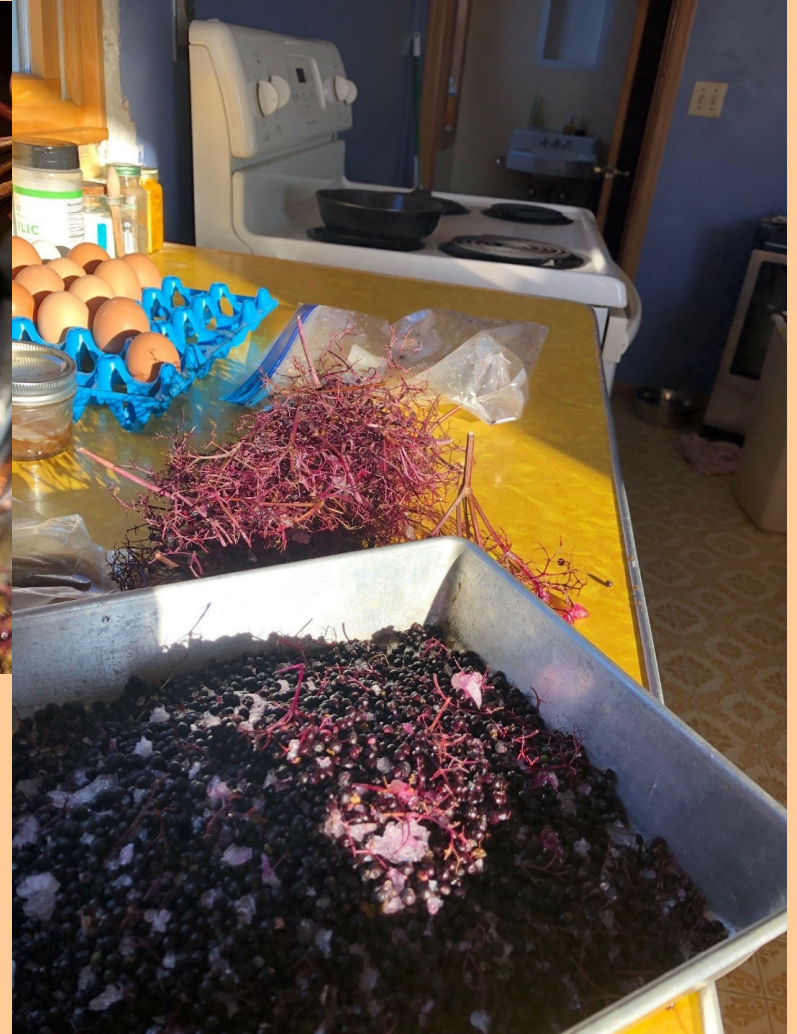
**Safe for kids &  
adults**

**Use 1 Tablespoon a  
DAY for good health**

**1 Tablespoon an  
HOUR when sick**



Put whole umbel in ziplock bag in freezer. Smack the back to dislodge the frozen berries



## Steps to make Elderberry Syrup

Put 1 c water and ½ berries in pot and bring to a boil  
Turn down heat & Simmer covered on low until  
reduced by ½ usually about 10 to 15 minutes

Take the “decocted” herb liquid and strain over a bowl,  
pressing with a spoon to get all the good juices

Now add 1/2 cup of honey stir  
Let cool and bottle & label

Shelf Life : Store in closed jar in frig for 2 to 3 weeks



## Elderberry (Sambucus Nigra)

Tonic

Stimulate & Strengthen Immune System-boosting the production of cytokines

High in vit C, Vit A & B

High in Flavonoids –quercetin

Anti- Oxidants

Anti-Viral

Cough Cold Flu -less severe, shorter sickness

Nurture the heart , support the eyes



Bioflavonoids and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell.

Uncooked, unripe berries and other parts of plants from this genus are poisonous. The Nigra var. is considered “least minimally toxic” and safer to work with

## Garlic is the other “super” immune system herb

We make garlic tincture in lab – this is an alcohol or glycerin infusion

1 clove garlic  
2oz high proof alcohol or 2 oz glycerin

Mash clove, let it sit for 10 minutes  
Stuff it into dropper bottle  
Add alcohol or glycerin

Let it sit for a month before use

Dose: 5 drops in your tea or under your tongue.  
Twice a day.

Use only when your immune system is actively  
challenged for up to two weeks

Do not use over long periods of time -

