

# Get well soon!

*If you have succumbed to the dreaded lurgy, at least these natural remedies from Toni Green will have you feeling human again sooner.*



## **Boneset** (*Eupatorium perfoliatum*)

This immune-stimulating herb got its name as a remedy for ‘bonebreak fever’ – which is the old name for influenza, symptoms of which, of course, include aches, pains, and fever. Boneset is antiviral, helping to dry up mucus and speed detoxification. Herbalist Simon Mills says, “Boneset provides an excellent diffusion of heat out of the body, so is particularly useful for respiratory sources of fever, such as influenza and catarrhal conditions generally. A Phytotherapy Research study shows that boneset stimulates white blood cells to destroy disease-causing microorganisms better. It combines well with elderberry and echinacea. **Dosage:** Drink 2-3 cups of boneset tea while in bed, to induce sweating.

## **Elderberry** (*Sambucus nigra*)

A time-honoured remedy in Europe, this supports tissue detoxification, reduces fever, and rids the body of pathogenic viruses and bacteria. It contains compounds that inhibit type A and type B flu viruses from invading respiratory tract cells, effectively stopping them from getting a hold in the body in the first place. **Dosage:** At the first sign of symptoms, take the tincture in hot water before bed.

## **Echinacea** (*Echinacea angustifolia*)

Certainly one of the best-researched herbs for colds and flu, echinacea is an excellent blood cleanser and stimulates the activity of white blood cells, which are your body’s first line of defence, and increases their ability to engulf and therefore destroy invading pathogens by boosting production of interferon and other infection-fighting substances. Research in Phytotherapie confirms that echinacea significantly increases resistance to flu, and also reduces lymphatic swelling, nasal inflammation, and headache.

**Dosage:** Take according to label instructions.

## **Garlic** (*Allium sativum*)

Long used to improve health and fight disease, garlic exhibits a broad natural antibacterial and antiviral action against both gram-negative and gram-positive bacteria, as well as the human influenza virus. Its infection-fighting prowess is due to allicin, which is one of the plant kingdom’s most powerful antibiotics. Garlic’s active ingredients are eliminated via the lungs, which is the exact place we need them to be to target colds and flu. Garlic also boosts mucus production and thins it, for easier removal. **Dosage:** Add regularly to food and take supplements as prescribed.

## **Ginger** (*Zingiber officinale*)

Warming, anti-inflammatory ginger is a boon in winter, helping to boost immunity and promote sweating, which speeds toxin removal. It also contains antiviral, antioxidant and antiseptic compounds and acts as a mild sedative, making it an all-round useful preventive as well as remedy for colds, flu and sore throats. **Dosage:** Drink 2-3 cups of tea, or take supplements as prescribed. \*

### \* **D-I-Y** with Toni:

#### **Best-ever cold and flu tea**

Simmer 2 cinnamon sticks with a knob of sliced fresh ginger and a pinch of cayenne pepper in 1 cup of water for 20 minutes. Strain, add honey to taste, and drink hot.