



NATURAL SOLUTIONS

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Make Your Own Cold Remedy

Echinacea and **Goldenseal** are two immune-boosting herbs that, when made into a hot tea with either ginger or chamomile (two other immune supporters), give you a warming, potent brew that effectively battles cold viruses.



Goldenseal

Echinacea works by encouraging the body to produce its own antiviral weapon, interferon, a substance that cold-infected cells release in tiny amounts as they die. Interferon signals white blood cells that an infection is at hand and summons their help. Cells bathing in Echinacea show similar behavior. **Goldenseal** contains the powerful natural antibiotic berberine, which is also an immune stimulant. It activates macrophages, the immune cells that engulf and destroy bacteria, viruses, and other foreign substances.



Echinacea

The most convenient way to take Echinacea and goldenseal is to use commercially prepared tinctures. Add a dropperful of each to a cup of chamomile or ginger tea. Brew the chamomile tea either with a tea bag or by steeping a teaspoon of the dried flowers in a cup of streaming hot water for three minutes, then straining.

Drink a cup of this cold-fighting tea four times a day when you have a cold or when you are at a risk of incurring one (for instance, when you are around children who have colds, are under severe stress, have a poor diet, or feel generally run down). You can also take Echinacea and goldenseal by adding a dropperful of each to a cup of water and drinking it four times a day.



Chamomile

Caution: Most natural health practitioners recommend against taking Echinacea or goldenseal on an ongoing basis. Reserve these herbs for times when you are actually threatened with a cold or other illness.