

# Elder

## *Sambucus nigra*

Other Names:	European elder, Black elder
Description:	A shrub to small tree with masses of cream-colored umbrella-shaped flowers and bright blue, edible berries.
Part Used:	Flowers
Action:	Diaphoretic, Antimicrobial
Category:	Specific, Cleanser
Systems:	Respiratory, Urinary, Blood
Taste:	Acrid, Bitter
Energy:	Cool
Primary Uses:	Colds, Fever, Flu, Side Effects from Inoculations
Caution:	None noted
Preparation:	Infusion; Tincture; Capsules
Dose:	1 cup 2-3 x daily; 1 teaspoon tincture in a little water 3 x daily; 1-2 capsules 2-3 x daily
Products:	Tincture, Lotion, Capsule, Homeopathic tablet, Extract, Bulk Herb



**Health Benefits:** Extracts from the bright blue elderberries are popular in formulas to prevent and treat the common cold and influenza. They are also considered beneficial for chronic rheumatism, neuralgia, and sciatica. Elder flowers are classically used for colds, flu, and fevers, as they contain strong diaphoretic and cooling activity. They are commonly used in Europe as a diuretic and laxative as well as for weight loss. Elder flowers are one of the ingredients in a popular flu remedy combined with peppermint leaves and yarrow flowers. Elder is often included in formulas for hay fever and sinusitis. The herb is an effective detoxifier and helps clear infections such as acne, boils, and skin rashes. They are employed in lotions as a general astringent for the skin.

# Horehound

*Marrubium vulgare*

Other Names: White horehound  
Description: A hairy greenish-white perennial in the Mint family with whorls of small two-lipped white flowers.

Part Used: Flowering Tops  
Action: Antitussive  
Category: Specific  
Systems: Respiratory, Digestive, Liver

Taste: Bitter  
Energy: Cool  
Primary Uses: Asthma, Chronic Coughs, Lack of Appetite

Secondary Uses: Arrhythmias, Chronic Cough

Caution: Contraindicated during pregnancy

Preparation: Infusion; Tincture; Syrup

Dose: 1/2 to 1 cup 2-3 x daily; 2-4 droppersful 2-3 x daily; 1 tsp 2 x daily

Products: Tincture, capsule, Bulk Herb

Health Benefits: Horehound is commonly used for the respiratory system in coughs, colds, asthma, sore throat, and fever. As a bitter, it is used to stimulate the appetite and promote the flow of bile. Horehound is believed to correct irregular heartbeat. Horehound candy was popular in the past as a cough lozenge. See Lesson 4 for instructions on making lozenges.



# Mullein

## *Verbascum thapsis*

Other Names:	Aaron's rod
Description:	A triennial from the Foxglove family with a tall stout woolly stem, alternate woolly leaves, and small yellow flowers with purple spots inside. The leaves are harvested at the end of the first year or beginning of the second year of growth; the flowers are collected as they open.
Part Used:	Leaf, Flowers
Action:	Antitussive, Demulcent
Category:	Nutritive Tonic
Systems:	Respiratory, Urinary
Taste:	Astringent, Bitter
Energy:	Cool
Primary Uses:	Chronic Cough, Ear (middle) Inflammation, Emphysema (mild), Weak Lungs
Secondary Uses:	Asthma (dry), Bladder Infection (chronic), Bronchitis (chronic), Cystitis (chronic)
Caution:	None noted
Preparation:	Infusion; Tincture
Dose:	1 cup 2-3 x daily; 1-2 droppersful 2-3 x daily
Products:	Tincture, Oil, Bulk Herb
Health Benefits:	Mullein leaf is a highly regarded, safe lung tonic of particular use for respiratory ailments, such as asthma, laryngitis, chronic bronchitis, and dry coughs. The leaves have an expectorant and soothing effect on the mucous membranes of the respiratory tract. Mullein is one herb recommended for children and adults to add to nearly all respiratory formulas. It can be considered to have a general tonic effect on the lungs. It is pleasant-tasting and not harsh, so the herb can be used as desired. The oil, made by infusing mullein flowers in olive oil, is beneficial for earache and inflammation. Two to five drops are placed in the ear several times daily. Mullein is also cleansing to the lymphatic system and is helpful for relieving skin problems, such as psoriasis.



# Bronchitis

## Recommended Herbs:

Boneset	Tincture	25-40 drops 2-3 x daily
Elecampane	Decoction: 8 grams	1 cup 2-3 x daily
Hyssop	Decoction: 1-4 grams	1 cup 2-3 x daily
Mustard	Whole seed: 1-2 grams to 1 pint hot water	Apply as a plaster to affected area
Respiratory Formula	Tincture	25-40 drops 3 x daily
Usnea	Tincture	1-2 droppersful in water 2-3 x daily
Hyssop	Decoction: 1-4 grams	1 cup 2-3 x daily
Iceland Moss	Decoction: 6-15 grams	1 cup 2-3 x daily
Lungwort	Decoction: 2-6 grams	1 cup 2-3 x daily
Irish Moss	Decoction: 4-8 grams	1 cup 3 x daily
Sundew	Tincture	25-40 drops 2-3 x daily

## Medical Description:

Bronchitis is inflammation of the bronchi, part of the system of tubes that transport air throughout the lungs. Bronchitis can be acute, which is often associated with viral or bacterial infections, or chronic, which can be caused by long-term exposure to air pollutants and cigarette smoke. Chronic bronchitis can also occur with chronic asthma, and it is often difficult to separate the two.

## Holistic Program:

Herbs for acute bronchitis include immune stimulants (echinacea, garlic, thyme), cooling expectorants (usnea, Iceland moss, pleurisy root, English ivy) if there is heat, warming expectorants (osha, grindelia, pine bark, elecampane, senega), and respiratory tonics (mullein, codonopsis, licorice, Solomon's seal).

## Colds, acute

### Recommended Herbs:

Calendula	Infusion: 1-4 grams	1 cup 2-3 x daily
Chamomile, Roman	Infusion: 10 grams	1 cup 2-3 x daily
Colds Formula	Tincture	1-2 droppersful up to 5 x daily
Eucalyptus	Infusion: 3-9 grams	1 cup 2 x daily
Ginger	Decoction: 3-9 grams	1 cup 2-3 x daily
Mustard	Powder	1-2 500 mg capsules 2 x daily
Osha	Tincture	10-30 drops 2-3 x daily
Pennyroyal	Infusion: 3-6 grams	1 cup 2-3 x daily
Peppermint	Essential Oil	2-3 drops 2-3 x daily

### Medical Description:

A cold is an acute viral infection of the upper respiratory tract. Symptoms include sore throat, runny nose, and sinus congestion. Because our sense of well being disappears and we feel fatigued, we have a greater tendency to rest and recharge our vital energy resources—something we don't often give ourselves permission to do. When was the last time you just lay in bed, receiving tender loving care and taking a total rest for a few days? Even then, more often than not, we will not allow ourselves any time to recuperate, but push ourselves to get back to work.

### Holistic Program:

The syndrome that we call a cold is thought to be a "healing crisis" in natural medicine. We can take a negative attitude about a cold or flu and resist it by taking strong pharmaceutical products like antihistamines and aspirin, but an alternative approach is to consider the whole process a positive one. The viral infection is putting our immune system through its paces and may strengthen it in the process. When we have a cold, it is best to work with this opportunity and enhance elimination, relaxation, and immune activity. A good herbal program will include immune stimulating herbs, herbal decongestants, respiratory stimulants, diaphoretics to remove heat and toxins from the body through the sweat, and antivirals.

A good herbal program will include immune stimulating herbs (echinacea), herbal decongestants (eyebright, yarrow, ma huang), respiratory stimulants for colds (colds formula, yerba santa, eucalyptus, osha), respiratory stimulants for flu (usnea, lungwort, Iceland moss), diaphoretics to remove heat and toxins from the body through the sweat (yarrow, elder flower, peppermint, blue vervain), and antivirals (lemon balm, garlic, echinacea, wild indigo, elder flower).

Adjunct Therapy: Hot footbaths.

## Flu

### Recommended Herbs:

Garlic	Whole bulb: Crushed cloves	1 clove before meals
Echinacea	Tincture	1 dropperful 4-5 x daily
Elder	Infusion: 5-10 grams	1 cup 2-3 x daily
Yarrow	Infusion: 4-6 grams	1 cup 2-3 x daily
Boneset	Tincture	25-40 drops 2-3 x daily
Yerba Mansa	Tincture	1-2 droppersful 2-3 x daily
White Willow	Decoction: 3 -9 grams	1 cup 2-3 x daily

### Medical Description:

Flu, or influenza, is a viral infection of the respiratory tract. Common flu symptoms include fever, headache, muscle aches, and weakness.

### Holistic Program:

The syndrome that we call the flu (influenza) is thought to be a "healing crisis" in natural medicine. Although a number of influenza viruses have been identified as causative agents, they may be only an agent that plays a role in creating the symptoms—sniffles, sore throat, chills, fever, nasal mucus discharge, loss of appetite, body aches and pains, loss of appetite, and a feeling of fatigue. The old adage "don't shoot the messenger" applies here. We can take a negative attitude about a flu and resist it by taking strong pharmaceutical products like antihistamines and aspirin, but an alternative approach is to consider the whole process a positive one. Through the nasal discharge and increased sweating, we are eliminating toxic waste products. The viral infection is putting our immune

system through its paces, like a fire drill—this may keep us from getting some more serious immune-based disorder like cancer in the future because of its strengthening effect. Because our sense of well being disappears and we feel fatigued, we have a greater tendency to rest and recharge our vital energy resources—something we don't often give ourselves permission to do. When was the last time you just lay in bed, receiving tender loving care and taking a total rest for a few days? Even then, more often than not, we will not allow ourselves any time to recuperate, but push ourselves to get back to work. Whether we view a cold or flu as a positive healing process or a big nuisance depends on our attitude. When we have a cold or flu, it is best to work with this opportunity and enhance elimination, relaxation, and immune activity.

A good herbal program will include immune stimulating herbs (echinacea, wild indigo, lomatium), herbal decongestants (eyebright, yarrow, ma huang), respiratory stimulants for upper respiratory infections where applicable (colds formula, yerba santa, eucalyptus, osha), respiratory stimulants for flu (usnea, lungwort, Iceland moss), diaphoretics to remove heat and toxins from the body through the sweat (yarrow, elder flower, peppermint, blue vervain) and antivirals (lemon balm, garlic, echinacea, wild indigo, elder flower).