

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN



ELDERBERRY FOR COLD & FLU RELIEF

Did you know that there are more than 400 different viruses that can cause infections, including the common cold, the flu, hepatitis, mononucleosis and HIV? Luckily, nature provides us with a number of powerful antiviral herbs that boost the immune system. A virus is a small infectious microbe that can only replicate inside the living cells of other organisms such as humans, animals, plants and microorganisms. There are many ways that a virus spreads, in animals a virus is carried by blood-sucking insects. Some viruses, like influenza, is spread by coughing and sneezing. Antibiotics are not able to kill off viral infections. However, antiviral herbs are able to inhibit the development of viruses. They can be effectively used to treat infections without any harm or side effects. Not only do antiviral herbs fight viral infections, boost the immune system and work as natural flu remedies, but they also have a number of other health benefits, such as cardiovascular, digestive and anti-inflammatory support. Elderberry has a long history of medicinal use. Elderberry has been called "the medicine chest of the people" for centuries. Both the flowers and the berries bring great health benefits. It fights infections including influenza, herpes, viral as well as bacterial infections. Elderberry can be used as a safe treatment for influenza A and B. This is due to its effectiveness on all strains of influenza virus that were tested, the clinical results, the low cost and the absence of side effects. Elderberry is also an effective remedy for sinus issues, nerve pain, allergies, inflammation, chronic fatigue, constipation and even cancer. When used within the first 48 hours of onset of symptoms, the extract has been found to reduce the duration of the flu by an average of four days. Elderberry is higher in antioxidants than blueberries, cranberries and blackberries and is an excellent general immune system booster. Both the flower and the berry have traditionally been used to treat diabetes. Research has confirmed that extracts of elderflower stimulate glucose metabolism and the secretion of insulin, lowering blood sugar levels. Elderberry has been shown to promote both urination and bowel movements. It may also help with constipation. The flowers of the elder plant are known to be an effective herbal allergy remedy. Since allergies involve an overreaction of the immune system as well as inflammation, elderberry's ability to improve the immune system and calm inflammation can help provide allergy relief. Elderflower is also said to act as a detoxification aid by enhancing liver function. Recent studies also revealed its potential as a natural cancer treatment. Make a tea from the flowers to treat fever, excess mucous, upper respiratory tract problems and hayfever. This tea can be made more powerful by combining with yarrow or peppermint. Drinking elderberry tea a couple months before the pollen count rises in the spring and fall may reduce allergic reactions caused by hayfever. A strong tea can also be used as a mouthwash or gargle for mouth ulcers, tonsillitis or sore throats. There are many ways to consume elderberry such as tea, juice, jelly and jams, syrup, sprays, lozenges, pills, liquid or capsules. Elderberry appears to have few side effects when used properly. If you have an autoimmune disease such as rheumatoid arthritis, ask your doctor before taking elderberry because it may stimulate your immune system. People with organ transplants should not take elderberry. Occasionally, elderflowers and elderberries can cause allergic reactions. Discontinue use if you have a mild allergic reaction, and seek medical attention if you have a serious allergic reaction. You should not give elderberry products to a child unless the product was formulated to be administered to children. Generally, commercial preparations don't cause adverse reactions at recommended dosages. You will be able to find elderberry tea as well as a variety of other elderberry products at the Evergreen Cottage.

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FALL & WINTER- STORE HOURS:

Tuesday – Saturday
9 am-5 pm

**CLOSED SUNDAYS
& MONDAYS**

SPA HOURS:

By Appointment



Here are some other immune-boosting herbs that are beneficial during cold and flu season. **Echinacea**—there is considerable evidence that phytochemicals in echinacea have the ability to reduce viral infections as well as tumors. This powerful herb contains a compound that inhibits bacteria and viruses from penetrating healthy cells. This greatly reduces the chance of contracting any type of infection while consuming echinacea. Other benefits include its ability to alleviate pain, reduce inflammation, improve skin problems, treat upper respiratory issues and improve mental health. **Garlic**—studies have shown that garlic is highly effective at killing countless microorganisms responsible for some of the most common and rarest infections, including tuberculosis, pneumonia, thrush and more. Because of its antiviral properties, garlic can be used to treat both eye and ear infections. Some more benefits include its ability to reduce the risk of cancer, control hypertension, boost cardiovascular health and fight hair loss. To make a garlic infusion at home, crush garlic cloves and add them to a carrier oil (like olive oil). Let the mixture sit for about 5 hours or overnight, and then strain the garlic and keep the oil in a jar with a tight lid. If you are taking prescription anticoagulant drugs (blood thinners), consult your doctor before taking large amounts of garlic because of the herb's blood thinning properties. Also, discontinue garlic supplements seven to ten days before surgery, and make sure to tell your doctor you are taking garlic before any unplanned medical procedure. **Ginger**—Ayurvedic medicine has praised ginger's ability to boost the immune system before recorded history. Because ginger is so effective at warming the body, it can help break down the accumulation of toxins in your organs. It is also known to cleanse the lymphatic system, our body's sewage system. Ginger prevents the accumulation of toxins that make you susceptible to viral, fungal and bacterial infections. Other medicinal health benefits include relief from nausea, pain alleviation, anti-inflammatory properties and improving diabetes. Ginger tea is great consumed after meals as it greatly aids digestion. **Green Tea**—cultivating the habit of drinking green tea regularly can help strengthen immunity. Green tea contains antioxidants that neutralize free radicals and prevent damage to the immune system. In addition, green tea stimulates the liver to secrete interferons, an immune compound that helps fight infection. To bolster immune function, drink three or more cups of green tea daily. **Oregano**—medicinal grade oregano is distilled to extract the essential oil and preserve its healing compounds. In fact, it takes over 1,000 lbs. of wild oregano to produce just 1 pound of oregano oil. The benefits of oregano oil are proving to be superior to some antibiotics without harmful side effects. Oregano contains powerful compounds that have antibacterial, antiviral and antifungal properties. It is also a great anti-inflammatory and is able to expel parasites. There are over 800 scientific studies that reference its amazing health benefits. Evergreen Cottage stocks a variety of immune-boosting herbs, supplements and teas.

Medicinal mushrooms—mushrooms contain a variety of active compounds, including natural antibiotics. Polysaccharides in mushrooms trigger the production of a type of white blood cell that kills a wide range of infectious microorganisms and tumor cells. Furthermore, polysaccharides also activate other essential immune factors, including T-cells, B-cells, interferons and interleukins. While all medicinal mushrooms benefit the immune system, each variety contains different compounds that work in various ways to enhance immunity. Therefore, the best approach is to use an assortment of mushrooms to provide a broad base of immune support. Shiitake mushrooms, fresh or dried, make a delicious addition to soups or stir-fries. Along with a wide variety of other medicinal mushrooms, shiitake, maitake and reishi are available as concentrated extracts and in combinations specifically formulated to enhance immune health. A product called *Host Defense* is available as tincture, capsules and sprays along with a variety of other products at the Evergreen Cottage.

IMMUNE-BUILDING TONIC SOUP

Place **2 TBSP. olive oil** in a soup pot and add **1/2 cup chopped onion** and **1/2-inch piece grated ginger** along with **1 cup winter squash** (chopped) and **1 cup shiitake or maitake mushrooms** (sliced) - cook for 5 minutes or until vegetables soften. Add **8 cups vegetable or chicken stock** and simmer 20 minutes. Dilute **2 TBSP. miso** in a small amount of the broth to add to the soup. Turn off heat. Mince **8 medium cloves garlic** and add to the soup. Garnish with **fresh parsley**. You can also add cooked brown rice to make this soup even heartier. To enhance its anti-inflammatory properties spice up the soup with turmeric and black pepper. Enjoy!

Organic Roots  Bistro

WINTER HOURS:

TUESDAY through SATURDAY 9 AM—5 PM
Closed Sunday & Monday



“Love is to the heart what the summer is to a farmer’s year—it brings to harvest all the loveliest flowers of the soul “. ~ Author unknown