Winter Wellness Immunity, Cold, & Flu Support
Some Immune Facts

- At birth, the immune system is not fully developed. It needs to be exposed to antigens so that it matures correctly.
- Being exposed to bacteria, pollens, and viruses builds children up so they react appropriately when exposed to that germ again.
- “Friendly” bacteria colonize the digestive tract after birth and are essential to good health.
Friendly Bacteria

- Compete with harmful bacteria in the gut
- Increase the uptake of important vitamins & minerals
- Stimulate antibody production
- Supports the growth of new lymph
Immune-Boosting Probiotics

- Consuming yogurt or live probiotic bacteria increase the production of cytokines - important messengers that are part of the immune system – and promotes increases in the numbers and activity of natural killer (NK) cells that kill virus-infected cells.

- A 7-month study of 571 children in daycare centers found that milk fortified with probiotics decreased the number & severity of respiratory infections.

Probiotics Prevent Sickness

- More than 26 percent of the workers taking a placebo drink reported sick during the course of the study, compared to just 11 percent of workers who took a probiotic drink.

- Probiotic supplementation has helped to prevent travelers’ diarrhea in several randomized, double blind studies.

Sources of Probiotics in the Diet
Probiotic Supplements

Refrigerate unless enteric coated
Prebiotics

- Foods or supplements which promote the growth of beneficial bacteria in the intestines.
- Plant-based carbohydrates, namely inulin that are non digestible and serve as a food source for our flora.
Top Sources of Inulin

- Dandelion Root
- Chicory Root
- Burdock Root
- Elecampane Root
- Jicama
- Onions
- Garlic
- Jeruselum Artichokes
- Supplements
Sugar in the Interior Milieu?

- Eating or drinking 100 grams of sugar, the equivalent of two 12-ounce cans of soda, can reduce the ability of white blood cells to kill germs by 50 percent.
- Immune inhibition begins within 15 minutes of drinking a soda—lasts up to 5 hours.
- Sugar competes with Vitamin C which is necessary for optimal immunity.
Vitamins & Immunity

- **Vitamin C**
  - Potent immunomodulator
  - Favorably affects lymphocytes & phagocytes
  - Enhances activity of NK cells
  - Enhances B and T cell activity

Herbs high in Vitamin C

- Parsley
- Hibiscus
- Rosehips
- Sumac
- Berries
- Amalaki
- Violets
Herbs that Support Immune Health:

- Astragalus
- Eleuthero
- Schisandra
- Reishi & Shitake Mushrooms
- Elderberry
- Echinacea
Astragalus
*Astragalus membranaceus*

- **Parts used:**
  - Root

- **Actions:**
  - Immunomodulating,
  - Adaptogen,
  - Tonic,
  - Antiviral
Astragalus: Traditional Uses

- Thought to increase the protective Xi in Chinese medicine
- Used by western herbalists as a warming tonic particularly suited to young, active people, increasing stamina and endurance, and improving resistance to infection.
- Used frequently as a lung tonic for chronic bronchitis and frequent colds.
Astragalus: Science


- Polysaccharides in astragalus intensify phagocytosis. Increases bone marrow, white blood cell counts, lymphocyte and red blood cell production.

- Found to stimulate the body’s natural production of interferon boosting our resistance to viruses.
Medicinal Mushrooms
(Reishi, Shiitakes, Turkey Tails, Cordyceps)

- **Parts Used** - Mycelium (Caps)
- **Actions** - Immunostimulating, adaptogenic, energy tonic, liver tonic, expectorant & antitussive, anticancer
Medicinal Mushrooms: Science

- Antiviral through inducing interferon production.
- Stimulates macrophage activity, strengthening your immune system’s ability to fight against bacterial and viral infection.
- Probiotic - they help our body strengthen itself and fight off illness by enhancing natural resistance to disease.
- Has Host Defense Potentiators (HDP) which can have immune system enhancement properties.
- Soothe bronchial inflammation.
Eleuthero
(Eleutherococcus senticosus)

- **Parts used**: Root
- **Actions**: Energy tonic, immune enhancer, adaptogenic, antiviral, anabolic
Eleuthero: Science

- A double-blind study of 1000 adults found a 50% reduction in illness over 12 months and a 40% decrease in absenteeism after 30 days’ administration of Eleuthero. Farnsworth et al (1985). *Economic & Medicinal Plant Research, Vol. 1*
Ingredients for Immunity Soups

- 10 small sticks of astragalus
- 1 reishi cap or a handful of medicinal mushrooms
- Sliced burdock root
- 2 tablespoons of eleuthero root wrapped in cheesecloth
- Onions, garlic, leeks
- Thyme, oregano, basil
- Chicken with the bone
- Splash of vinegar
- Miso paste added after cooking
3 Phase of a Cold

1. Uh OH! The Alert Phase
2. Oh No! The Acute Phase
3. Take out the Trash! The Resolution Phase
Uh OH! The Alert Phase

- Wake up wondering if you are getting sick
- Dry & irritated membranes in nose & throat
- Little/no mucus production yet
- Feeling “run down”
The Alert Phase: Herbal response

The bold hit the cayenne!
Hot Spices!!

- Stimulate secretions
- Wash away microbes & viruses
- Push heat to the surface
- Bring fresh blood flow to area
The Alert Phase: Herbal response
Spice it up to clear it up!!
The Alert Phase: Herbal response

Eat garlic

- 1 fresh clove, diced, every 2 hours
- Has antibiotic & antiviral activity
- “Fumigates” the respiratory system
- Boosts the immunity
The Alert Phase: Herbal response

Consider echinacea

- Tincture of root may be best for acute
- Decoction may be better for prevention
- 2-5 ml of 1:5 tincture every hour
- May boost immune system
The Alert Phase: Herbal response

Consider Elderberry

- Available as syrup, tincture, or tea
- 4 tablespoons of syrup/day (or as directed on bottle)
- 5 ml of a 1:5 tincture per hour
- Supports body’s anti-viral response
The Alert Phase: Herbal response

**Elderberry**

* *Sambucus nigra*

* Two small clinical trials suggest that high doses of elderberry extract (15 ml 4x/d) may reduce the duration of flu symptoms by up to 4 days


- In Europe elderberry has been used since antiquity as a wine, a syrup and a warming winter cordial.

Uncooked berries can result in diarrhea or vomiting, leaves may be poisonous
The Alert Phase: Dietary response

Chicken Soup

- Prescribed for the common cold in ancient Egypt
- Steam is clearing to sinuses – steam from chicken soup is more effective than steam from hot water! Chest 1978; 10:408–410.
- The liquid part of chicken soup inhibits neutrophil migration, which helps minimize viral symptoms Chest 2000; 118 (10): 1150–1155.
- Love

“Chicken soup has virtue in rectifying corrupted humours“
- 12th century, Maimonides
The Alert Phase: Response

REVIEW

Fend off the cold from Day 1

- Get spicy!
- Eat fresh garlic
- Consider vitamin C
- Consider echinacea
- Consider elderberry
- Eat chicken soup
The acute phase: Cooling Herbs

- Peppermint
- Yarrow
- Boneset
- Catnip
- Lemon Balm
- Elderflower

1. Diaphoretic
2. Vasodilating
3. Relaxing
4. Soothing to inflammation
To Make a Cooling Tea

✱ Put 1 tablespoon of desired herb in a mug. (Double amount if fresh)
✱ Pour boiling water over it.
✱ Cover.
✱ Let infuse for 15-20 minutes.
✱ Sweeten with honey if desired.
✱ Drink warm.
The Acute Phase: Cooling herbs

Lemon Balm

- Cooling diaphoretic
- Antiviral properties
- Relaxing
- Uplifting
- Antihistaminic properties
- Yummy!

Paracelsus claimed that this herb could completely revitalize the body and called it the “elixir of life”
The Acute Phase Response: Cooling Herbs

**Boneset**

*(Eupatorium perfoliatum)*

- A cooling diaphoretic
- Hot tea traditionally used to induce sweating and relieve the aches and pains associated with fever
- High doses may cause emesis

American Indians introduced the use of boneset leaves and flowering tops to the early settlers for the treatment of colds
The Acute Phase Response: Cooling Herbs

Peppermint
\( (\textit{Mentha x piperita}) \)

- Cooling diaphoretic
- Spasmolytic
- Antimicrobial
- Locally analgesic
- Expectorant
- Yummy!

Peppermint tea also has a long history of medicinal use, primarily as a digestive aid and for the symptomatic treatment of cough, colds, and fever.
The Acute Phase Response: Sore throats

Demulcent Herbs

- Marshmallow Root
- Slippery Elm Bark
- Cinnamon
- Licorice
- Fenugreek

• Rich in mucilage
• Soothes and protects damaged or inflamed tissue
• Calms cough reflex
• Keeps bowels moving

Take 1 tsp. of these demulcent powder with a glass of lukewarm water or juice for maximum effect. Be sure to drink plenty of water!
The Acute Phase Response: Sore throat

**Usnea lichen**

- Usnic acid has shown antibacterial, antifungal, antiviral, and antiprotozoal activity. *Phytochemistry 2002;61:729-36.*

The Acute Phase Response: Stuffy sinuses

- Eucalyptus
- Bayberry
- Ginger
- Oregon Grape Root
- Chamomile
- Hyssop
- Ravensara
- Thyme
- Lavender

These herbs can be applied through:
- Steam inhalation
- Vaporizer
- Essential oils
- Nostril balm
- Tea or Tincture
The Acute Phase Response: Stuffy sinuses

**Ginger**

*(Zingiber officinalis)*

- Fresh ginger pushes heat out to the surface
- Fresh ginger constituents are anti-rhinoviral
- Contains over a dozen antiviral constituents
- Demonstrates COX-2 inhibition

In Ayurvedic medicine, extracted juice of ginger with honey is taken 3 or 4 x a day to treat coughs.
Take Out the Trash: Resolution Phase: Lymphatics

- Exercise
- Yoga
- Massage
- Dry Brushing
- Deep Breathing
- Arm rotations
Take Out the Trash: Resolution Phase Lymphatic Herbs

- Calendula
- Redroot
- Cleavers
- Ocotillo
- Red Clover
- Echinacea
- Stillingia
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