

COLD & FLU

HERBAL TEA INGREDIENTS:

ECHINACEA - seems to have an effect on the immune system, your body's defense against germs. Research shows it increases the number of white blood cells, which fight infections. A review of more than a dozen studies, published in 2014, found the herbal remedy had a benefit in preventing colds.

LEMON BALM - This member of the mint family works against a variety of viruses and bacteria, including the virus that causes the common cold. Its anti-inflammatory properties also make it perfect for soothing headaches.

ELDERFLOWERS - Elder flowers helps to reduce fevers. It is used for swollen sinuses (sinusitis), colds, influenza (flu), swine flu & bronchitis.

LICORICE ROOT - is commonly used in alternative medicine to treat colds and sore throats. It is really good for fighting viruses and getting rid of congestion.

ASTRAGALUS ROOT- specifically can help with colds and upper respiratory infections.

MULLEIN - The flower is used to make medicine. Mullein is used for cough, whooping cough, tuberculosis, bronchitis, hoarseness, pneumonia, earaches, colds, chills, flu, swine flu, fever, allergies, tonsillitis, and sore throat.

BONESET - The immunostimulating and fever reducing properties of Boneset make this herb perfect to alleviate the symptoms of colds and flu.

PEPPERMINT LEAF - contains menthol, a natural aromatic decongestant that helps to break up phlegm and mucus, making it easier to expel. Menthol also has a cooling effect and can help relieve a sore throat.

GINGER - The anti-inflammatory gingerols and shaogals in ginger root will help to relieve a sore throat quickly, and they also kill rhinoviruses, which cause colds in the first place.



"Herbs that work!"