

# Herbs For Healing Newsletter

## Echinacea - the remedy for the common cold?

We know that our immune systems continuously work to prevent or fight off colds or viral or bacterial infections.

If our immune system is run down due to stress, tiredness or other, then we are less able to fight off 'bugs'.

Echinacea is a remedy which increases the 'non-specific' activity of the immune system, it is the most popular and most researched natural plant remedy used all over the world.

So, is there a remedy for the common cold?



## A Native American staple: potent in all its forms

Native American Indians have used Echinacea for hundreds of years for many conditions.



During the 20th century Echinacea became very popular in Germany, which is where the majority of the scientific research on its effects has been done.

It is a perennial plant that grows easily in our British climate. All parts of the plant can be used medicinally, including the roots, leaves, flowers and seeds.

**Echinacea can be taken as a tincture or fluid extract, as capsules or tablets or as herbal tea. It is worth choosing the best quality of the plant remedy.**



# Echinacea - a potent remedy

In 2005 the Journal and Oxford University Press published an extensive article with research results showing that Natural Killer cells of the immune system are much more active and more prolific against bacteria, viruses and tumour cells when mice were fed Echinacea.

Ref: [www.ecam.oxfordjournals.org/cgi/content/short/2/3/309](http://www.ecam.oxfordjournals.org/cgi/content/short/2/3/309)

Humans and mice are 97% genetically common, their physiology is very similar in virtually every organ. It states that (natural killer) "NK cells are the first line of defence in cancer immunosurveillance, and consequently any agent that stimulates these fundamental cells or removes negative influence on them would be clearly of medicinal value." After consuming Echinacea daily in their diet for 7 days, researchers found significantly more NK cells in the bone marrow of these mice. As a result this increase helped to detect and destroy tumour cells.

It is known that NK cells decline with age and therefore the risk of cancers increases with age in humans and animals. Feeding elderly mice Echinacea "returned the numbers and function of NK cells ... to the levels of young adult." (See above).

## But that's not all...

Echinacea is just *one of the plants* that have this powerful immune-stimulating effect with far reaching consequences.

There are many similar herbs growing in the countryside and gardens, which are less well researched.

**Garlic, onions, horseradish** and **nasturtiums** have a positive effect on the immune system.

**Deep sleep** is one of the most important ways to boost this system.

Eat more **fresh fruits and vegetables**, they have flavonoids that have anti-bacterial and anti-viral activity.

Avoid refined **sugar** intake.

Regular **exercise** is very beneficial too.

Other immune boosting remedies are garden **thyme**, **elderberries**, **lemon balm**, **oregano**, zinc in **pumpkin seeds** and the bee product **propolis**.

With the cold winter weather round the corner, this is the time to gently but effectively **boost the defences** to prevent coughs, cold and flu symptoms.

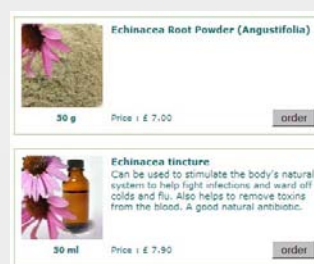


## Buy Echinacea in pure form

Echinacea can be taken as tincture or fluid extract, as capsules or tablets or as herbal tea.

It is worth choosing the best quality of the plant remedy.

Take at the first signs of a cold or sore throat to kickstart your immune system.



[www.herbsforhealing.org.uk/products.php](http://www.herbsforhealing.org.uk/products.php)

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