



The Herb Corner

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Beating Viruses with Herbs

With all of the stories in the News lately about new and not so new strains of viruses I am glad I have herbs on my side.

Thankfully nature in all of her wisdom has provided us with many anti-viral herbs. Herbs can play an important role as an alternative to conventional prevention of viruses strengthening the whole immune system giving it a stronger resistance to fighting an invader before it takes hold. They help to boost the body's own ability to produce the natural killer cells in the body that destroy viruses, they help to block the replication of viruses so they protect healthy cells in effect out-smarting the virus so they can not survive.

With western or allopathic medicine once you are infected with a virus there is little that can be done. There are a few anti-viral medications like AZT for HIV and interferon for hepatitis C but these are not as effective as science would like it to be. There are medications that can lessen the symptoms and shorten the duration of a virus however if they are not taken within the first 24-48 hours they are not effective (Who knows they have the flu that early? Most people think it's just a cold at the onset.) and antibiotics are useless against a virus. There are vaccines available for the prevention of the flu (some people need these) but they are only 80% effective and they are typically based on last years influenza virus because viruses mutate from year to year which is why there is a new flu vaccine every year. Scientists are now beginning to look into the anti-viral components of herbs (for instance Tami flu is derived from Star Anise) but they are missing the mark by not looking into the whole plant just at certain parts; which is why plants work so much better than medications because they can contain over 100 different compounds that work together to fight viruses.

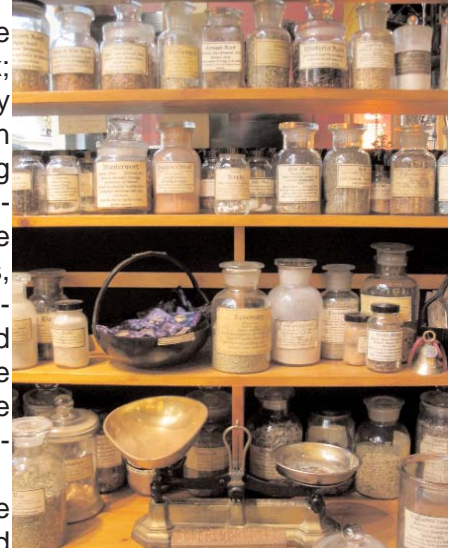
In my opinion herbs work much better at fighting the flu than pharmaceuticals because herbs increase the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, and the spleen engaging T-cells, macrophage cells and phagocyte cells (our bodies natural killer cells) and your natural production of stem cells. Herbs have the advan-

tage here because they are so complex; containing so many different compounds in a single herb engaging all of the immune system speeding up the destruction of viruses, disengaging their multiplication process and disrupting the enzymes that are needed for their replication.

For instance Echinacea has had over 200 scientific studies done finding it to have antiviral, antibacterial, anti-inflammatory and spleen enhancing properties making it an excellent herb for fighting a cold or the flu especially if you begin using it at the first sign of feeling ill. I have found that I get the best results when I take Echinacea every hour this way my white blood cell count remains high and my natural killer cells are always on guard. Echinacea contains chicoric acid, caffeic acid and echinacin which help to deactivate and destroy viruses. It also enhances the production of interferon allowing your bodies own immune cells to be more effective.

Garlic is an herb I don't ever want to be without; for thousands of years it has been known as one of the top herbs in the fight against many strains of viruses and bacteria's. It activates the immune system helping to prevent infections from tacking hold especially within the respiratory system. Garlic contains sulfur compounds that are active against many viruses especially the influenza virus. It was the herb of choice long before the discovery of penicillin. I use garlic on a daily basis since I am around many sick people in the course of the day. I have found that since I have been using Garlic I rarely get sick and if I should feel something starting up I take more Garlic.

Boneset is used when you have the flu and you are experiencing bone pain, fever and the chills; especially if



Beating Viruses with Herbs continued

you have had the flu for a long time or if you have a relapse. Since it helps to keep bone marrow strong your immune system will always be ready to take action.

St. John's Wort is typically thought of as an anti-depressant herb however it also has anti-viral activities especially towards Epstein Barr, influenza, herpes and mono to name a few.

The glycyrrhizic acid in Licorice helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses.

Astragalus contains polysaccharides that strengthen the immune system and boosts the production of bone marrow increasing the levels of alpha and gamma interferon two strong anti-viral compounds.

For over 2500 years Elderberry has been used for respiratory infections; could it be our ancestors knew it contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recently studies were done finding it to be effective for all forms of the influenza virus I guess they were on to something 2500 years ago.

The anti-viral activities in Green tea are believed to come from catechins which inhibit the replication of influenza viruses according to the PubMed publication (PMID16137775) it is believed to be equal to Tamiflu.

Deoxydopodophyllotoxin (wow that's a mouthful) is a potent anti-viral found in Juniper known to inhibit many forms of viruses.

Eluthero contains polysaccharides that help the body to create specialized virus fighting cells.

Pau d' Arco contains some 20 active compounds including lapacho, beta-carotene and beta-sitosterol that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of Honeysuckle, Lemon Balm, Cloves, Olive Leaf, Peppermint, Skullcap, Cats Claw, Ginger, Turmeric, Usnea and Eucalyptus in their effectiveness in fighting viruses.

At The Herb Corner we have a Boost Me Up tea that is made with many of these herbs not besides being good for your health it tastes good too. I have also started two new tinctures one is my Super Immune Booster I have used this when people come in after trying their basic herbs and vitamins and they are still not feeling well. These herbs enhance what they have been doing and give it a bit more punch they are not for everyday use only when everything else has failed because you wouldn't want to start with the strongest herbs first because you want to try to let your body build up its strength. Another tincture I have started is a 4-Theives it was a blend put together during the plague.

Flu season does not have to be this big monster the media makes it out to be, especially if you have herbs on your side.

Holy Basil

Known for its strong aroma and for its adaptogenic properties; for more than 3000 years Holy Basil has been used in India where it's revered by Hindus because they believed it promoted



longevity calling it "the incomparable one". Also known as "The Elixir of Life" or Tulsi it is closely related to Sweet Basil.

Holy Basil has many properties, most notably as an adaptogenic which many people use to help the body relax and stay calm during periods of stress. This action comes from its triterpenic acids and eugenol constituents, which improve moods and balance the body's response to stress. For those who are continually under stress medical studies have shown Holy Basil to decrease levels of cortisol and corticosterone. It's this continual stress that causes depression, which suppresses the immune and over-time can lead to autoimmune conditions.

In the Nervous System Holy Basil works as a nerve tonic helping to counter-act adrenal fatigue, stress, and anxiety. Since it helps the Nervous System with stressors this can also be beneficial for stomach upsets and ulcers that go hand-in-hand with stress. In the Respiratory System the camphene, eugenol, cineole and Vitamin C components of Holy Basil fight bacteria and viruses, they also help to ease breathing by lessening congestion and phlegm; this helps reduce symptoms of colds and flu, asthma and bronchitis. They have also been found to ease damage to the lungs, which has been caused by smoking. In a study from Azad University in India and The Journal of Ethnopharmacology Holy Basil was found to help maintain healthy blood-sugar levels reducing post-meal glucose by 17%. In the Urinary System Holy Basil helps reduce the build-up of uric acid which is one of the main causes of kidney stones and gout. Plus, its mild diuretic actions help clear the kidneys by increasing the frequency of urination. Because it kills and destroys bacteria in the mouth it can be used to fight tooth decay, freshen breath and for ulcers and infections of the mouth.

Finally, the strong antioxidant, antibacterial, antifungal and germicidal properties of Holy Basil boost the immune system and can be used in the prevention of chronic ear infections, colds and flu and other maladies. There have been some reports of it being beneficial for malaria and dengue fever. Modern science has been doing more and more studies on this common garden plant and has found it to have many medicinal properties that support many areas of the body.

Mineral Water - Making A Gemstone Elixir

When a co-worker at the private preschool daycare where I was working asked me if there was something I could do for her older dog that was going deaf and blind, I made an elixir with a combination of gemstones to see if it would help. About a week after she had started putting the elixir in the dog's water, she told me she saw an improvement in the dog. The dog showed signs of being able to hear a car pull up in the driveway and would meet its owner at the door - something it hadn't done in a long time. Within a few weeks, the dog was able to see treats being handed to it instead of having to sniff out where they were. This positive result made a believer out of me because the dog didn't know there was anything different in its water, but the impact these elements had showed a clear correlation.

Gemstones are a nice tool for helping fine-tune your intuitive abilities, as well as opening yourself up spiritually and emotionally. The most important thing to remember whenever you use a gemstone (for meditation, energy work, raising your vibration, emotional stability, etc.) is your intention. Always set your intention for the highest good. Focus on what you want to accomplish and then manifest it. Make sure to use gemstones that you are drawn to or resonate with. Don't just go with what it says in a book or what someone else tells you. You are unique, and so are your vibrations. What gemstone or crystal works for one person in a specific way may not be as powerful for another person. Just like we have different energy fields, blood types, personalities and chemical make-ups, we still have a lot in common, and like reading a general horoscope that will be true for a lot of people, it will be way off the mark for others. It is always best to see what stones you are attracted to and what would work best for your uniqueness. Substitute any stone that doesn't feel right. Using raw, tumbled or lower-grade gemstones does not affect the vibration it emits, so don't worry if you can't find the perfectly faceted stone. If you don't have a specific stone, use clear quartz and program it to be any stone you need. Don't be fooled by "experts," who try to sell you high-priced gemstones, gimmicks or mineral water.

You can make mineral water or gemstone elixirs and add them to a favorite beverage, in cooking, baking or make your herbal teas with them. Gemstones are tools that can aid us in our work of harmonizing our energetic, physical and spiritual bodies in order to empower ourselves. In this way, they can help us to heal our bodies, emotions and spirit or to aid us in identifying our life or soul's purpose, as well as strengthen our divine connections. Gemstones will work with you and help support you in your lifestyle changes.

There are several different things to consider when making your elixir. Will the stone(s) be used in the direct/indirect method, left in the refrigerator or charged with sunlight or moonlight, and what surrounds the bowl, i.e., where will it be placed and will you use candles, feathers, shells, angel statues, music, other crystals, etc. Will this be used right away or saved as a tincture?

Direct/Indirect Method – Depending on the properties of the gemstone is how you will use them directly or indirectly. Any raw, fragile, water soluble, metallic (such as aluminum, lead, copper, etc) or Sulfur containing gemstones should be used indirectly.

Sunlight/Moonlight – Rule of thumb when putting your elixir in sunlight or moonlight – you get a higher energy in sunlight and a more calming energy with moonlight. When you do both sunlight and moonlight you balance the energy in the elixir. If battling depression, make sure to use sunlight to give more positive, uplifting energy to the mineral water as the full moon could deepen a depression.

Once you have decided what you are using, where it will be placed, and have all the necessary ingredients, it is time to begin. You will need a clear glass bowl; a small clear glass bowl, shot glass, or other clear glass container to place inside the larger bowl; spring, distilled or mineral water; appropriate gemstones; a table or tray or place that you will be able to leave your elixir in the sunlight/moonlight undisturbed (if outside, use clear plastic wrap to keep clean); vodka, brandy or cider vinegar; and any special colors, candles, seashells, feathers, etc. If you are just making a regular elixir of one or two gemstones and are not concerned about the weather, sunlight, moonlight (and you need it immediately), then you may just make an elixir overnight in the refrigerator. I recommend a minimum of three hours, but it is best when the gemstones soak for six hours or more.





It Is Time For Some Spring Cleaning! Amethyst & Citrine 10% Off in the month of April

The Herb Corner wishes to announce Our Herbal Certification Course Reclaiming Your Roots in June



We Sell More Than Just Herbs!

Unique Jewelry, Rings starting at \$15 and up, Earrings \$5, Bracelets, Pendants, Necklaces, Lip Balms, Headache Sticks, Bar & Liquid Soaps, Natural Organic Cosmetics,

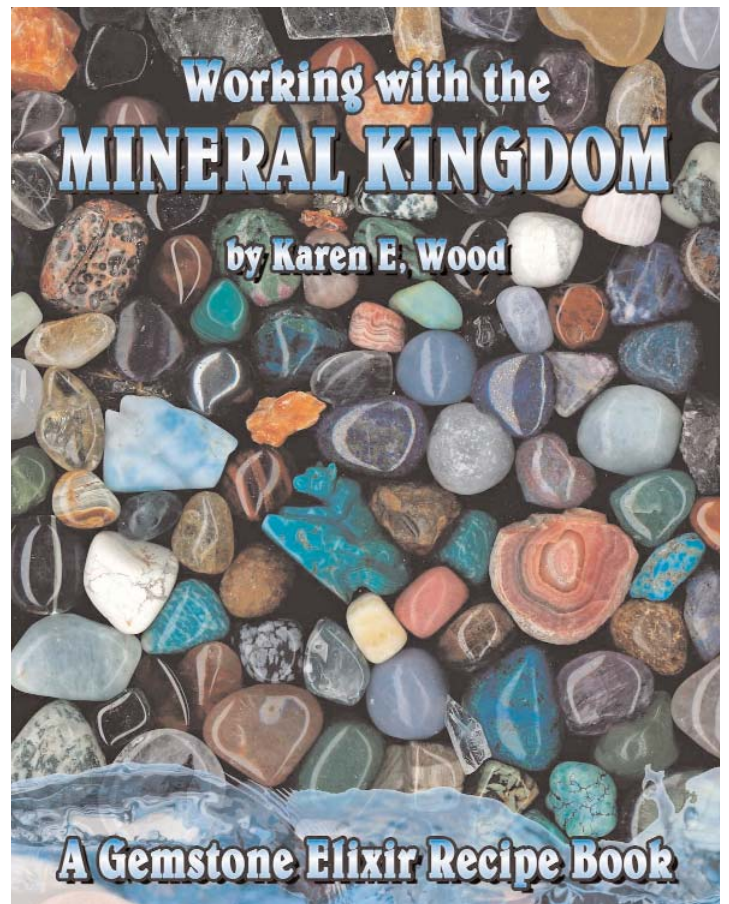
Salves, Essential Oils, Unique Tea Diffusers, Tea Pots & Oriental Mugs, Herbal Tumblers, Raw and Tumbled Gemstones, Gemstone Animals, Eggs & Spheres, Salt Lamps in various sizes and shapes, Sage, Candles, multi-colored LED lightboxes and much, much more!!!

Sinus Problems?

This is a great formula for sinus headaches and congestion.

- 1 oz. Elder Flowers
- 1 Oz. Eyebright
- 1 oz. Echinacea Herb
- ½ oz. Orange peel
- ½ oz. Dandelion leaf
- ¼ oz. Goldenrod

To make this formula: Mix all the herbs together in a jar. Put 1 tsp of the herb mixture into a cup fill with boiling water. Cover and steep for 20 minutes. Traditionally the dosage would be 1 cup of tea 3-4 times per day. You should get some relief within a day, but continue to use this tea for a few more days. If you know that your allergies are worse for you at certain times of the year then you can begin using this tea a few weeks prior to this time.



Want recipes or more in-depth information about elixirs? Drop by the Herb Corner and visit me most Saturdays with your questions or to buy a signed copy of the book "Working With The Mineral Kingdom - A Gemstone Elixir Recipe Book."

Or you can order it from Amazon in paperback, ebook or Kindle form. There are 100 different recipes - Job Stress, Financial Stress, Relationships, Addictions, Chronic Disease, Balancing Chakras and many more.

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