

COLDS & FLU HERBAL CHEAT SHEET

DRIED HERBS

- »»» **Astragalus Root** (*Astragalus membranaceus*) - tonic herb, supports immune system, simmer in soups, broth, teas
- »»» **Lemon Balm** (*Melissa officinalis*) - antiviral, soothes stomach, calming; make tea or jello
- »»» **Ginger** (*Zingiber officinale*) - anti-nausea, antiviral; mix small pinch with spoonful of honey; make tea or jello; bath of 1 tsp ginger + 1 cup Epsom salts.

QUICK THROAT SPRAY

Combine ingredients in 2 oz spray bottle. Store in fridge. Use liberally.

Shelf life: 2 to 3 wks with tinctures, 2 days with tea.

- »→ 2 Tbsp tinctures (or herbal tea)
- »→ 2 Tbsp honey (or glycerine)
- »→ 1 Tbsp warm water
- »→ 1/8 tsp peppermint extract

TINCTURES

Use in throat spray; mix with spoon of honey; add drops to teas, ginger ale, or juice.

- »»» **Astragalus** (*Astragalus membranaceus*) - supports immune system
- »»» **Baikal (Chinese) Skullcap** (*Scutellaria baicalensis*) - anti-infective, anti-inflammatory, not for pregnant/nursing/diabetic
- »»» **Japanese Honeysuckle** (*Lonicera japonica*) - antiviral against colds and flu
- »»» **Lemon Balm** (*Melissa officinalis*) - fights cold sores, settles stomach, calming
- »»» **Usnea** (*Usnea spp*) - for sore throat, lung & sinus infections
- »»» **Spilanthes** (*Spilanthes acmella*) - antimicrobial, settles stomach, numbs throat pain

Woodland Essence Combinations:

- »»» **Eleuthero Plus** - overall tonic, supports stamina & endurance during stress & illness
- »»» **Open Breath Formula** - supports lung function, useful for coughs, congestion

HERBAL JELLO

Make boxed jello, but instead of boiling water, use boiling herbal tea in its place.

Especially useful for children who won't drink herbal tea, but will eat jello.

QUICK CHEST & SINUS RUB

An all-natural remedy for stuffy nose, cough, and headache. (For external use only.)

For ages 2 to 10, use Plant Therapy's Sniffle Stopper EO blend instead.

- »→ Melt together 3.5 oz oil + 0.5 oz beeswax.
- »→ Add EO: 55 drops eucalyptus, 20 drops peppermint, 3 drops white camphor (optional)
- »→ Stir while cooling, spoon into a small jar.

QUICK INHALER JAR

Use lavender for relaxing, or peppermint to energize. Keep closed between uses.

Combine in small jar: 1/4 cup salt, 25 drops eucalyptus EO, 5 drops lavender or peppermint EO

HERBAL TEAS

Drink 1/4 cup every 2 to 3 hours, or use in jello, throat spray.

- »»» **Ginger:** 1/4 tsp ground ginger + 1 cup boiling water. Cover & steep until cool enough to drink.
- »»» **Lemon Balm:** 1 to 2 tsp dried lemon balm + 1 cup boiling water. Cover & steep 10 min.