

Influenza

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Wednesday, 30 January 2013 00:19

Also known as the flu, is a contagious disease that is caused by the influenza virus. It attacks the respiratory tract in humans (nose, throat, and lungs).

Astragalus, Black Cherry, Echinacea, Ginger, Goldenseal, Pau d'arco, Slippery Elm, and Yarrow Tea- Internal Purposes: These eight herbs all combine properties that are beneficial in treating influenza. Can add peppermint tea in any of these eight teas and it is believed this will clear the nasal passages making breathing easier. Echinacea is mild enough to use on children. Cautions: Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been diagnosed with cardiovascular disease, diabetes, or glaucoma. If allergic to ragweed, use Goldenseal with caution.

Boneset- Internal Purposes: Is an excellent expectorant that clears mucus from the lungs

Cayenne (capsicum)- Internal Purposes: Cayenne powder can be added to soups and foods. It is an effective expectorant and has been used to breakup mucus buildup in the sinuses, throat, and lungs. Ginger is beneficial in the treatment of the flu.

Eucalyptus- Internal Purposes: Inhaling Eucalyptus vapors opens bronchial tubes in the lungs, relieving congestion. To prepare the steam vapors do the following: boil a quart of water and remove from pan from the stove. Add 6 to 8 drops of Eucalyptus extract to the boiled water. Lean over this preparation with the towel over your head and breathe deeply through the nose, then hold your breath as long as possible.