

Legionnaires' Disease

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This is a very serious ailment which is caused by bacteria and can affect the lungs and the bronchial tubes. At onset, one might think they had the flu because they can experience achiness, fatigue, headache, and moderate fever.

Catnip- Internal Purposes: Catnip Tea can help to lower the fever.

ClearLungs from RidgeCrest Herbals- Internal Purposes: Manufactured by RidgeCrest Herbals, this is an herbal formula that is Chinese in origin that may help protect the lungs.
Dosage: 2 capsules 3 x daily

Echinacea- Internal Purposes: Echinacea can boost the immune system.

Eucalyptus- Internal Purposes: Use eucalyptus to make breathing easier because it has the capacity to expand tightened airways.

Goldenseal- Internal Purposes: Goldenseal acts as a natural antibiotic and can encourage healing. Cautions: use should be limited to one week at a time. Limit your usage of goldenseal if you are pregnant. Be very careful using goldenseal if you have been told you are allergic to ragweed.

Olive Leaf- Internal Purposes: Used since biblical times, Olive Leaf Extract, just from its symbol, gives you a sense of being protected. It is a powerful way to fend off harmful toxins & expedite healing of infections caused from microbes.