

# Healthy Heart-Healthy Pleasures

## Suggestions for Immune Fitness

### **To build immune fitness for Adults:**

#### **Supplements:**

Vitamin C 1000mg per day or more

Vitamin D 1000-2500IU per day (it is wise to get a vitamin D test to see if you are low)

Zinc 50mg per day (then reduce after 2-3 months to 50mg every other day)

Probiotics (at least 50 billion and 30 strains) 1-2 per day

Sporebiotics (a specialty probiotic)

#### **Herbs: Choose one or more**

Elderberry Syrup (either homemade\* or store bought) 1-2 tsp per day

Elderberry tea or capsules 2 servings per day

Echinacea (root or leaf/flower) 2 servings per day or 2 cups of tea

Cat's Claw 2 servings per day or 2 cups of tea

Mushrooms for immunity: turkey tail, reishi, chaga, cordyceps

Chapparral 2 cups of tea per day

Red Clover 2 cups per day or 4 capsules

Essiac Tea 4 oz per day

Olive Leaf 2 servings per day

Oregon Grape Root 2 servings per day

Astragalus capsules or tincture

Andrographis capsules

Garlic capsules, fresh or make Modified Garlic Soup\*\*, Yum!!

Blended formulas like Now Ali-biotic, Source Naturals Herbal Wellness Formula, Now Echinacea/Goldenseal

### **To fight off an illness: (May continue the above recommendations and add the following)**

#### **Supplements and Herbs:**

Colloidal Silver several doses per day

Oregano Oil capsules 1-3 doses per day or Herb Pharm Oregano Spirits. IF using essential oil, USE ONLY ONE DROP in 8oz of water.

Andrographis 2-4 doses per day

Olive Leaf 2-4 doses per day

Probiotics 2-4 per day

## **Respiratory/Cough Support:**

Many Tea blends by various companies

Mullein: capsules, tincture, tea 2 servings per day or Source Naturals Mullein Lung Complex or Ridgecrest Herbs Clear Lungs

## **Try our Congestion/Respiratory Support Blend Tea~ or our Cough Remedy~~**

Wild Cherry Bark as a cough syrup or tincture, decoction with bulk herb

Marshmallow capsules, tincture, decoction with bulk herb\*\*\*

Slippery Elm capsules, tea, tincture or powder

Eucalyptus tincture, essential oil, or infusion with bulk herb\*\*\*

Thyme/Fenugreek capsule blend (moves phlegm) or as infusion with bulk herb

Honeysuckle infusion with bulk herb\*\*\*

Icelandic Moss infusion with bulk herb\*\*\*

Irish Moss infusion with bulk herb\*\*\*

Nettles infusion with bulk herb\*\*\*

Linden infusion with bulk herb\*\*\*

Rosehips infusion with bulk herb\*\*\*

\*Get a recipe

\*\*Get our recipe

~~See our bulk herb section

\*\*\*infusion or decoction

**Infusion:** Using leaf, flower or soft stems of medicinal herbs, hot water is poured over the delicate parts of the plant and steeped for 10-15 minutes with lid cap on, sieve and drink. Typically use 1 rounded teaspoon per cup.

**Decoction:** Using the root, bark, seeds or harder stems of medicinal herbs; place herbs in water and boil in the water (with a lid on) for 20 minutes, sieve and drink. Typically, use 1T herb per cup. You may make larger quantities and refrigerate the remainder to reheat later.

Prepared by Healthy Heart-Healthy Pleasures, 330-821-3128

Disclaimer: these are suggestions that come from years of studies, but this is not medical advice. Seek immediate medical attention if you are seriously ill.