

Natural Healing Express Weekly

Column Volume 53 Echinacea Elderberry – Nature’s Immune System Booster

First of all, thank you for all the feedback and interaction regarding last week’s column. I am so grateful to witness such positive results regarding the super nutrient Spirulina. It is certainly one of my favorite products in the store and I became an even bigger fan as I have witnessed more and more folks seeing the health benefits. Keep up the good work, I really do enjoy the feedback and zest for health improvement.

This week we’ll chat up another of my favorites for your Natural Medicine Kit – Echinacea Elderberry. As the leaves change, fall emerges and temperatures begin to drop, we find ourselves headed toward the dreaded Cold and Flu season. Although a beautiful time of year showcasing some of the best scenery in Illinois; it is also during this time our immune system becomes more challenged.

Whenever we work with a client, our first and foremost concern is to make sure their immune system is working properly and functioning at a good level. If not, all other systems somewhat take a back seat because once the immune system is compromised, it makes it more difficult for the body to recover properly from any disharmony. Sure, we can and do limp through some situations out of necessity, but it becomes misery on top of miserable or whatever that saying is.

Case in point, have you ever tried to recover from a bone/muscle injury or surgery while experiencing the complication of cold or flu? The pain/agony seems much more intense, the healing time is extended and just when you feel the worst, your specialist has the audacity to change your cast or ask you to do physical therapy to “help” with recovery. Some of us have been there, done that and can still feel the pain or recall the exact moment in time when colorful language began. Some of us have been around the ones who have been there, done that and amazingly are still on speaking terms. Grouchy pants. My point is this, having your immune system compromised at any time is a downer, but more so when other physical issues create complication.

What can we do when we sense our immune system is needing assistance? I reach for Echinacea/Elderberry. At the store, we carry it in a 1 ounce tincture, which can be easily dissolved in water, lemonade or other soluble liquid. For brave souls, it can be taken directly under the tongue. I recommend this at the very first sign of cold or flu and also as a pre cursor to any surgery. When undergoing surgery, it is ideal to have the immune system at its best.

So what exactly is Echinacea/Elderberry and what does it do? Echinacea (*Echinacea angustifolia*) in the form we utilize is a dried root that helps the body to increase production, maturation and aggressiveness of white blood cells against possible intruders. It also increases resistance of tissues against bee, wasp, gnat and mosquito bites while protecting strengthening and increasing resistance of tendons, ligaments and muscle sheaths.

Echinacea also strengthens throat connective tissues and increases their resistance against the spread of microorganisms and stimulates lymphatic drainage among many other positive effects on the immune system.

Echinacea's counterpart, Elderberry, strengthens cellular walls and increases their resistance against microbial challenges. Elderberry also activates the immune system and eliminates excess mucus production.

Our Echinacea/ElderberryComplex is ideal for fending off the "nasties" starting with the first day of a seasonal immune system challenge. This formula combines fresh Elderberry with the time-proven properties of Echinacea and is strong player to reach for at the onset of these disharmonies.

As a side note, we are carrying several varieties of Sinsinawa Bread, including their famous Sin-A-Mound (I am told it is the Diet version, NOT!) We get our stash early Friday mornings and bring it fresh to the store by 930am.

Prepare yourself for Cold and Flu season while enjoying some exquisite bread baked from the sisters!

Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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