



# Elderberry Defense

## Natural Remedy for Colds and Flu

Although modern medicine abounds in remedies that treat the symptoms of common colds, they have no real remedies to actually cure this condition. Nature, on the other hand, has provided us with an ample supply of remedies that can not only cure viral disorders like the common cold and flu, they can also help prevent them.

Elderberry Defense is an antiviral formula that contains several herbs which boost the body's immune defenses against viral conditions. Taken at the very first sign of cold or flu, Elderberry Defense can help the body rapidly fight off the problem. It can also be taken to help a person stay healthy when colds and flu are "going around."

Elderberry Defense can also be used for respiratory congestion and fevers. It is an excellent formula to help rebuild the immune system for a person who catches colds and flu easily. Here are the ingredients in Elderberry Defense and their functions.

### Elderberry

Elder was so widely used in European folk medicine that it served as a virtual pharmacy for the common people. The whole herb, including the berries, appears to have anti-inflammatory and diaphoretic effects. The berries have been used as a gentle cleanser for the stomach and bowels, and to help ease respiratory congestion. They have been used for nasal congestion, bronchial catarrh, asthma, and colds. Because they gently promote perspiration, they also help to reduce fever.

The elder plant has a special affinity for tubes and passages in the body. Elder can reduce allergic reactions in the sinuses and can open the eustachian tubes when they are congested. This helps both to prevent and treat earaches. The berries are an excellent source of flavonoids and vitamin C. Recent research suggests that elderberry has antiviral activity. It appears to strengthen cell membranes so viruses cannot enter cells and replicate themselves.

### Echinacea

Echinacea has become one of the most popular herbs in the United States because of its immune stimulating

properties. Echinacea contains substances that trick the immune system into thinking the body is under attack, causing an increase in non-specific immunity. Many people have discovered they can keep themselves from every becoming sick by taking echinacea at the first sign of a cold.

Echinacea really shines when it comes to dealing with chronic infections, including blood poisoning and bacterial infections. It has a blood purifying action and inhibits bacteria from spreading. It reduces inflammation and speeds the healing of wounds.

### Royal Jelly

Royal jelly is a substance nurser bees produce by chewing up bee pollen and mixing it with a chemical they secrete from glands on the top of their heads. This food is fed exclusively to the Queen Bee. The Queen was originally just another female bee, but this special food causes her to become twice the size of other bees and to live 40 times longer while laying as many as two thousand eggs a day.

Royal jelly is rich in a variety of vitamins, minerals, enzymes, and amino acids. It is used as a revitalizing food, increasing energy and counteracting the effects of stress. It has been used for fatigue, lack of appetite, weight loss, and indigestion. It also has properties that help to combat colds and flu. It appears to help stabilize the body's biochemistry. It is also a powerful antioxidant.

### Dosage and Use

One can get the maximum benefit from Elderberry Defense by taking frequent doses (2 capsules every 2 hours) at the first sign of cold or flu, along with a large glass of water. It is also best to fast, or at least limit food intake to mild foods like juices, soups, fruits, and vegetables until all symptoms have passed. When colds and flu are "going around," take 2 capsules three times daily for prevention.

### Selected References

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch  
*The ABC+D Approach to Natural Healing* by Tree of Light Publishing  
*The HART Manual* by Herb Allure

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