



Elderberry Plus

Chewable immune tonic for children (and adults)

Our modern world is hard on kids. Smog and air pollution are an unavoidable part of many of their lives. Toxins find a way into the water they drink and agricultural chemicals saturate many of the foods they eat. As these pollutants enter the body, they draw energy and building materials away from the immune system causing children to get sick more easily. Usually, colds and stomach problems are followed by bouts with the flu and other illnesses that just don't seem to go away.

Fortunately, there are things one can do to strengthen children's immune systems and help to prevent colds and flu. One of the natural remedies that can help to do this is Elderberry Plus, a chewable tablet that helps strengthen and support the immune system.

Elderberry Plus has been used for allergies, bronchitis, colds, congestion, flu, viral infections and respiratory problems. It is particularly helpful against viral conditions and problems with the respiratory system. It can also be given to children before and after vaccinations to help their body detoxify from the vaccines.

Elderberry Plus contains the following ingredients:

Elderberry

The elder has a lot of folklore attached to it and has been used as a remedy in Europe for generations. Both the flowers and the berries have a strong reputation as cold, flu and fever remedy. The mechanisms by which it works have not been well established, but research has confirmed it has antiviral, anti-inflammatory and diaphoretic (sweat-inducing) effects. Elderberry is also a very safe remedy for children, with no known hazards or side effects.

Elderberry appears to work by increasing cellular resistance to viral infection which inhibits the spread of infection. The berries contain flavonoids, anthocyanins, and vitamins A and C, all of which help reduce inflammation and discourage infection. They work particularly well with respiratory infections, flu and fevers, but the berries have also been used for allergies, hayfever and earaches resulting from chronic congestion and yeast infections.

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Reishi

This excellent mushroom was first used in China and Japan, where it was believed to lengthen life. Reishi has immune stimulating properties which put the immune system on "red alert" to fight infection. It has been shown to be anti-inflammatory, expectorant antioxidant and to have adrenal stimulating properties. Traditional use is to build (or tonify) the blood and vital energy and to calm coughing. It also has adaptogenic qualities.

Modern research has backed up many of the ancient claims by showing reishi's ability to fight microbes, relieve arthritis, bronchitis, ease pain and fight cancer. Reishi is also used to help workers adjust to heights, relieve symptoms of asthma and to create a general sense of well-being. It also protects the liver against damage.

Astragalus

Astragalus is another immune booster from the Orient. In China, it is used to treat respiratory and urinary tract infections as well as to improve circulation. Modern science has found that it increases white blood cells and may even fight tumors. It increases white blood cell production and the antiviral interferon. It is a good remedy to prevent recurrent colds and infections of the upper respiratory tract.

Usage

This is an immune tonic, which means its best use isn't for acute infections, but for prevention of infection or treatment of chronic immune weakness. Use it as a tonic for children (or adults) when colds and flu are "going around" or for children who "catch everything." For best results, children should take one tablet of Elderberry Plus once or twice a day with meals. Adults can take larger doses (2 tablets 2-3 times daily). The herbs in this formula have all been used as foods and are safe for long term use.

Selected References

The Encyclopedia of Medicinal Plants by Andrew Chevallier
A Modern Herbal by Mrs. M. Grieve
Herbal Therapy and Supplements by Merrily A Kuhn and David Winston
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

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