

Anti-Viral Rosehip/Elderberry Syrup

1 cup dried Rosehips
½ cup dried elder berries
¼ cup Astragalus Root
1/8 cup Boneset Herb
2 Tbs. Schizandra Berries
3 cups of water

Optional: 1 cinnamon stick, 2-3 whole cloves, 1 tsp freshly grated ginger

Place the berries, water and spices, if using, in a saucepan. Bring to a boil. Reduce heat and simmer for 30 minutes. Strain, smashing the berries with the back of the spoon to collect the juice. Let the strained mixture cool, then stir in honey. Transfer into a clean glass bottle and label. Keeps in the fridge for up to 3 months. To use, take 1 tablespoon 2-3 times per day.

Rose Hips Profile

Rose hips are packed full of vitamin C with 1 oz. providing almost 200% of the recommended daily value. In fact, rosehip syrup was used in the UK during World War II to take the place of citrus fruits that were difficult to obtain. It especially helped children, the sick, and the elderly to get enough vitamin C in their diets. **Rose hips also contain a good amount of vitamin A, plus other important nutrients like vitamin E, vitamin K, manganese, calcium, potassium, and magnesium. They even have a healthy amount of fiber.** The health benefits of rose hips are also due to the fruit being a rich source of antioxidants, which are known to fight chronic diseases and cancer.

Vitamin C (also called ascorbic acid) is one of the most essential nutrients for boosting immune health. It stimulates the immune system and is especially supportive during stress. With their high vitamin C content, rose hips are one of the best medicines for your immune system. They have been used for centuries to fight off infections like colds, flus, and respiratory issues. You can also use rosehip tea or syrup as a preventative during cold and flu season.

Rose Hips are Anti-Inflammatory and Pain-Relieving

The antioxidants, including vitamin C, in rose hips are mainly responsible for its anti-inflammatory effect. They have also demonstrated an ability to reduce pain. Rose hips and arthritis relief have been especially studied in recent years. Rosehip powder has been shown to consistently reduce arthritis pain without the potential negative side effects of nonsteroidal anti-inflammatory drugs and aspirin. An herbal remedy made with rosehip powder was found in another study to reduce pain and improve hip mobility in over 64% of participants with osteoarthritis. Apart from arthritis, rose hips can also have benefits for calming skin inflammation.

Boneset Profile

- induce sweating in fevers, colds and flu
- stimulate immune system
- malaria
- rheumatism
- muscle pains
- spasms
- pneumonia
- pleurisy
- gout

Boneset, *Eupatorium perfoliatum*, Asteraceae

Boneset stimulates the immune response and is best used during the secondary phases of colds and flu (ie. swelling of mucus membranes and yellow phlegm). Using this herb speeds the resolution of infections and supports rapid convalescence. The specific indications are upper

Elderberry Profile

In the 1980s, virologist Madeline Mumcuoglu, Ph.D., set out to determine by what mechanism elderberry successfully defeats the flu. She found that the action of elderberry extract was to prevent viral hemagglutinin, or the process of the invading cells using their spike-like projections to introduce its enzyme into healthy cell membranes. She further noted that the viral enzyme is also neutralized in the presence of elderberry extract.

Constituents: rutin and quercetin (flavonoids), vitamin C, anthocyanins

Caution: The berries are toxic unless cooked.

Astragalus Profile

It is outstanding for respiratory infections, especially if accompanied by aches and pains. This includes: chronic cough, pneumonia and fevers.

Astragalus is one of the most potent immunity building plants in the whole world. Amazingly, this clever plant can help someone keep stress at bay, whilst fighting off infection and disease at the same time. It's really quite amazing how effective it can be. On top of boosting your immune system, it is also beneficial to your cardiovascular health.

Schizandra Berry Profile

Schizandra is a complex herb, and there are multiple mechanisms by which these constituents might act like phytoadaptogens, affecting the central nervous, sympathetic, endocrine, immune, respiratory, cardiovascular and gastrointestinal systems. Research has shown that schizandra helps stall the process of oxidative stress, which contributes to nearly every disease there is and results in the loss of healthy cells, tissues and organs.

It also exhibits strong antioxidant activities that positively affect blood vessels, smooth muscles, the release of fatty acids into the bloodstream (such as arachidonic acid) and the biosynthesis of inflammatory compounds. This results in healthier blood cells, arteries, blood vessels and improved circulation. This is one reason why schizandra helps increase endurance, accuracy of movement, mental performance, fertility and working capacity even when someone is under stress.