

Herb	Pharmacological actions	Suggested uses	Directions and safety precautions
Echinacea <i>Echinacea purpurea</i>	Antimicrobial, immunomodulator, anti-inflammatory, anti-catarrhal, vulnerary, alterative	Helpful for microbial infections. Immune booster, acne, sinus, cystitis, boils, poison, flu, antibiotic, anti-viral. Stimulate certain white blood cells. Especially effective in upper respiratory tract.	Herb: infusion 1- 2 tsp in one cup of boiled water. Steep for 10-15min, drink 3x/day. Root: Decoction 1-2tsp of herb per cup of water drink 3x/day Tincture: 1-4ml 3x/day Not to be used if you suffer from autoimmune disease such as rheumatoid arthritis or lupus. Do not use for longer than 3 weeks only during acute infections.
Elder Flowers <i>Sambucusnigra</i>	Diaphoretic, diuretic and laxative.	Sinus, flu, catarrh. To soothe skin irritations. Traditionally used to treat colds and upper respiratory tract infections, hay fever.	Infusion 3 g of flowers in 150ml of boiled water. Drink 3 times per day. Not when pregnant. Do not use the stems of this plant.
Elderberry /leaves <i>Sambucusnigra</i>	Fruit: analgesic, diuretic, laxative, diaphoretic.	Rich in vitamin C, rheumatism, diuretic, laxative. Colds, influenza, promotes sweating and soothing for upper respiratory infections. Combats free radicals, inflammation and enhances immune system function.	Fruit is 10g in 150 ml of water, steep in warm water and drink 3x/day. Not when pregnant. Do not use the stems of this plant.
Elecampane <i>Inula helenium</i>	Expectorant, antitussive, diaphoretic, hepatic antimicrobial	Helps for irritating bronchial coughs, especially in children. Good when there is lots of catarrh present. The herb both soothes irritation and promotes expectoration. Good for chronic cough, emphysematous conditions, chronic bronchitis and tuberculosis	Tincture 1-2 ml 3x/day Infusion: 1 cup of cold water, pour over 1tsp of herb let it stand for 8 – 10 hours. Heat and drink hot 3x/ day. Not when pregnant
Eyebright <i>Euphrasia officinalis</i>	Anticatarrhal, astringent, anti-inflammatory	Tonic and an astringent. Helps with problems of mucous membranes. Strengthens eyes, conjunctivitis, sinus, catarrh. Good for allergies, itchy and/or watery eyes and runny nose. Helps with hay fever	Infusion 1 tsp in 1 cup of boiled water. Steep for 5 -10 min. Drink 3x/ day. Tincture 1-4 ml 3x/day To make a compress place 1 tsp of herb in ½ liter of water. Boil for 10 min and let cool slightly. Moisten cloth in lukewarm liquid, wring slightly and place on the eyes.

NB This information is not intended to substitute a competent Health Care professionals advice or treatment.