

Antiviral Remedies

1. Echinacea (eh-kin-AY-sha) is a native American healing herb which boosts or stimulates the immune system. It aids white blood cells in fighting infections and protects tissues against invasion of organisms. Because of these properties it is useful in fighting and/or preventing colds, flu and yeast infections. It also promotes wound healing and has been used in treating arthritis.

To Use: Tinctures (concentrated form of the herb preserved in alcohol) or freeze dried capsules are the most potent forms. With the initial symptoms of any viral illness take 2 droppers full of tincture or 2 freeze dried capsules three times per day. A length of treatment up to 2 weeks is recommended as it will lose its ability to stimulate the white blood cells if used indefinitely. If the condition you are treating is not improved in 2 weeks please call or make an appointment.

Cautions: Do not use if pregnant or nursing. Do not use for children under 2 and decrease the dose for children over 2 and persons over 65. If any side effects of stomach upset or diarrhea occur, use less or stop using. Immune boosting herbs in general should not be used for allergies or when there is an autoimmune disease. There are no reports of

toxicity from echinacea.

2. Zinc Lozenges contain the mineral zinc which also has immune stimulating properties. These are useful for treating the symptom of sore throat as well as fighting the virus. One Lozenge three times per day. Suck on them rather than chewing.

3. Vitamin C.

500 - 2000 mg per day for adults. 250 - 500 mg per day for children. The only chewable Vitamin C that does not harm the teeth enamel is the non-acidic form calcium ascorbate (Gentle C by Twin Labs).

4. General Care: Extra sleep, fluids and good nutrition are of course mainstays of fighting viruses. A loss of a night's sleep decreases immunity by 50%. It is usually worthwhile to look at possible emotional or physical stresses as well and realize that illness may be the body's way of asking you to address a problem.

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