

# Remedies 4

Immunity

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## Remedies 4... immunity

### Companion Remedies for Immunity

[Immunity Plus](#) - For full immune system support

[Bio-Oxidate Defense](#) - Supports cell integrity with natural antioxidants to discourage aging due to lifestyle factors

[AdaptoZen](#) - Supports systemic balance, plus encourages resistance to physical, chemical and biological stressors

[Viral-Protect](#) - an excellent formula, helping give your immune system that extra 'edge' when it is needed.

[BaniFlu](#) - Homeopathic remedy temporarily protects against flu virus and germs - safe for all ages

[FluGo](#) - Homeopathic remedy temporarily relieves symptoms of the flu or cold like cough, runny nose, fever, sore throat and fatigue

### Health Vinegar Recipe

- 1 quart apple cider vinegar
- 1/8 cup [Rosemary](#) (whole)
- 1 tbsp [Fennel](#) seeds (whole)
- 1 tbsp [Rose](#) petals
- 2 [Bay](#) leaves (shredded)
- 1 pinch genuine saffron (may be omitted)

Put the ingredients in a bowl one at a time, empowering each herb as you go along. Pour the vinegar into a jar larger than the one it is already in.

Add the [Herbs](#). Tightly cap the jar, shake and let stand for 1-3 days.

website.



### [Elderberry Syrup](#)

Created for Planetary Herbals by licensed acupuncturist and clinical herbal



### [Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



### [Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da

Strain the resulting liquid through a coffee filter. Bottle, label and add 6 tbsp to every bath to speed healing.

## French Healing Tea

### INGREDIENTS

- 1 cup boiling water
- 1/2 teaspoon dried [Thyme](#) (1 teaspoon fresh)
- Place [Thyme](#) in cup and cover with boiling water. Cover and allow to steep for 10 minutes.
- Strain and serve, with honey and/or [Lemon](#), if you like.

Makes one serving

## Immunity Booster Tea

Drink three cups a day during cold or flu

- 2 parts [Echinacea](#) root
- 1 part [Hyssop](#)
- 1 part [Peppermint](#) leaf
- 1 part [Thyme](#)

Steep 2 tablespoons in 1 cup of boiling hot water.

## Rosemary Tincture

This tincture is good to take internally to prevent colds or to fight infections.

Because of the antibiotic nature of this tincture, it is also good to use to clean cuts and scrapes. It removes bacteria and prevents infections.

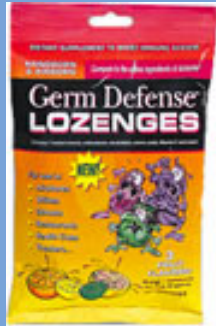
Add 4 ounces of [Rosemary](#) needles to 1 pint of vodka and allow to sit for 2 weeks.

Strain and use a half a dropperful every 2 hours for a couple of days. Then cut back to 2 times daily for about 2 weeks to treat infections and colds.



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys



**Great Health Sites**

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

## The Garlic Recipe

This recipe, if taken 2 times per day, it will eventually kill all [Parasites](#) in the body. It will kill bacteria and viruses too. It makes one feel very good, and clear minded.

You juice approximately 2 fresh [Garlic Cloves](#) with a vegetable, like [Carrot](#), cucumber, or tomato.

If you don't have a juicer, you can grate the [Garlic](#) very small with a metal grater, then add yogurt and oat flakes to help hide the burning sensation.

Try 2 [Garlic Cloves](#) to one cup of vegetable juice. It depends on your weight and size as to how much "heat" you can take from the juiced [Garlic](#). Some [Garlic Cloves](#) are small so use more. You want your nose to run and your head and chest to feel very warm!!!! This "hot" effect is very important. 2 times per day.

You will have severe [Diarrhea](#) one time within 24 hours. Be near a toilet. You can start on the weekend for this reason. You will see [Worms](#) (maybe you'll see flukes too) come out of you after a day on this Recipe. Not all will die at once. They can take a long time to kill.

If you are ill with a flu virus, take the Recipe every hour if you want to so you feel better. Then go back to 2 times per day. Afternoon and before bedtime are good times. You can take it to work with you.

You will smell like fresh [Garlic](#) for a little while, but then it goes away. Eat a mint. I would not want the odor to stop anyone. The benefits of the [Garlic](#) in this 2x a day high dose are amazing.

The [Garlic](#) Recipe is inexpensive and easy. [Garlic](#) tablets or capsules won't have the same effect.

## Tonic Mix

Mix together 1 ounce of each of the following dried herbs:

[Horehound](#) [Hyssop](#) [Licorice](#) Root [Marshmallow](#) Root

Add 2 pint of water. Simmer until the liquid is reduced by 1/4. You

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should have about 1 an 1/2 pints of the tonic.

Strain and dose with 1/2 cup of the liquid every couple of hours for 1 day of every week for a month.

This tones up the respiratory tract and also stimulates and nourishes the [Adrenal Glands](#).

## Antibacterial Hand Spray

According to the EPA, this spray mixture is an effective way to kill MRSA. No need to rinse.

In a four ounce spray bottle mix:

- 3 ounces isopropyl alcohol
- 1 ounce [Witch Hazel](#) (to tone down the isopropyl a bit for all skin types)
- 1 teaspoon [Vanilla](#) extract or two or three drops of essential oil

## Ginger Root Tea for Immunity

[Ginger](#) helps fight influenza virus and increases the [Immune System](#)'s ability to fight infection.

- 1 teaspoon grated fresh [Ginger](#)
- 1 cup of boiling water.
- Pinch of [Cayenne](#).
- Add [Lemon](#) juice and honey to taste.

Steep 10 minutes. Drink as little or as much as you desire throughout the day.

## Guardian Spritzer

- 2 ounce spritzer bottle
- 1 1/2 ounce Nature's Fresh
- 1/2 ounce Colloidal Silver
- 40 Drops Guardian

Mix ingredients above in spritzer bottle.

“This formula is great to use as a natural germ killer– on planes,



hotel rooms, on the bottom of feet, in a/c or heat vents, on the hands after working with clients or in your children's rooms." -Tonja Wells

## Ginger-Apple Anti-Viral Tea

[Ginger](#) helps stimulate a therapeutic [Sweat](#). Studies also show that it helps fight against bacterial infections that may develop as a result of the viral infection. [Lemon](#) juice does the same thing, warding off secondary bacterial infections and giving a whopping amount of [Vitamin C](#). Apple cider (and apple cider vinegar), is extremely rich in [Minerals](#) and has been employed since ancient times for this reason.

### Step One

- One cup of peeled, chopped and minced fresh [Ginger](#)
- 10 cups of water

### Step Two

- Apple cider (1/2 cup per serving)
- [Lemon](#) juice

Directions Peel and mince the [Ginger](#) (a food processor makes little work of this job). Simmer the minced [Ginger](#) in 10 cups of water for an hour or so. Strain.

When ready to have a serving place 1/2 cup of the strained [Ginger](#) water in a pan with 1/2 cup of apple cider vinegar and a squirt or two of [Lemon](#) juice. Heat and serve.

## Heavy Duty Hand Cleanser

Inspired by Better Basics for the Home, by Annie B. Bond (Three Rivers Press, 1999) - courtesy of Care2.com

This simple formula gets dirty hands squeaky clean without drying or harming the skin. Perfect for gardeners ('tis the season) but a must-have for all of us, since this cleanser pampers our mitts while busting grime of all kinds.

### INGREDIENTS

- 1/2 cup Almond meal
- 1/8 cup orris root, rice flour, or oatmeal

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**MORE INFO**

1/8 cup liquid castile Soap  
10 drops Essential Oils of choice (you can use Clove, Bergamot, or Neroli for a traditional scent)

In a bowl, combine ingredients thoroughly.

Dampen hands and scoop up some of the formula, scrubbing gently and adding water as needed to make a lather.

Rinse thoroughly.

Helpful Hints:

This formula will keep for a week in a jar with a screw top. Please be sure to use pure Essential Oils, and if you are Pregnant, nursing, or have a serious medical condition, consult a health professional before using them.

## Potent Anti-Viral Tea

By Annie Bond, Executive Producer of Care2's Green Living content. <http://www.care2.com/>

A gifted African healer from Ghana gave my fiancé Len, who had the flu, instructions for how to make and use this strong and delicious tea remedy formula. In getting the ingredients I bought out the store's fresh [Ginger](#) supply and made enough of this potent tea to last for a few days. I drank some too because it had such a vibrant apple cider/ginger/lemon essence that I found irresistibly sweet, tart and spicy (and of course, I didn't want to get sick either). I never got the virus and Len recovered without lung problems, to which he is prone:

### Ingredients

[Ginger](#) helps stimulate a therapeutic [Sweat](#). Studies also show that it helps fight against bacterial infections that may develop as a result of the viral infection. [Lemon](#) juice does the same thing, warding off secondary bacterial infections and giving a whopping amount of [Vitamin C](#). Apple cider (and apple cider vinegar), is extremely rich in [Minerals](#) and has been employed since ancient times for this reason.

### Step One



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- One cup of peeled, chopped and minced fresh [Ginger](#)
- 10 cups of water

### Step Two

- Apple cider (1/2 cup per serving)
- [Lemon](#) juice

### Directions

Peel and mince the [Ginger](#) (a food processor makes little work of this job). Simmer the minced [Ginger](#) in 10 cups of water for an hour or so. Strain.

When ready to have a serving place 1/2 cup of the strained [Ginger](#) water in a pan with 1/2 cup of apple cider and a squirt or two of [Lemon](#) juice. Heat and serve.

## Tea Tree and Thyme Healing Tonic

Adapted from [Organic](#) Body Care Recipes by Stephanie Tourles (Storey, 2007) <http://www.care2.com/>

Holiday parties with a cold, gift-wrapping with the flu - this is no time to get sick. If only there was a spray we could use to combat cold and flu bugs. Oh wait, there is! Try this simple to make, all-natural [Tea Tree](#) and [Thyme](#) healing tonic to help purify your home and workplace, and kiss those vexing germs good-bye.

This recipe makes for a very strong infusion of [Thyme](#). Combined with [Tea Tree](#), the resultant formula has Antiseptic, Antibacterial, antifungal and Antiviral properties, and makes a good preventive skin tonic to use when living or working around people who have a cold or the flu. Pour it into a small, plastic spritzer bottle and keep it with you at all times so that you can spray it periodically on your hands or face, the telephone, and directly into the air to help purify the surrounding environment.

- 1 cup distilled water
- 1 tablespoon [Thyme](#) leaves
- 10 drops [Tea Tree](#) essential oil

In a small saucepan, bring the water to a boil, remove from heat, add the herb, cover, and steep for 30 minutes. Strain and pour the liquid

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into a storage container. Add the essential oil. Shake vigorously to blend.

Due to [Tea Tree](#) essential oil's potent properties, this tonic will keep unrefrigerated for approximately one week. Please make a fresh batch every weekend so that you are prepared to naturally combat the upcoming week's exposure to germs!

**Application:** Using a cotton cleansing pad, apply approximately one teaspoon to the face or more as necessary for other parts of the body. Avoid eye area.

**Note:** Please be sure to use pure essential oil, not perfume fragrances. If you are [Pregnant](#), nursing or have a serious medical condition, please check with your health care professional before using essential oils.

## Traditional Herbal Blood Tonic Recipe Revealed by Medical Herbalist

Blood tonics today are used for Cancer prevention; Cancer treatment; liver health, viral and bacterial infections. In the days of old blood tonics were called Spring Tonics and farmers would religiously take them come Spring Time after a long sedentary winter to get their sluggish blood in shape for the upcoming season of farming. A custom that has been lost in today's world. Why? And why aren't blood tonics readily available for purchase from holistic healers or from health food stores? Could it be that pharmaceutical companies don't want any competition from herbal and botanical medicines?

In Dr. Wright's Newsletter dated September 17, 2007, he talked about Washington State's war on holistic M.D.s. Sad but true. Holistic healers are still being attacked in the USA that spouts that we are a Free Nation...except when it comes to health care, of course. The onslaught on alternative healers is brought about by Big Pharma, Big Business, the American Cancer Society, the AMA and our elected politicians who are bribed by lobbyists. They don't want you healthy! Instead, they want the path cleared of anyone who can heal you so they can keep pushing their legal high-profit drugs. In today's world where the propaganda mantra is "There is no cure", holistic healers are being harassed, arrested and charged with "moral turpitude", and put out of business simply because they can cure what ails you.

With the attacks on Natural Medicine it can be hard to find an Herbalist who can make up blood tonics for their Cancer clients. Herbalists can be hard to locate, especially those who specialize in Cancer treatments because they do not advertise since it is against the law in the USA for any health care practitioner to claim they can heal Cancer; or any other illness for that matter, yet, it is not against the law to heal yourself. Therefore, why not learn to make your own? In this article I will give the recipe for the very first blood tonic I made.

Browning's Blended Spirits is a blood tonic I formulated years ago for an 80 year old man who had been diagnosed with Invasive Bladder Cancer that had spread to his lymph. During surgery it was found that his tumor had grown outside the wall of the bladder and the surgeon was unable to remove it all. He refused Chemotherapy and radiation treatments and was given only 3-6 months to live. His family called me to see if I could help him. After hearing his case I couldn't recommend herbal capsules because he had difficulty swallowing so I made him this blood tonic. Also included in his treatment was a Bladder and Kidney tonic along with diet changes.

His Cancer was eliminated in 6 months and was verified by a cat scan his doctor did in the hospital. The doctors were mystified when they could not find any Cancer in his body, yet they never asked what he did to eliminate his Cancer. That alone suggested that his doctors not only didn't care how he healed himself; but that his doctors weren't the least bit curious about [Alternative Medicine](#) and how they might learn from his recovery. The gentleman is no longer living, but he did not die of Cancer. He died of old age from natural causes. I continued to use this blood tonic recipe for several types of Cancer and bacterial illnesses in my practice up until the day I retired.

### **About the Ingredients:**

Browning's Blended Spirits Blood Tonic contains a comprehensive blend of all-natural ingredients of [Herbs](#) that are effective for blood purification and [Detoxification](#). The ingredients in this blend provide nutritive support to the body and are historically proven to provide both cleansing action and [Detoxification](#) of the cells throughout the body including the lymph, lungs, liver, heart, colon and bloodstream. Many of the ingredients like [Burdock](#) root, chaparral, poke root, [Red Clover](#) and [Yellow Dock](#) have been used for years to treat Cancer.

### **What ingredients you will need make the tonic:**

**3oz each of the following dried herbs:**

- **[Anise](#) seed (pimpinella anisum)**
- **Blue [Violet](#) (viola odorata)**
- **[Burdock](#) root (arctium lappa)**
- **Chaparral (larrea tridentate)**
- **[Dandelion](#) root (taraxacum officinale),**
- **[Fennel](#) (foeniculum vulgare),**
- **[Licorice](#) root (glycyrrhiza glabra),**
- **Oregon grape (mahonia aquifolium),**
- **Poke root (phytolacca Americana),**
- **[Red Clover](#) (trifolium pretense)**
- **[Yellow Dock](#) root (rumex crispus).**
- **40 oz of Honey or [Black](#) Strap Molasses, your choice.**
- **16 oz of Vegetable [Glycerin](#).**
- **4 Tablespoons of Citric acid which can be found in health food stores or from herb companies on-line.**
- **5 gallons of distilled water**

**Purchase the whole herb (cut root and cut leaf) instead of the powdered herb if you can. The reason for this is two-fold. First, the powder absorbs more water leaving you with less liquid; second, the powder takes longer and is harder to strain. I purchase most of my dried [Herbs](#) from [Mountain Rose Herbs](#). Their [Herbs](#) are processed and handled according to strict [Organic](#) standards and they will sell individual [Herbs](#) in a 4oz quantity so you will not have to purchase a full pound. I am sure there are many other herb company's and health food stores that carry the [Herbs](#) you will need. Just make sure they are [Organic](#).**

**What cooking tools you will need:**

- **You will also need two stainless steel or glass 20 quart pots with lids.**
- **A large strainer.**
- **A candy or water thermometer.**
- **Cheesecloth.**

**For bottling you can use regular canning jars. If using pint jars you will need about 24 – 28 jars. If using quart jars you will need about 14 jars. This is a large recipe that will provide one year worth of tonics for the Cancer patient, or, if using for a preventative go together with friends or**

family and share it.

**How to make the tonic:**

**Making this tonic is like canning fruit from your garden. If you can cook you can make it. It takes a few days but is well worth it. You will not find this tonic on the market because it is time intense. The cost would be prohibitive to manufacture it, yet you can make it in your home for around \$3.00 a pint. This tonic stores for up to a year if placed in a dark cool closet. The key to keeping tonics fresh is to prevent them from exposure to extreme temperature fluctuations. Don't let them freeze and don't let them sit in temperatures above 75\*.**

**In one pot add:**

**Anise seed, Burdock root, chaparral, Dandelion root, Fennel, Licorice root, oregon grape root, poke root, Yellow Dock root and add 3 gallons of distilled water.**

**Cover with lid and set on stove on warm heat overnight so that the roots can be softened for extraction.**

**In the morning turn up the heat and bring the water to a low simmer for about 4 hours then bring to a boil for 15-30 minutes. After boiling turn off heat and strain the liquid into a clean container by laying a layer of cheesecloth over your strainer.**

**In another pot add:**

**Blue Violet, Red Clover and add 1.5 gallons of distilled water. Set on counter and let soak in water over night.**

**In the morning place the pot on the stove on warm/medium heat to steep (not boil) the Herbs like you would a cup of tea. Let them steep for at least 4 hours then strain the liquid by laying a layer of cheesecloth over your strainer.**

**Compost the strained Herbs in your garden.**

**Mixing the pots:**

Once the liquid is strained from both pots mix it together in one of the 20 quart pots and let it simmer for about 30 minutes.

Then add

- 16 oz of vegetable [Glycerin](#),
- 40 oz of honey (or [Black](#) strap molasses for those allergic to honey)
- 4 heaping tablespoons of citric acid

Stir and let the mixture mingle for 15 minutes or so. When ready to bottle use a candy thermometer to check the temperature of the liquid. You want the temperature between 185\* - 190\* to prevent any bacteria to grow in the tonics. Maintain this heat temperature throughout bottling.

While waiting for your liquid to reach the accurate bottling temperature prepare your canning jars. Sterilize jars and lids.

Once your bottles are sterilized and your herbal liquid is at the right temperature add the tonic liquid to the hot jars. Fill to ½” from top of jar and cap. Let cool overnight. Check to make sure all the jars are sealed properly then store them.

Once you open a jar of tonic for use you must Refrigerate it. The tonic will last for a month in the refrigerator once it has been opened. Sediment in the bottom of the jars is normal. Give the jar a little shake or stir to mix the sediment before taking.

How much to take:

**Adult Folklore Dosage: 2 Tablespoon 2 times a day for Cancer, tumors, liver, viral and bacterial infections. In my practice I recommended that Cancer patients take this tonic for at least a year and then drop to a maintenance dose of taking it once a day for another year. Some of my Cancer patients continue to take it on and off throughout their life to keep their blood and lymph clear of [Toxins](#).**

**For Cancer prevention use a bottle of this tonic every 3 months taking 1 Tablespoon 2 times a day.**

**Do use if you are Pregnant. Do not use if you are taking blood thinning agents like Warfarin (also known under the brand names of Coumadin, Jantoven, Marevan, and Waran).**

**Disclaimer—The information provided in this article is for informational purposes only and is not intended as a substitute for advice from your health care professional. You should not use the information in this article for self-diagnosis or to replace any prescriptive medication. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem, suffer from Allergies, are Pregnant or nursing.**

## **Travel Size Germ Killer**

**Going on vacation? Stopping at rest stops and strange hotels?**

**Carry this sanitizer with you.**

**In a small spray bottle add:**

- 4 ozs of purified water**
- 50 drops of Lavender**
- 30 drops of Clove bud oil**
- 20 drops of Peppermint**

**Shake well and spray area to be sanitized.**

## **Improve the Immune System With Essential Oils**

**Ways in which Essential oils support the immune response.**

**1. Contain antiviral, antibacterial, antifungal and antiseptic properties and directly battles the threatening micro-organisms. These oils create an environment in which disease, bacteria, virus, and fungus cannot live.**

**2. Stimulates the activity of the organs and cells of the**

**body.**

**3. Has the ability in its chemical structure to penetrate the cell wall and transport oxygen and nutrients inside the cell. These oils are created to help bring oxygen and nutrients to the tissues while assisting to remove carbon dioxide and other waste products produced by cell metabolism.**

**Best Essential Oils for Immune System support are**

**[Eucalyptus](#)**

**[Lavender Oil](#)**

**[Tea-tree](#)**

**[Frankincense](#)**

**[Myrrh](#)**

**[Cinnamon oil](#)**

**[Thyme](#)**

**Whether they are inhaled or rubbed on the body topically, these oils are a great benefit to help strengthen your immune system, and obtain high level of resistance from illness or disease.**

**Anoint yourself with some oils, and you may experience the surprising health benefits that many enjoyed in centuries past.**

## **Home Remedies from the Cupboard**

**source: <http://www.howstuffworks.com/>**

**Almonds. Eat a handful of almonds for your daily dose of vitamin E. An immune-strengthening antioxidant, studies have found that vitamin E deficiency causes major problems in the integrity of the immune system.**

**Crab. A zinc deficiency can zap your immune system. Zinc acts as a catalyst in the immune system's killer response to foreign bodies, and it protects the body from damage from invading cells. It also is a necessary ingredient for white blood cell function. Nosh on 3 ounces fresh or canned crab and you've got one-third of your recommended daily allowance (RDA) of this immune-enhancing nutrient.**

***Navy beans. Everybody needs a little folic acid (it's the most common nutrient deficiency in the United States). And not getting enough of this vital nutrient can actually shrink vital immune system fighters like your thymus and lymph nodes. To make sure you're getting your fill of folic acid, try popping open a can of navy beans with dinner. One cup gets you half of your recommended daily allowance (RDA) of folic acid.***

### ***Home Remedies from the Fruit Basket***

***Guava. Go a little tropical with this tasty fruit and get more than twice your daily vitamin C needs. Vitamin C acts as an immune enhancer by helping white blood cells perform at their peak and quickening the response time of the immune system.***

### ***Home Remedies from the Refrigerator***

***Chicken. Selenium is a trace mineral that is vital to the development and movement of white blood cells in the body. A 3-ounce piece of chicken will give you almost half your daily needs.***

***Pork. Not getting enough vitamin B6 can keep your immune system from functioning at its best. Eating 3 ounces of lean roast pork will provide you with one-third of most adults' daily requirements for this immune-helping vitamin.***

***Wine. Have a glass of red wine and you may help your body take out a few potentially harmful foreign bodies. Certain components in wine seem to be helpful in killing infectious bacteria, such as salmonella. But be careful. Drinking too much alcohol can cause your immune system to become depressed, leaving you more open to infection. A glass a day should do the trick.***

***Yogurt. Yogurt seems to have a marked effect on the immune system. It strengthens white blood cells and helps the immune system produce antibodies. One study found that people who ate 6 ounces of yogurt a day avoided colds, hay fever, and diarrhea. Another study found that yogurt could be an ally in the body's war against cancer.***

### ***Home Remedies from the Supplement Shelf***

***Echinacea. Research has shown echinacea to boost the body's immune response. It is particularly effective at fighting viral infections, such as the cold and flu, helping your body heal faster. Take 1 or 2 capsules or tablets up to three times a day. You can also buy dried echinacea and brew it into a tea. Simmer 1 to 2 teaspoons in 1 cup boiling water for 10 to 15 minutes; drink up to 3 cups a day.***

### ***Home Remedies from the Vegetable Bin***

***Carrots. Carotenes, like the beta-carotene found in carrots and other red, yellow, orange, and dark-green leafy vegetables, are the protectors of the immune system, specifically the thymus gland. Carotenes strengthen white blood cell production, and numerous studies have shown that eating foods rich in beta-carotene helps the body fight off infection more easily.***

***Garlic. Garlic is well-known for its antibacterial and antiviral properties. It's even been thought to help prevent cancer. Researchers think these benefits stem from garlic's amazing effect on the immune system. One study found that people who ate more garlic had more of the natural killer white blood cells than those who didn't eat garlic.***

***Kale. A cup of kale will give you your daily requirement of vitamin A. Vitamin A is an antioxidant that helps your body fight cancer cells and is essential in the formation of white blood cells. Vitamin A also increases the ability of antibodies to respond to invaders.***

***Shiitake mushrooms. Throw a few shiitake mushrooms in your stir-fry and you may prevent your yearly cold. Scientists have discovered that specific components of shiitake mushrooms boost your immune system and act as antiviral agents.***

### ***More Do's and Don'ts***

- Skip the sugar. Sugar may keep your white blood cells from being their strongest. Keep the sweet stuff to a minimum if your immune system isn't working like it should.***
- Forgo fat. Polyunsaturated fats in vegetable oils such as corn, safflower, and sunflower oil seem to be a deterrent to an efficiently running immune system.***

- **Lose a few pounds. Being overweight has a major effect on your immune system. One study found that the white blood cells in overweight people weren't as able to fight off infection as those of their healthy-weight peers.**
- **Try to relax. If stress causes you to lose your cool, you could be impairing your immune system. Chronic stress can even shrink your thymus gland, creating major problems in your body's ability to fight off infection. This is probably why you get a horrible cold after you finish a big project at work.**
- **Add some activity. Exercise is a proven immune system booster. Don't overdo it, though. Too much can wear you down and create immune system problems.**

## **Immune A-Go-Go Soup**

**serves 6-8**

**Good enough for dinner any night, this soup is of special benefit for those in the midst of chemotherapy or radiation treatments. Variations on this soup are a regular part of my anti-cancer lifestyle.**

- **2 cups beet roots or tops, sliced (parsnips are great too)**
- **2 cups water (spring water or filtered water)**
- **1 cup dried seaweed (2 cups/500 ml after soaking)**
- **6 cups cabbage, thinly sliced**
- **3 onions, sliced from top to bottom (like crescent moons)**
- **4 tablespoons [Olive Oil](#)**
- **1 teaspoon sea salt**
- **10-20 [Cloves Garlic](#), sliced**
- **1 thumb's worth of [Ginger](#), sliced**
- **4 ounces fresh shiitake, reishii, or wild mushrooms**
- **~ or 1 ounce dried mushrooms**
- **2 cups carrots, sliced**
- **8-12 cups spring water or filtered water**
- **1 ounce dried [Siberian Ginseng](#) root, whole or cut**
- **optional: [Organic](#) chicken, any amount**
- **optional: 1 cup cooked brown rice**

**Cover beets with water; cook until tender, about 20 minutes. Meanwhile, soak seaweed in hot water. On a low fire, saute the cabbage and onion in [Olive Oil](#) until limp, 5â€™10 minutes. Add salt, [Garlic](#), [Ginger](#), mushrooms, carrots, cooked beets and their cooking water, seaweed**

*and its soaking water (watch out for grit at the bottom), and [Siberian Ginseng](#).*

*Stir well. Add chicken and/or rice. Add water. Cover the pot tightly and raise the heat to high. As soon as the soup boils, reduce the heat. Simmer for 1 hour. Let it rest for several hours or overnight. Reheat before serving. Don't worry about leftovers. The taste of this soup improves as it ages.*

*Recipe from Susun Weed's book [Breast Cancer? Breast Health!](#)*

## *Garlic Potato Healing Soup*

*Adapted from [The Findhorn Book of Vegetarian Recipes](#), by Kay Lynne Sherman (Findhorn Press, 2003).*

*Here is a folk remedy for those days when you're out of sorts and not feeling well. Comforting and packed with the healing power of [Garlic](#), this soup is good for what ails you!*

### *INGREDIENTS*

- 1 teaspoon caraway seeds, crushed with a mortar and pestle*
- 2 cups chopped potatoes*
- 7 cups good-quality vegetable stock or water*
- 1 teaspoon salt*
- 4 [Cloves Garlic](#), crushed*
- 1 tablespoon butter*
  
- Croutons for garnish (optional)*
  
- Simmer potatoes and caraway seeds in stock or water for 20 minutes, or until potatoes are very soft.*
  
- Add crushed [Garlic](#) and butter, stirring to combine thoroughly.*
  
- Serve hot with croutons on top, if desired.*

*Serves 2.*

## **Ginger and Garlic Tincture**

**Ingredients:** - [Ginger](#), [Garlic](#), White or Red Wine and 70% alcohol Vodka.

**Method:-** Take equal amounts of [Garlic](#) & [Ginger](#). Clean and chop [Garlic](#). Similarly slice [Ginger](#). Place them in a container and pour Wine just to cover the ingredients. Cover the container. Note the amount of wine used.

Leave it for two weeks. After 2 weeks, add Vodka. Similar volume as wine. Leave it for another 24 hours.

Strain the liquid. Now it is ready to use.

As and when required, use it as an anti-Biotic. Usually for adults, one table spoon three times a day 30 minutes before meals. Also this tincture (diluted) can be sprayed on plants as a Fungicide.

**Important:** Follow the procedure hygienically.

## **Grandma's Healing Soup**

**Inspired by Soup Makes the Meal, by Ken Haedrich (Harvard Common Press, 2001).**

**A steaming bowlful on a cold winter day is so wonderfully soothing and comforting—and it is very quick to make.**

### **INGREDIENTS**

- 1 1/2 tablespoons [Olive Oil](#)
- 1 large leek, well-washed, white parts only, chopped
- 1 large [Carrot](#), peeled and diced
- 1 large potato, diced
- 1 parsnip, peeled and diced
- 4 [Cloves Garlic](#), minced
- 5 cups vegetable stock
- Salt to taste
- Handful fresh [Parsley](#) leaves, chopped
- Large handful fresh spinach leaves (around 4 ounces), rinsed and coarsely chopped

- Freshly-ground **Black Pepper**, to taste
- In a soup pot, heat the **Olive Oil** and add the leeks, **Carrot**, potato, parsnip, and **Garlic**. Cook, stirring occasionally, over medium heat about 5 minutes. Add stock and salt to taste, then bring to a simmer.
- Simmer soup, partially covered, for about 5 minutes, then stir in **Parsley** and spinach. Simmer, partially covered, about 5 more minutes. Add **Pepper** to taste and serve piping hot.

Serves 4 to 5.

## Healing Garlic Soup

*Adapted from The Border Cookbook, by Cheryl Alters Jamison and Bill Jamison (Harvard Common Press, 1995).*

*This is one delicious way to boost your **Immune System** so you can avoid the flu, or to nourish yourself if you've caught it.*

### INGREDIENTS

- 3 whole heads of **Garlic**
- 2 tablespoons vegetable oil, preferably peanut
- 1 medium onion, sliced thin
- 8 cups vegetable stock
- 1 to 2 dried or canned chipotle chiles
- 1/2 teaspoon salt, or more to taste
- 1/2 teaspoon **Cumin** seeds, toasted and ground
- Juice of 1/2 to 1 **Lime**
- Toasted thin flour tortilla strips and sliced **Avocado**, for garnish (optional)
- Preheat oven to 400 degrees.
- Coat **Garlic** with a thin film of the oil, reserving the remaining oil. Place **Garlic** in a shallow pan and bake it until very soft, about 45 minutes. When **Garlic** is cool enough to handle, peel all the **Cloves** and reserve them.

- **Pour 1 tablespoon of the oil into a large saucepan or Dutch oven and warm over medium heat. Add the onion to the oil and saute until it's softened and lightly colored. Transfer the mixture to a blender and add the reserved [Garlic](#). Puree, adding a little stock if necessary to blend the mixture.**
- **Add remaining oil to the saucepan and warm it over medium-high heat. Pour in the blender mixture, being careful of any splatters, and saute it until it just begins to dry out and color. Add the rest of the stock, the chipotle, salt, and [Cumin](#), and reduce the heat to medium. Simmer the soup for 25 to 30 minutes, remove it from the heat, and add the [Lime](#) juice.**
- **Divide the tortilla strips and [Avocado](#) between the bowls and pour the hot soup over them. Serve immediately.**

**Serves 6 to 8.**

## **Honey and Cinnamon for the Immune System**

**Daily use of honey and [Cinnamon](#) powder strengthens the [Immune System](#) and protects the body from bacteria and viral attacks. Scientists have found that honey has various [Vitamins](#) and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.**