

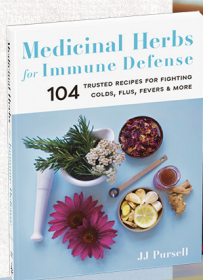
# Boost your health & happiness with natural remedies

recipe

## Immune-Boost Tea

- 1 oz astragalus root
- 1 oz holy basil leaf
- 3/4 oz elderberry
- 1/2 oz olive leaf
- 1/2 oz ginkgo leaf
- 1/4 oz ginger root

1. Mix the herbs in a bowl and store in a glass jar.
2. Steep 4 - 5 tbsp in a quart of hot water overnight.
3. Strain and drink 3 cups a day, either occasionally or for 1 to 2 weeks at a time to support the immune system.



recipe

## Antiviral Tea

- 2 oz lemon balm leaf
- 1 oz elderberry
- 1/4 oz lomatium root
- 1/4 oz usnea
- 1/4 oz yarrow flower
- 1/4 oz ginger root

1. Mix the herbs in a bowl and store in a glass jar.
2. Steep 4 - 5 tablespoons in a quart jar.
3. Drink 3 cups a day.



Medicinal Herbs for Immune Defense  
104 Trusted Recipes for Fighting Colds, Flus, Fevers, and More  
Dr. JJ Pursell



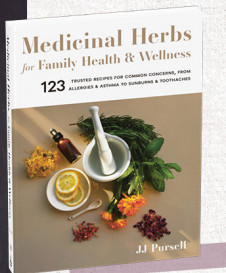
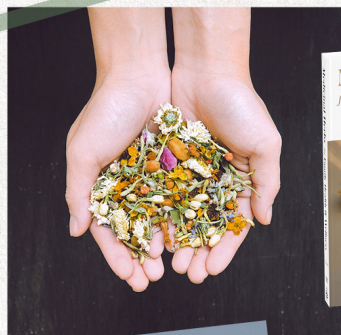
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## Boo-Boo Spray

- 1 tbsp calendula flower
- 1 1/2 oz witch hazel extract
- 1/2 oz aloe vera gel
- 50 drops lavender essential oil

1. Steep the calendula flowers in 6 oz hot water for 1 hour.
2. Strain and add 2 oz of the water to a 4 oz spray bottle.
3. Add the witch hazel, aloe vera, and essential oil.
4. Shake well and spray on skin as needed.



recipe

## Headache-Relief Oil

- 1 oz fresh poplar buds
- 1 oz lavender flower
- 3/4 cup olive oil

1. Put both herbs in a glass baking dish and add enough olive oil to cover the herbs 1 - 2 inches deep.
2. Bake at 170 degrees for 4 hours.
3. Allow to cool and then strain.
4. Pour the oil into your container of choice.
5. When needed, rub 1 tsp onto the temples or the nape of the neck.



## Medicinal Herbs for Family Health & Wellness

123 Trusted Recipes for Common Concerns, from Allergies and Asthma to Sunburns and Toothaches

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