

## Echinacea

Made from organic and/or wildcrafted roots, this herb wakes up and fortifies your immune system. Echinacea is the greatest for Colds, Flu, Pneumonia, Bronchitis, AIDS, Ebola, Infections, ETC.

Echinacea stimulates your body to manufacture more immune cells and more disease fighting immune chemicals. A good analogy would be: Turning on the key to your automobile. It sends a jolt from your battery to crank over your starter motor and thusly the engine. Once your engine has turned over a few times and it's running, you release the key. You build immune cells and immune chemicals from a good solid nutritional food program, a good juice program and Total Nutritionr. Herbs tell your body what it needs to do but it's great nutrition that acts as the foundation, and brings about healing faster and more completely. A good general rule is split up your Echinacea usage into a half on - half off regimen. One week on and a week off is excellent. Two weeks on and 1 week off would also be good, or 3 weeks on (that would be about the limit) and 1 week off if you were doing a major cleansing action. Take a break from Echinacea and let your body heal. After all, you wouldn't keep turning on the ignition once the engine was going would you?

Herbs are only the tools of natural healing; the catalysts. If your nutritional intake is good, Echinacea will dramatically boost immunity. But, people like to see herbs stand alone, just like pharmaceuticals and they won't! Many people don't want to hear that because they're smoking two packs of cigarettes a day, popping down a six-pack of Bud with a pepperoni pizza and they think that a few herbs may handle the negative effects without changing their lifestyle. Let's get real.

The dosages on the label are the starting points. I have taken two to eight times as much with absolutely no problems. Don't be afraid of herbs, especially when on a comprehensive program.

#### Dosages

1. Preventative Dosage: If you are well and want to stay healthy, every month use 2 dropperfuls 3 times a day until you use up a 2 oz bottle.
2. Nipping a Cold or Flu in the bud: If you are feeling a bit off, about to get sick, fighting something off, double the above dosage to 2 dropperfuls 6 times a day until you use up a bottle.
3. You've already got a Cold/Flu and it hit you like a ton of bricks: For sore throat, lung congestion, skin rash or your power is down blast 1 dropperful every hour that you are awake.
4. You're completely out of it: If you are really sick, have food poisoning, and/or a fever, you want to do an immediate aggressive handling. Take one fluid oz all at once in a shot glass. Knock it back (or dilute « oz. in distilled water and 30 min. later dilute and drink another « oz.) and continue with 2 dropperfuls every waking hour until you use up a bottle. Next day continue the 2 dropperfuls every waking hour until another 2 oz are used up.

Copyright c 1999 by Ian Shillington. All rights reserved.

PO Box 889, DATIL, NM, 87821

Phone: 505-772-5889 e-mail: Dr.IanShillington@GilaNet.com

Echinacea\_Stimulates\_Immune\_System\_1999.txt