

# NOURISH YOUR FAMILY WITH HERBS!

DISCOVER THE NATURAL  
BENEFITS OF HERBS FOR COLD  
AND FLU PREVENTION AND  
TREATMENT

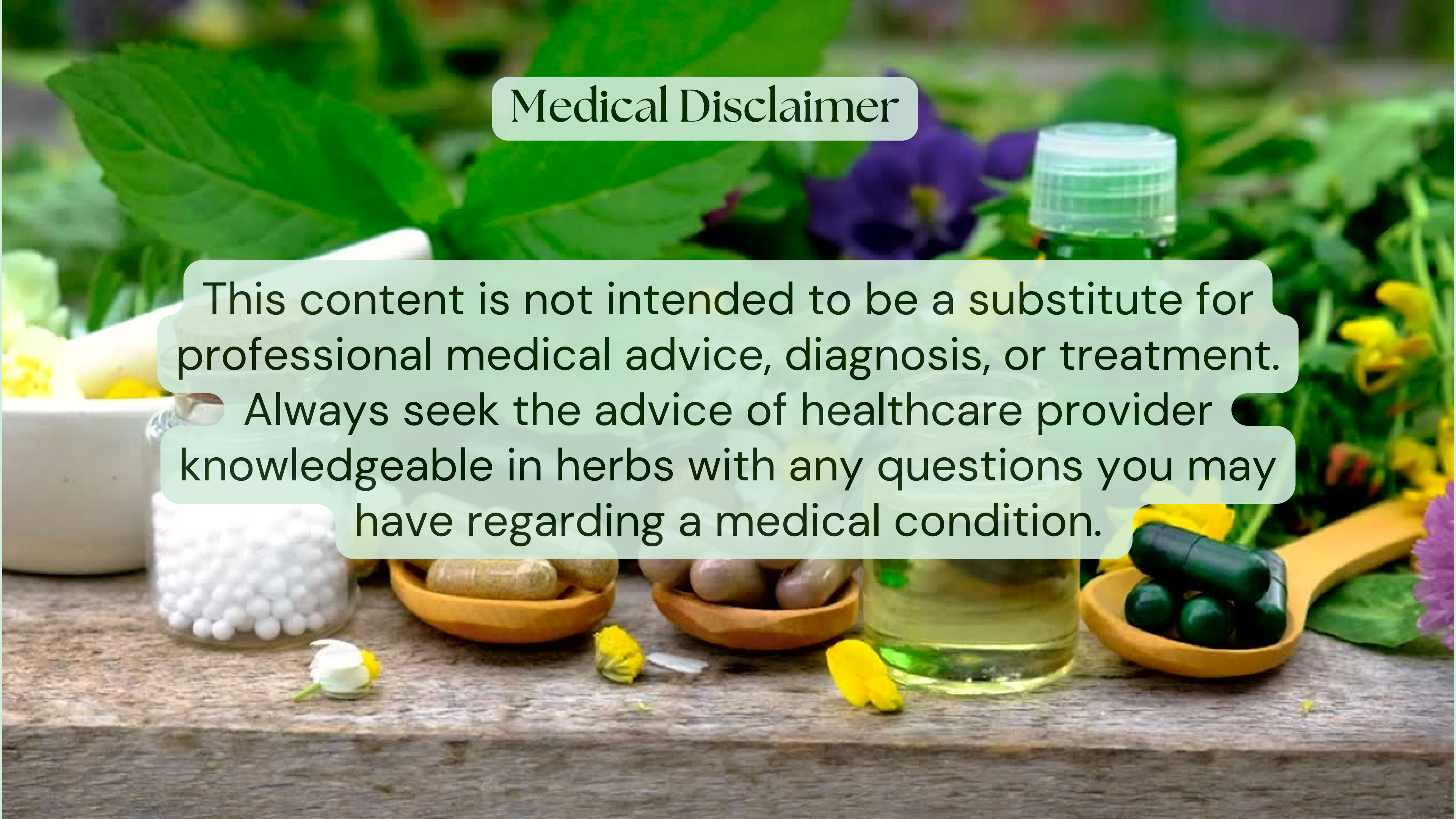
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I HAVE A POINT FOR THAT - MOBILE ACUPUNCTURE & DOULA SERVICE



## Medical Disclaimer

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of healthcare provider knowledgeable in herbs with any questions you may have regarding a medical condition.



## Here's what we will discuss today:

- The benefits of using herbs
  - Herbs you can easily find for common mom and baby ailments
  - How to incorporate them into your medicine cabinet
- Where to get your herbs
  - Contraindications



NURTURE NATURALLY WITH  
HERBS!

# The benefits of using herbs

Herbs are nature's medicine and offer nutrients that aren't present in pharmaceutical medications.

They can be used to improve immunity, address stress, support mother and baby during pregnancy, birth, and postpartum.

Helps lower the risk of side effects and toxicity from medications.

# LET'S START OFF WITH IMMUNITY

Over-the-counter meds have been shown to not be effective for colds and allergies.

## Popular OTC medicines for colds and allergies don't work, FDA panel says

By [Jen Christensen](#), CNN

🕒 5 minute read

Updated 6:37 PM EDT, Thu September 14, 2023



Tim Boyle/Getty Images/File

In this 2006 photo, Sudafed PE nasal decongestant is displayed on a shelf at a Walgreens store in Chicago, Illinois.

**(CNN)** — Phenylephrine, a popular ingredient in many over-the-counter allergy and cold medicines, is ineffective in tablet form, an independent advisory committee to the US Food and Drug

**(CNN)** — Phenylephrine, a popular ingredient in many over-the-counter allergy and cold medicines, is ineffective in tablet form, an independent advisory committee to the US Food and Drug Administration agreed Tuesday.

Phenylephrine is the main ingredient used in products like Benadryl Allergy Plus Congestion, Sudafed PE and Vicks Sinex.



### RELATED ARTICLE

FDA committee to consider whether ingredient in many popular decongestants actually works

The ingredient is considered safe to use; that was not up for debate. But many doctors have questioned phenylephrine's effectiveness for years. These products generated nearly \$1.8 billion in sales last year alone, according to data from the FDA that was presented to the Nonprescription Drugs Advisory Committee on Monday during the committee's two-day meeting.

# Fresh Ginger Root



## Don't sleep on Ginger!

### Properties:

- antimicrobial: antibacterial, antifungal, and antiviral
- analgesic (pain reducer), antimutagenic (anti-cancer), antiemetic, anti-inflammatory, antipyretic, anticoagulant, antiparasitic, antiulcer, cardiotonic, hepatoprotective

Energetic properties: warm, spicy

### Functions:

- Stop cough, stop nausea and vomiting, treats cold/flu, helps body expel phlegm and mucus
- Warms and nourishes the stomach to reduce digestive upset
- Resolves toxicity of other herbs

# Fresh Ginger Root

## Ways to prepre it:

- Cook with it. Find recipies that call for ginger
- Drink it as a tea (hot/iced)
- Tincture
- Oil
- Make it into a syrup



# Fresh Ginger Root Tea



- Start with approx a thumb-sized chunk for a pan of tea, and increase as needed.
- Grate it -- it doesn't need to be peeled first.
- In a saucepan, combine the ginger with fresh filtered water (use 1-2 cups of water per serving).
- Bring to a boil over high heat WITH A LID ON.
- Reduce the heat as needed to maintain a gentle simmer.
- Simmer for 10 to 20 minutes for a potent brew. (You can always dilute it to taste - however, the goal is to extract as much of the medicine into the water as possible )
- Pour the tea through a fine mesh strainer to catch all of the ginger.
- Sweeten to taste. Optionally add a squeeze of lemon or lime.

*Drink this decoction up to 3 times per day*



# Oil of Oregano

**This is my tried and true herb to keep in the medicine cabinet**

Properties:

- antimicrobial: antibacterial, antifungal, and antiviral
- antioxidant
- analgesic (pain reducer), antimutagenic (anti-cancer), anti-inflammatory
- lowers blood sugar, lowers cholesterol, and can control weight
- Moves stagnant energy

Energetic properties: warm, bitter, pungent

Can be taken in capsule and tincture form. Can be used topically.

Topical application with a carrier oil is more appropriate for pregnant, nursing, and children under 5.





# Elderberry

## **This is one of our elders**

### Properties:

- potent immune system booster
- fights cold/flu
- can stop viral replication
- antioxidant
- expels mucus and phlegm
- helps with allergies and sinus issues
- reduces fever
- moves stagnant energy

Energetic properties: pungent, cool, astringent, and slightly sweet

Can be taken in gummies, syrup, tincture, or tea formats.

# My favorite elderberry syrup





# Elderberry Syrup Recipe

## BASIC ELDERBERRY RECIPE

1/2 c Organic Elderberries

2 c Filtered, distilled, or spring Water

1-2 c Organic Evaporated Cane Juice, Glycerin, or Honey

1-2 oz Organic Supporting Herbs (cinnamon, ginger, etc.)

### Instructions:

- Combine elderberries, water, and supporting herbs in a pot and bring to a boil.
- Reduce to a simmer until reduced by half
- Once reduced, strain (reserving the pulp for another recipe – freeze it for later)
- Return the strained elderberry tea/decoction to the pot after measuring your yield
- Based on how much tea you have, add equal parts of the sweetener of your choice
- Gently simmer until well combined and slightly thickened
- Taste your syrup, and adjust the flavor/spices as needed.
- Bottle & Enjoy



# Elderberry Tea Recipe

## Ingredients:

- 16 oz filtered or distilled water
- 3 tbsp dried elderberries
- 1 tsp cinnamon
- 1/2 tsp turmeric
- honey or organic sugar to taste
- supporting herbs (echinacea, ginger, etc.)

## Instructions:

- Combine elderberries and water into a pot to boil
- Add supporting herbs (optional)
- Bring mixture to a boil, reduce heat, simmer for 20 minutes with the lid on
- Strain with a fine mesh strainer into your cup of choice

Can be enjoyed as an iced tea and stored in the fridge for up to 1 week. Make sure to let it cool before transferring to glass jar to store it.

# Mullien Leaf



## Properties:

- Nourishes and moisturizes the lungs
- Addresses most lung issues like cough, bronchitis, upper respiratory infections, asthma, and effects of cold/flu
- Helps with eczema (there is a lung and liver connection here)
- Lubricates all mucus membranes
- Anti-viral and anti-bacterial properties

Can be taken as a tea or in capsules. The oil form can be used topically.



NDC 0220-9280-45

Reduces  
Duration  
& Severity  
of Flu-Like  
Symptoms

**FLU-LIKE SYMPTOMS\***

**Body Aches • Headache • Fever  
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**Oscillococcinum®**

HOMEOPATHIC MEDICINE

**Non-Drowsy • No Known Drug Interactions  
Works Naturally with Your Body  
For Ages 2 & Up**

**42** doses



**BOIRON®**

World Leader in Homeopathic Medicines

0.04 oz each  
QUICK-DISSOLVING  
PELLETS

## Homeopathic Medicines

Boiron and Hyland's are two companies I recommend for homeopathic medicine.

I recommend Oscillococcinum for flu-like symptoms because it can easily be found in most grocery stores and easy to keep around when you need it.

My main goal behind the herbs mentioned in this presentation are for them to be easy to access and take.

# Contraindications & Cautions

## Ginger

- a relatively safe herb and has minimal side effects
- be cautious with conditions involving excessive sweating, heat in the body due to dehydration, high doses in people with hypertension
- safe during pregnancy, breastfeeding, and for children



## Oil of Oregano

- Should not be used during pregnancy as it can cause uterine contractions and could lead to a miscarriage
- Not recommended to during breastfeeding
- Can cause a rapid drop in blood sugar if used with diabetic medications
- Use with caution as directed. Only 3–4 drops per dose is needed for an adult and best taken mixed in tea or juice (shot glass size).





# Contraindications & Cautions

## Elderberry

- Has to be cooked before consuming.
- Uncooked berries will cause digestive upset
- Safe during pregnancy, breastfeeding, and for children
- If the decoction has honey do not feed to infants



## Mullien Leaf

- This is a relatively safe herb for all and does not have any reports of major side effects
- Taking a high dose could cause loose and soft stools



# Your Herbal Medicine Cabinet

Keep it simple

- start out with a few herbs at a time
- get used to using them and take note of what they offer you
- try not to take too many all at once
- if you have allergies to any herbs don't take them
- start replacing common OTC meds with herbs that have the same function



# Where to buy your herbs

## Local:

- A Moveable Feast – Memorial City Area
- Los Cavazos – North Houston
- Other mom and pop health food stores

Grocery stores: Sprouts, H-E-B Healthy Living Section, &

Whole Foods

Online: Mountain Rose Herbs and Anuuma Apothecary

