

FOODS AND HERBAL TEAS TO BOOST HEALTH/IMMUNITY

Focus on a whole foods diet that includes:

- Beans
- Fruit
- Fish and Seafood
- Lean grass-fed meats
- Stock (bone stock, mushroom stock, veggie stock)
- Sea vegetables
- Soy products (tofu, tempeh, miso, natto)
- Vegetables

Basically, swap out junk food and heavier hard-to-digest foods for light and easy to digest foods.

My friend who is a herbalist shared with me what helped both her and her husband, who had coronavirus like symptoms. These teas helped them a lot.

Some are to boost immune system and one you inhale to help with coughing.

These herbs you can order through mountainroseherbs.com or at this herb store – Health Conscious (Dread Herb Store), 231-22 Merrick Blvd., off Francis Lewis Blvd, not sure if they're opened during the lockdown period.

Try this tea to enhance the overall health of your lungs and respiratory system and get ready to breathe a little easier.

1/2 cup mullein leaf (*Verbascum thapsus*)
1 tbsp. shizandra berries (*Schisandra chinenses*)
1 tsp. organic licorice root (*Glycyrrhiza glabra*) (*If you have high blood pressure do not add.*)

Instructions:

Put all ingredients into a French press or mason jar.

Add 32 ounces of boiling water.

Steep 35-40 minutes. Drink 2-3 cups daily for 2 weeks.

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Lymphatic and Immune Support Tea

Below are the main ingredients in a delicious tea that you can drink daily for a few weeks to ensure your systems are flowing and fighting well.

Burdock (*Arctium lappa*) – cleanses the lipid pathways (lymph) and is sweet, bitter, warm and oily. Burdock has an affinity for the liver, gallbladder, kidneys, skin and endocrine system.

Elderberry (*Sambucas nigra L.*) – antiviral, daphoretic, and strengthens the cell membranes to prevent virus penetration.

Lemon Balm (*Melissa officinalis* L.) – nervine, antimicrobial, antiviral and hepatic. Melissa helps relieve stress and tension, support the digestive system and nervous system, and has a tonic effect on the circulatory system.

If you have hypothyroid, swap out the Lemon Balm for Nettles or Mullein.

Ingredients:

Serves: 3-4 cups

- 1 tbsp. organic dried burdock root
- 1tbsp. dried elderberries
- 1 tbsp. dried elderflowers
- 1 tbsp. dried lemon balm (can substitute mullein or nettles)

Instructions:

Put herbs into a French press or 32 oz mason jar.

Fill with boiling water and steep 30-40 minutes.

Drink 2-3 cups per day for 3-4 weeks during cold and flu season.

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Thyme Tea

2 tbsp. fresh thyme (or 2 tsp. dried thyme)

cup water

1 tsp. local honey

1 tbsp. lemon juice

Put thyme into a tea ball and place into a large mug or mason jar. Add 6-8 oz boiling water and steep, covered, for 8-10 minutes. Remove tea ball and stir in honey and lemon juice. Drink 2-3 times per day to help resolve a cough.

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Aromatic Rosemary Infusion

Ingredients:

2 tbsp. fresh rosemary leaves, or 2 tsp. dried

6-8 oz water

Instructions:

If you are using fresh rosemary leaves, chop them to release more surface area.

Place the chopped rosemary leaves into a tea ball and put into your favorite mug.

Boil water and pour into the mug. Cover the tea so you don't lose the essential oils.

Steep 7-10 minutes.

This warming tea is good if you are feeling congested. It can also be a good tea to sip on after the fever passes to help bring back a person's vitality and energy.

If you don't have any culinary herbs in the house at all, simply sip on warm water with 1 tsp. of lemon juice or apple cider vinegar. Both can help to thin thick congested mucus.

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Dry Cough

Dry cough is one of the main symptoms associated with this coronavirus. To moisturize the nasal passageways (the entryway into the lungs), loosen mucus in the chest, and resolve a dry cough, thyme herbal steam helps a lot.

Ingredients:

2 tbsp. dried thyme (rosemary, basil, oregano, or mint)

Boiling water

Instructions:

Put herb into a large bowl. Fill halfway with boiled water. Cover the bowl with a towel and steep 2-3 minutes. Put your head under the towel and breathe the moist air in through your nostrils and out through your mouth for 5-10 minutes.

Thyme steam is excellent for loosening up mucus and expectorating (it makes you cough), but you can also use rosemary, oregano, basil or mint.

Stay healthy and safe.