



## Immune Support for Flu & Virus Worksheet



### For Prevention

CHILDREN & ADULT'S COLD and FLU ELIXIR *Sambucus fruc., Rosa canina, Sambucus flos.,  
Echinacea ang., Eupatorium perf., Usnea bar.,  
Glyc. glabra, Sorbus acup., Prunus virginiana syrup*

Add herbs:

*Scutellaria baicalensis*

*Polygonum cuspidatum*

Adult Dose: 5mL TID

DEEP IMMUNE ACTIVATION

Adult Dose: 5mL TID

Hot water extract of medicinal mushrooms with:  
*Astragalus mem., Bupleurum spp., Ganoderma  
lucidum, Agaricus blazei, Ganoderma applanatum,  
Lentinus edodes, Glyc. glabra, Eleutherococcus sent.,  
Inonotus obliquus, Grifola frondosa, Phellinus  
linteus, Trametes vers., Ascorbic acid*

### Fever Acute Phase

*Asclepias tuberosa*

*Eupatorium perfoliatum*

*Echinacea angustifolia*

Adult Dose: 5mL TID-QID

Take tincture in hot water. Take hot ginger baths and allow fever to ripen with sweating.  
Try to maintain fever  $\leq 40^{\circ}\text{C}$  before breaking and not for more than a few hours a day.  
If children move into febrile convulsions use wet sheet treatment.

A mustard plaster can be applied especially if there is fluid build-up in lower lungs.

## **Second Phase for recovery and removal of viral & bacterial co-infections**

*Inula helenium*

*Ligusticum porteri*

*Lomatium dissectum*

*Ganoderma lucidum*

*Glycyrrhiza glabra*

*Lobelia inflata*

*Capsicum annuum*

Adult Dose: 5mL TID

### **For Food:**

Broth of gobo (fresh *Arctium* root) from a Chinese or Korean market. Add *Astragalus* root, (dried) Shiitake (*Lentinus*) mushrooms (fresh or dried) and vegetable stock. Simmer. Before serving add miso, fresh garlic, thyme, sage, fresh ginger and pinch of cayenne. If solid food is tolerated some grains (millet or quinoa) can be added to broth. Toast with garlic butter or garlic honey can be taken as a snack with tea or broth. When a patient is out of the room open windows to freshen the air. Do not handle used tissues, clothing, etc... and use handwashing and "universal precautions" for cleanliness. Isolate sick family members (quarantine) and use separate bathrooms, if possible. Stay positive, read, pray, watch Bill Murray movies.

Many thanks to John Redden RH for this Information

[www.viriditasherbalproducts.com](http://www.viriditasherbalproducts.com)

This handout is for information purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Seek the advice of a qualified health provider with any questions you may have regarding a medical condition.