

Materia Medica for Winter Health

Antibacterials

Barberry root, basil, black pepper, cardamom, cedar, cinnamon, clove, garlic, ginger, goldenseal (cultivated or sustainably wildcrafted only, please), lavender, lemon, oregano, peppermint (and other mints), pine, propolis, rosemary, sage, thyme

Antivirals

(These are herbs that are high in vitamin C or that stimulate its metabolism in the body; vitamin C has broad-spectrum viricidal action.)

Barberry root, boneset, echinacea, elderflower, elecampane, eucalyptus, garlic, goldenseal, lemon balm, marjoram, oregano, St. John's wort, thuja, yarrow

Demulcents

(These are mucilage-rich herbs that can soothe a sore throat and dry and/or inflamed mucous membrane tissues.)

Comfrey root and leaf, licorice, marshmallow root, slippery elm bark (cultivated or sustainably wildcrafted sources only, please)

Honey, ghee, and glycerine are also generally soothing to mucous membrane tissues. Glycerin will irritate mucous membranes in large or concentrated amounts, so for best results use it diluted.

Diaphoretics

Boneset, catnip, elderflower, garlic, lemon balm, linden leaf and flower, onion, and yarrow

Expectorants and herbs of specific importance for the lungs

Clove, coltsfoot, comfrey leaf and root, echinacea, elderberry, elecampane, ginger, licorice, mullein leaf, osha (cultivated or sustainably wildcrafted sources only, please), red clover blossom, thyme

Immune stimulants

Boneset, echinacea, garlic, spilanthes.

Lymph movers/lymphatics

Calendula, cleavers, poke root (low dose, starting at 1 drop two or three times/day), red clover, red root, violet

Steam Herbs

Bay, cedar, eucalyptus, lavender, lemongrass, peppermint (and other mints), pine, rosemary, sage, tea tree

Warming spices/herbs/foods

Allspice, black pepper, cardamom, cayenne, cinnamon, clove, cumin, curry, fenugreek, horseradish, garlic, ginger onion, turmeric