

# ECHINACEA

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Echinacea is a very popular herb, and people commonly take it to help combat flu and colds.

Promoters of echinacea say that the herb encourages the **immune system** and reduces many of the **symptoms of colds, flu** and some other illnesses, **infections**.

## How it works

Echinacea has a complex mix of active substances: it is an antimicrobial, and has effect on the human immune system.

All species of this herbal remedy have compounds called phenols. Many plants contain phenols, active substances that control the activity of a range of enzymes and cell receptors, and protect the plant from infections and ultraviolet (UV) radiation damage.

Phenols have **antioxidant** properties, which may be good for human health.

## The Benefits and Properties

Echinacea works in a **myriad of ways**, some of which have only recently come under the light of modern science. Perhaps one of the most interesting workings of Echinacea is its ability to "**devour**" **invasive microorganisms**, pathogens, bacteria, damaged and old cells, and other cellular debris from the body by literally engulfing them, and eating them. This immune response is known as "phagocytosis" and is one of Echinacea's key methods in ridding the body of illness.

**Physiological Effects:** Alterative, anodyne, antibacterial, anticatarrhal, antifungal, anti-inflammatory, antioxidant, antiseptic, antitumor, antiviral, astringent, carminative, depurative, diaphoretic, digestive, febrifuge, immunostimulant, vulnerary

Today, Echinacea is used widely all over the world for a range of illnesses, infections, and conditions. Below is a list of some of these uses.

- Common cold
  - Anxiety
- Exercise performance
- Gum Inflammation
- Herpes simplex virus (genital herpes or cold sores)
  - Influenza (flu)
- Low white blood cell count related to chemotherapy
  - Infection/inflammation
    - Warts
- Attention deficit-hyperactivity disorder
  - Bee stings
  - Bloodstream infections
- Chronic fatigue syndrome
  - Diphtheria
  - Dizziness
  - Eczema
- Hay fever or other allergies
  - Indigestion
- Migraine headaches
  - Pain
- Rattlesnake bites
- Rheumatoid arthritis
  - Swine flu
  - Syphilis
  - Typhoid
- Urinary tract infections

## Dosage

1 to 3 times a day 6 to 30 drops in a glass of water for a tincture at 60 % of alcohol

## Precaution

**Contraindications:** Ingesting too much Echinacea can cause nausea, sore throat (irritation or scratchy feeling), excessive salivation, dizziness, and in rare cases, an allergic reaction. People with autoimmune diseases should take care when considering the use of Echinacea. Not recommended during pregnancy or nursing.

Sources and references: <https://draxe.com/echinacea-benefits/>