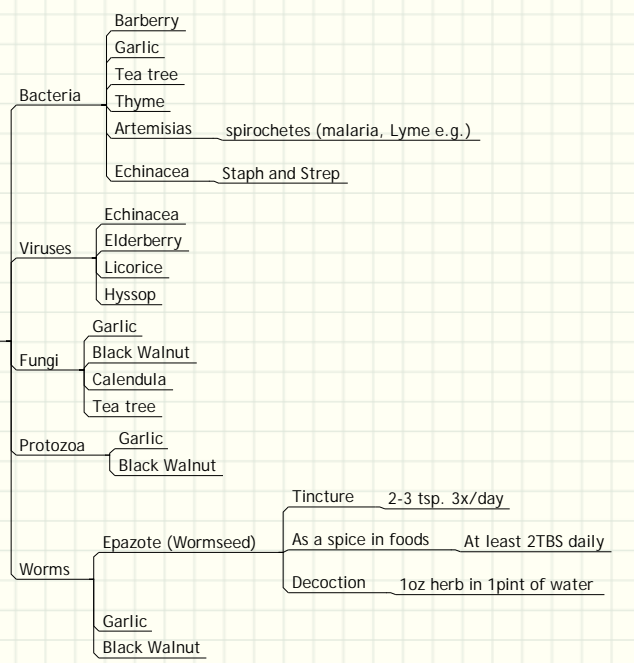


- Garlic - fresh! 2-3 chopped cloves with honey 2x/day
- Tea tree - essential oil topically
- Thyme - steams, hot tea brewed with 1TBS/cup
- Black Walnut - powder or tincture 1/4 tsp 2x/day
- Calendula - hot tea, or tincture 1 tsp 3x/day
- Barberry - topically powder, internally 1/2 tsp. 3x/day
- Artemisia - wormwood, sweet Annie 1/2 tsp. 3x/day
- Elderberry - syrup 1TBS every 2-3 hours
- Licorice - hot tea brewed with 1TBS/cup
- Hyssop - hot tea, or tincture 1/2 tsp 3x/day

**Immunity**

**The role of Echinacea**

**Specific anti-pathogens**



**'Assistant' herbs**

