

Herbs to promote winter health



Natural health advice from CNM
(College of Naturopathic Medicine)



Winter months not only bring in coughs, colds and flu, we find it harder to stay warm, and our circulation tends to be less effective at throwing out toxins. The following herbs can be helpful.

Cinnamon Stick is a fragrant winter favourite, able to bring circulation as far as cold fingers and toes. It is also a potent anti-viral and anti-bacterial, making it a vital herb for the worst of the flu season, including post-flu during the debilitating convalescence stage.

Ginger Root is 'the' classic for warming up circulation and helping colds and flu. It is often twinned as a herbal tea with cinnamon to warm and detoxify. Its anti-viral and anti-bacterial properties are most effective when it is freshly grated and eaten raw. You can simply chew a teaspoon of it.

Siberian Ginseng Root increases the body's ability to resist infection, lessening the likelihood of picking up colds. It stops the 'cold' wearing us down and making us more susceptible to microbes. Because of this we are less likely to gravitate to eating weight-gaining carbs and other cold-weather foods.

Elderberry appears to 'inactivate' any given flu and virus strain, helping to shorten and reduce both symptoms and severity. It has been made and used as a home remedy as a syrup for centuries, to treat tickly coughs, colds and fevers, where if taken at the onset, nastier versions like flu, bronchitis

and pneumonia are less likely to progress. It is good taken throughout the colder winter months on a weekly basis, and daily during a cold.

Nettle Leaves are a good winter detox choice. In winter it is harder to sweat and naturally get rid of accumulated toxins. Nettle's high level of flavonoids and potassium is excellent for moving on waste products via the increased urine production. Use either as an organic powder, as 1 tsp (5g) in smoothies, or as a leaf tea. Seek personalised advice from your herbalist.



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