



ECHINACEA

(Echinacea Augustifolia)

by
The Reformed Bohemian



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ECHINACEA

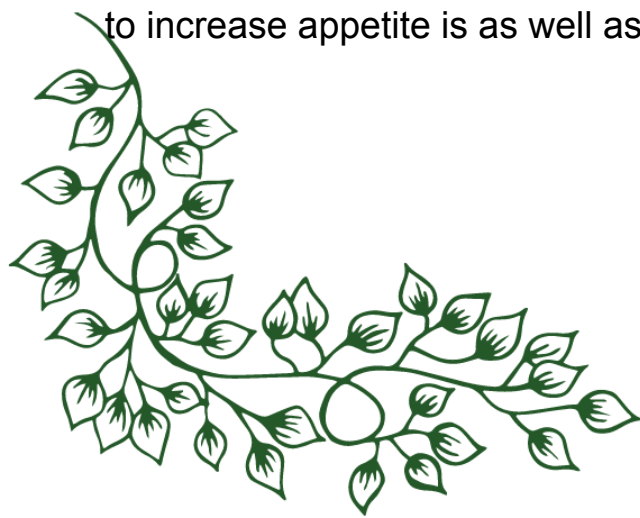
(*Echinacea Augustifolia*)

Echinacea is a wonderfully versatile cooling dry herb that can be used to boost the immune system helping to relieve infections from colds to urinary tract infections

About Echinacea

Echinacea is a cooling dry herb with a sweet taste with bitter undertones. It has many excellent healing properties and can be used for any number of conditions from treating bites and stings to chronic and recurring illnesses. Echinacea is a great antiseptic and antimicrobial making it particularly beneficial at giving the immune system a boost, helping the body to fight infections it helps the body to purge the system which is troubled by the infection for example it can help increase urine flow if a urinary tract infection is present helping to flush the infection out. In the event of a respiratory infection it can help thick catarrh become streaming, loose nasal discharge. It can be used to help relieve chronic and recurrent infections such as tonsillitis, skin conditions and oral infections to name a few. These types of chronic and recurrent conditions occur when a person has not been effectively eliminating toxins leading to the tissues and fluids becoming infected leading to weakness and inability to fully recover.

Where infections have lead to skin becoming inflamed Echinacea can help the skin to heal as well as providing some pain relief. Echinacea is also a blood-purifier due to its stimulating antiseptic and anti-putrefactive properties and its ability to help the body to eliminate toxins. Echinacea can also be used in cases of loss of appetite, helping to increase appetite is as well as aiding digestion.



Benefits of using Echinacea

Echinacea is a dry cooling bitter herb that can be effective when used for a number of conditions.

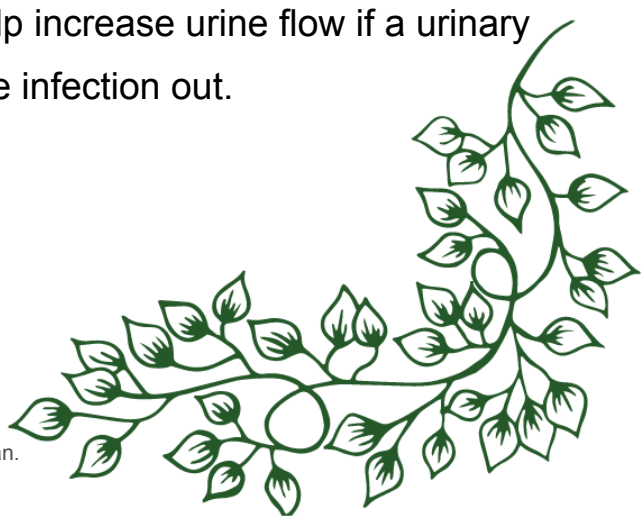
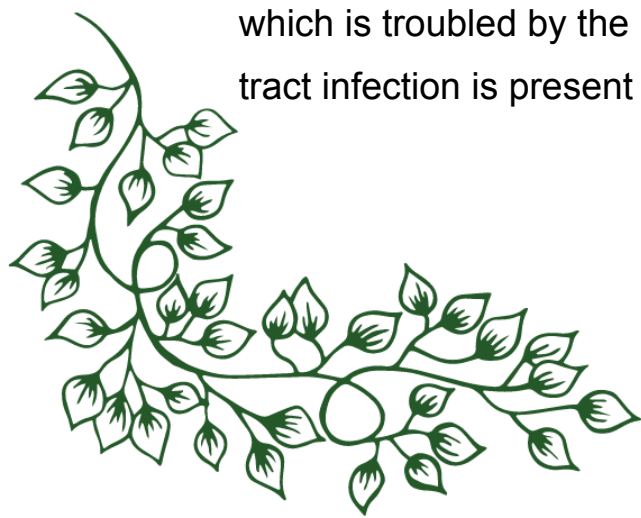
Therapeutic action

Alterative, Antiseptic, Stimulant, Tonic, Diaphoretic, Sialogogue, Aphrodisiac, Depurant, Anti-Venomous, Anti-Putrefactive and Deodorant.

Can be used for:

Blood Poisoning, Tuberculosis, Fermentative Dyspepsia, Carbuncles, Boils, Eczema, Chronic Ulcers, Goitre, Peritonitis, Poisonous Bites or Stings, Gangrene, Typhoid Fever, diphtheria, pus Formation, Tonsillitis, Chilblains, Bleeding Gums, Halitosis, Enlargement and Weakness of Prostate Gland, Inflammations, Abscess, Septicaemia, Sores, Infections, Wounds, Cancer, Erysipelas and Sexual Impotence.

- **Digestion/Loss of appetite** - Echinacea has stimulating properties which can help to boost the appetite and ease digestive issues.
- **Boost Immunity** - Echinacea is a great antiseptic and anti-microbial making it particularly beneficial at giving the immune system a boost, helping the body to fight infections.
- **Urinary Tract Infections** - Echinacea helps the body to purge the system which is troubled by the infection, it can help increase urine flow if a urinary tract infection is present helping to flush the infection out.



- **Blood Purifier** - Echinacea is a great herb to use to purify the blood due to its stimulating antiseptic and anti-putrefactive properties and its ability to help the body to eliminate toxins.
- **Respiratory Infections** - Echinacea can help to relieve congestion, it can turn thick catarrh into streaming mucus that can unblock noses, relieve chest congestion and blocked sinus.
- **Skin Care** - Echinacea has great healing properties due to its antiseptic properties. It can be used to heal infected skin, bites cuts and stings as well as providing some pain relief.
- **Fever** - Echinacea can be used to break a fever due to its diaphoretic properties which can induce sweating and help to draw the fever out.



Preparations

Echinacea can be taken in a number of forms such as fluid extract, infusion and tincture.

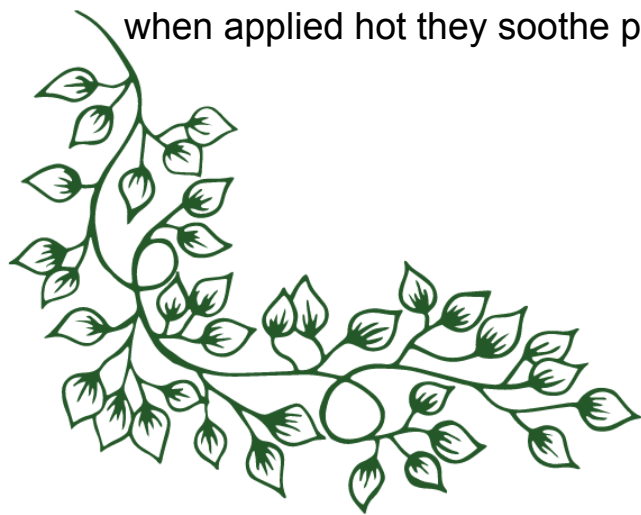
Dosages

The basic dosages are as follows:

- Decoction - 1 tablespoon per day
- Tincture - ½ -1 teaspoon 3 times daily.
- Infusion - 1 tablespoon as needed.
- Powder - 1 - 2 grams per day
- Fluid Extract - ½ - 1 teaspoon per day

A hot infusion is made by steeping the herb in boiling water for between 15 – 20 minutes, many herbal teas are made in this way. A cold Infusion is made by soaking the herb in cold water or milk for between 6 – 8 hours. You can make a batch of both hot and cold infusions and store for several days in the fridge.

Poultices are made from ground or chopped herbs that are mixed with boiled water until they form a paste which can then be applied to muslin and then applied to the skin. Applied cold they draw out heat, infection and inflammation when applied hot they soothe pain and spasms.



Ways to Use

Orally

Respiratory Conditions

- Echinacea can be made into an infusion and used to relieve colds, flu, bronchitis and chest infections.

Tea - Drink 1 cup of warm Echinacea tea 3 - 4 times per day.

Tincture - 1 teaspoon of tincture 3 times per day.

Digestive Conditions

- Drinking a warm infusion of Echinacea can help to soothe and relieve digestive issues.

Tea - Drink 1 cup of war Echinacea tea twice a day.

Tincture - 1 teaspoon of tincture 3 times per day.

Fevers

- Drinking a cold infusion of tea can be effective bringing fevers down.

Tea - Drink 1 cup of cold Echinacea tea 2 - 3 times a day or as needed.

Tincture - 1 teaspoon of tincture 3 times per day.

of tincture 3 times per day.



Blood Purifier

- Drinking a warm infusion of Echinacea can help to stimulate the lymphatic system and the circulatory system and detoxify the system.

Tea - Drink 1 cup of warm Echinacea tea twice a day.

Tincture - 1 teaspoon

Urinary Tract Infections

- Drinking a warm infusion of Echinacea can help to increase the urine production and detoxify the urinary tract helping to flush out infection.

Tea - Drink 1 cup of warm Echinacea tea 2 - 3 times a day or as needed to relieve the symptoms.

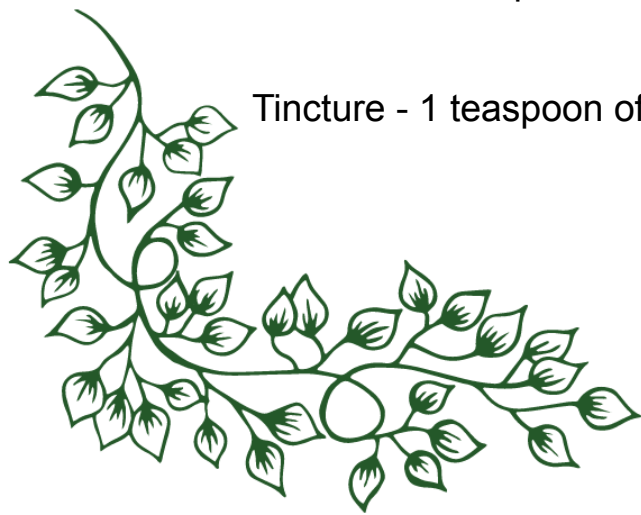
Tincture - 1 teaspoon of tincture 3 times per day.

Immune Booster

- Drinking a cold infusion of Echinacea tea can be effective in boosting the immune system.

Tea - Drink 1 cup of cold Echinacea tea twice a day.

Tincture - 1 teaspoon of Echinacea twice a day.



Acne and Spots

- Echinacea can be used to relieve acne and spots to prevent infection, soothe pain and speed up the healing process.

Tea - Drink 1 cup of cold Echinacea tea twice a day.

Tincture - 1 teaspoon of tincture 2 twice a day.

Washes/Poultices

Bites and Stings

- Echinacea can be used to clean bites and stings to prevent infection, soothe pain and speed up the healing process.

Using cold infusion of Echinacea soak some cotton wool or clean cloth and gently clean the area wash the area 2 - 3 times per day until the wound has healed.

Alternatively, use a cold poultice applied to the area for 5 - 15 minutes to draw out the infection.



Inhalation

Respiratory conditions

- Inhaling a hot infusion of Echinacea can soothe and relieve respiratory conditions such as colds, flu and bronchitis as well as easing congestion and helping to loosen up catarrh and mucus.

Used as a steam inhalation by making a hot infusion of Echinacea in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils.

Inhale for 5 - 10 minutes.

Skin Conditions

- Echinacea can be used as a steam inhalation to clear congested skin and soothe acne.

Used as a steam inhalation by making a hot infusion of Echinacea in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Inhale for 5 minutes.

Used as a steam inhalation by making a hot infusion of Sage in a bowl with a towel/cover over your head and bowl to trap the steam and release the volatile oils. Do this for 5 - 15 minutes.



Cautions

As with all herbs there is the slight possibility of allergic reactions although this is rare.

Echinacea is considered to be generally safe to use, however it should be noted that caution should be taken by those with an autoimmune condition as Echinacea has been known to aggravate these conditions.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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