



Ingredients:

3 parts elderberry  
2 parts echinacea root  
1 part rosehips

Instructions:

Mix the herbs together and store in a glass, airtight container. Use 1-2 teaspoons per cup of boiling water and steep for 10-15 minutes or make into a tincture or glycerite. You could also blend into a powder and make into capsules.

To Use:

Acute conditions = you are sick:

Glycerite/tincture - 2 to 3 dropperfuls every waking hour

tea - 2 to 3 cups a day

Prevention:

Glycerite/tincture - 2 to 3 dropperfuls a day

tea - 1 cup, 2 to 3 times a week

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.