PLANTS AND HERBS THAT STRENGTHEN OUR IMMUNE AND RESPIRATORY SYSTEMS

OSHA OR BEAR ROOT
One of the most widely used medicines of the Southwest. A sacred mountain root that is threatened due to over harvesting. Contact your local herbalists to find out if they carry local Osha or if they carry the seeds for you to start planting them. In the Jicarilla language, osha is called ha’ich’idéé. The White Mountain Apache call it ha’i’il chii’ gah. According to White Mountain Apache elders, it is used to support winter wellness.

ELDERBERRY SYRUP
The elderberry flower has been used for centuries to treat illnesses such as the cold and the flu. It is an antioxidant, antiviral, anti-diabetic, anti-inflammatory and immune-modulating medicine that we should all become familiar with.

LEMON BALM
Known to help relieve stress, anxiety, treat cold sores and relieve indigestion.

GOLDENSEAL
Native to the hardwood forests of the Mississippi River, Goldenseal is used for the common cold and upper respiratory tract infections. It is also used to help heal bladder and eye infections.

CEDAR
Both burning cedar in your home and drinking cedar tea are excellent during this time, they purify your space and your body. Cedar tea is used to treat fever, chest colds, and flu-like symptoms. It opens your pores and eliminates sickness effectively, it also is known to contain large amounts of vitamin C.

GARLIC
It is the first thing our grandmothers might have told us to take when we get sick. Garlic has been proven to boost immunity, work as an anti-inflammatory and contains antibacterial properties.

OREGANO
Traditional oregano oil is used to treat fevers and respiratory symptoms. There have been many studies that confirm oregano has strong antioxidant properties and helps with flu symptoms such as body aches and sore throat. In other words, our ancestors just knew.

FIRE CIDER
Follow recipe here.

CBD OIL
For stress and anxiety check out Ayaora Conscious Hemp Cannabis, they carry artisanal crafted CBD products.

SAUERKRAUT
Check out Raceme Farm Collective for their recipe here.

LIST COMPILED BY MAYA LAZZARO OF THE EARTH GUARDIANS YOUTH COUNCIL