



## **ECHINACEA** (*echinacea purpurea*)

### **Common Uses**

Echinacea is most commonly used as a treatment for colds. Echinacea is the most important immune stimulant in Western herbal medicine. It is used for infections of all kinds, such as chronic fatigue syndrome, and can be used to treat chronic yeast infections in women and to prevent urinary tract infections in both men and women. The roots and the whole plant are considered particularly beneficial in the treatment of sores, wounds, and burns possessing cortisone-like and antibacterial activity. The plant was used by North American Indians for a variety of ailments. The Comanche used Echinacea as a remedy for toothache and sore throats, while the Sioux took it for rabies and snakebite. It is helpful in the treatment of asthma and allergies.

### **Precautions**

Use with caution if you are allergic to ragweed.

### **Dosages**

**TINCTURE:** Take 30-45 drops (2-3 droppersful) 2-3 times per day

**TEA:** Steep one tea bag in 8oz. hot water for 10 minutes. Drink up to 3 times a day.

**CAPSULES:** Take 1-2 capsules up to 3 times daily

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

