

Echinacea Premium:

Cynthia Foster, MD | DrFostersEssentials.com

Therapeutic Actions:

- Optimizes immune system function (bidirectional effect, so it balances the immune system where it's at),
- Antimicrobial, kills many germs on contact
- Anti inflammatory,
- Helps fight respiratory, urinary, sinus, and other types of infections,
- Soothes mucus membranes, eases hoarseness and sore throat,
- Blood and lymph cleanser,
- Helps clear acne, boils, abscesses and other types of rashes.
- Antitumor effect.

Historical uses of Echinacea: was used by eclectic physicians to treat typhoid, diphtheria, childhood exanthems (such as measles and chickenpox) and the “poor effects of vaccinations.” Around 1887, the leading eclectic physicians were using Echinacea in their practices. One of them, Dr. John King, used Echinacea to give comfort and rest to his wife who was riddled with cancer. One of the most famous eclectic physicians was Dr. Harvey Felt who wrote in 1927 that Echinacea was a remedy to be used “where the blood stream becomes slowly infected from within or without the blood.”

Cautions: do not take during last trimester of pregnancy. Goldenseal acts as a mild uterine stimulant. This would only affect you if you were pregnant. Unknown effects in organ transplant recipients.

Suggested Dose:

- **At the first sign of illness to “nip it in the bud”:** At the first sign of sore throat, sniffles, sneezing, fever, or achey-ness, take one dropper full every hour on the hour for 24 to 48 hours and then lower down to 2 droppers full 3 to 6 times daily when your symptoms have improved. You do NOT have to let a cold or flu “run its course.” Intervene proactively and a lot of times it will go away in as little as one day.
- **Mild Symptoms:** Take 1 to 2 droppers full of the liquid extract three times a day.



- **Intense Symptoms:** Take 2 droppers full 6 times daily for more intense symptoms. Or take 1 dropperful (35 drops) every hour on the hour for 1 to 2 days.
- **Proactive/ Don't Get Sick Dose:** During cold and flu season, go through about one bottle during one week each month. For example, the first week of September, the first week of October, the first week of November, etc. During that time, you can take anywhere from 2 droppers 3 times per day to 2 droppers 6 times per day.
- **As a Gargle** – for issues in the mouth such as infections or mouth sores anywhere in the gums, throat, tonsils or mouth. Add 10 to 15 drops of the extract to one ounce purified water and place in a shot glass. Gargle for around 2 minutes and repeat as needed throughout the day – in severe cases, use every hour on the hour. Tingling of the mouth for a few minutes after is a sign of potency, comes from the echinacea and is considered normal.
- **Toxic Bites and Stings:** Take 2 or more droppersful as needed to help with a toxic sting or bite. Includes mosquitos, bees, spiders and all kinds of toxic bites. One teacher of mine was stung by an entire swarm of bees, took an entire bottle of echinacea extract and ended up completely fine. Echinacea angustifolia was popularized by Dr. H. C. F. Meyer, who learned from Native American Indians that it could be used to treat snakebites. He claimed to have cured over 600 snakebite cases and also allowed himself to be bitten by rattlesnakes publicly then took the remedy just afterwards to prove his point. (I do not recommend allowing yourself to be bitten!). Everyone should stock Echinacea in their medicine cabinet for emergencies.
- **Dog/Cat Allergies/ Hayfever:** take 2 ore more droppers full as needed to relieve allergy symptoms.
- **Combining with other formulas:** You can combine it with any other Dr. Foster's formulas except for Colon Soothe and Colon Detox Caps.

Potency/ Strength of this Formula: For maximum effectiveness, an herbalist combines herbs together into a formula, causing a synergistic effect among all of the herbs, accentuating and bringing out some of the milder effects, while tempering any overly strong effects. I like to use the entire formula in a strong concentrated alcohol extract form as this is the strongest, most potent way of taking the herbs for severe health issues, stronger than herbs in a capsule, and stronger than herbal teas.

What Else Can Be Done to Heal My Sinuses and Lungs?

Any or all of these Dr. Foster's Essentials formulas: [ALRG Oil](#) (to help asthma and difficulty breathing), [Cold & Flu Formula](#), [Lung Support Formula](#), [Cider Blaster](#), [Lobelia Tincture](#) (opens up breathing, reduces spasm and constriction), [Germ Shield](#) combined with steam therapy (for chronic or intense issues), [Intestinal Rejuvenation Program](#) (toxins in the colon affect lung function), [Liver Regeneration Program](#) (Liver toxins increase body inflammation and pain and affect lung function).

What Else Can be Done To Help My Skin?

Use Dr. Foster's Essentials [Kidney Revitalization Program](#) (skin problems are often caused by a backup of kidney toxins into the bloodstream), use [Myrrh oil](#) topically on pimples or other areas of infected skin. Use [Immune Valor](#) for skin problems related to an overactive immune system. Skin problems due to lack of adequate skin nutrients can be helped with [Bone, Tissue, Nerve Formula](#).

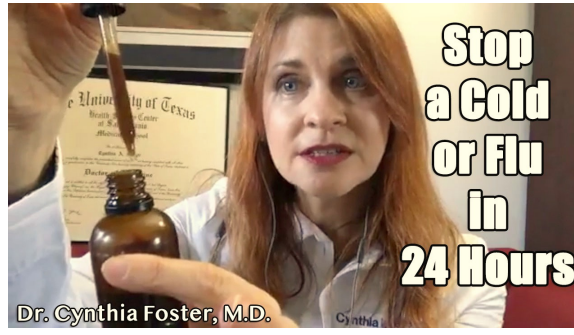
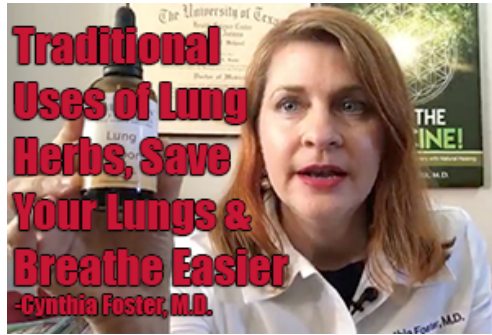
How Are Herbs Different From Pharmaceutical Medications?

Always keep in mind that herbs contain nutrition – vitamins, minerals, trace minerals, enzymes, co-factors and many other trace elements that are missing in pharmaceutical drugs. This means that taking herbs over time will help heal your body from the inside out nutritionally and are not simply relieving symptoms. Pharmaceutical drugs do not detoxify your body, nor do they contain any nutritional elements. They sometimes work more quickly for a specific symptom, but they do not heal the underlying root causes of what's wrong.

Pharmaceutical drugs are often modeled after natural remedies, but then synthesized chemically to make an artificial and far cheaper "Product" for which the price can be risen to astronomical levels and after which side effects often occur. In the case of antibiotics, kidney damage and ringing in the ears is a common side effect. Asthma inhalers can sometimes increase the heart rate and increase anxiety while lung herbs help calm the heart and calm a person down from anxiety. Over time, lung herbs are GOOD for the heart (and the kidneys) and not a strain on the heart like asthma medications often are.

YouTube Videos and Articles for Even More Info:

For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page: [YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):



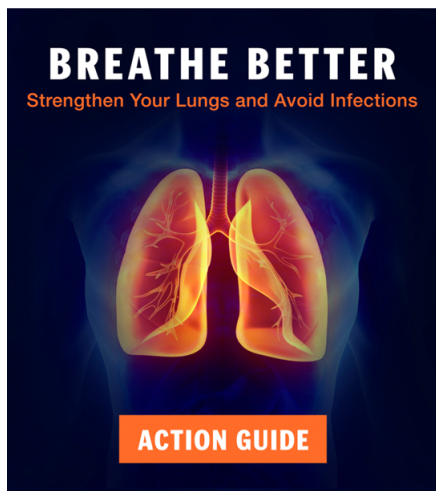
How to Save Your Lungs & Breathe Clearly Again Naturally:

<https://bit.ly/3v30mvq>

Stop a Cold or Flu in 24 Hours:

<https://bit.ly/3K5vPRS>

Natural Remedies for Colds and Flu: drfostersessentials.com/store/Cold_Flu_Season.php



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