



February 21, 2014 – Grand Rapids, MI

Immune Boost 1-2-3: Echinacea

The cold and flu season is still around. The seasonal allergy season is right around the corner and may have started depending on where you live. When you feel that first tickle in the back of your throat, that first nasally sensation, that's when you have to take action. That's what we do in my house, and that's what I'm going to cover this week.

It begins with echinacea. The research on echinacea is equivocal when it comes to treating colds, but when it comes to boosting the immune system at the beginning of immune challenges, the research supports its use. There are three key factors.

- Echinacea must be started at the first hint of a symptom, as I suggested above.
- The dose must be high enough to stimulate the immune system; I recommend 500 mg of echinacea derived from both the root and aerial parts three times per day.
- Echinacea works best for those with a compromised immune system. Even the healthiest person will catch a cold or have seasonal allergies, but if you have a weak immune system to begin with, or it's been weakened by illness or stress, echinacea will be even more effective.



That's where you begin. There are two more to go coming the rest of this week.

What are you prepared to do today?

Dr. Chet

Reference: Adv Ther. 2015 Mar;32(3):187-200.

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