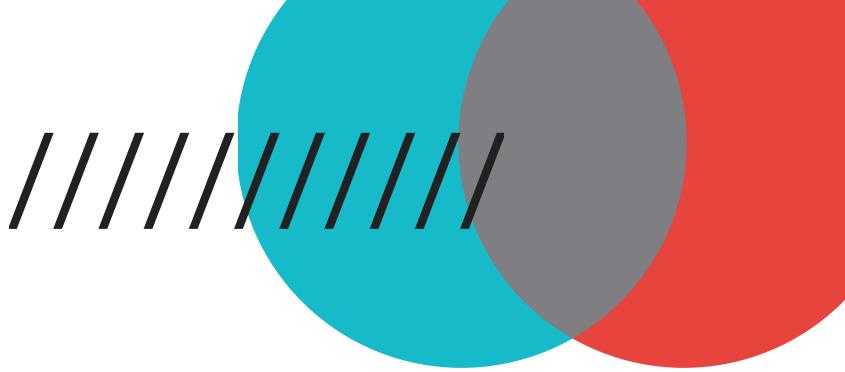




Immune Defense With Herbs

Bonus 1: Immunity Herbal
Remedies



YOUR IMMUNITY

Your immune system creates, stores, and distributes the white blood cells that fight bacteria and viruses that enter your body throughout your entire life, but especially during cold and flu season.

Incorporating specific foods and herbal remedies into your diet and lifestyle may strengthen a person's immune response.

There are a lot of individual foods known to help strengthen your immunity. Things like blueberries, raw cacao, turmeric, ginger, garlic and oranges all offer immunity protecting compounds.

In this report, we will offer 4 unique herbal remedies known to help you fight disease and reduce common seasonal allergies symptoms.

IMMUNITY BROTH

INGREDIENTS

- 2 medium onions
- 1 full head of garlic, peeled
- 2 tsp raw apple cider vinegar
- 3 fresh or dried bay leaves
- 7-8 fresh shiitake mushrooms

DOSES/AMOUNTS

- Medium bag of Bella or other type of mushrooms
- Large handful oregano leaves
- Large handful thyme figs
- 2 Tbsp turmeric powder
- A pinch of black pepper



INSTRUCTIONS

- Wash all herbs gently under running water to remove debris.
- Add all ingredients to a large stock pot or saucepan and add 4L of filtered water.
- Bring stock mixture to a boil, then reduce to a simmer.
- Cook, uncovered for 30-45 minutes until stock has reduced by a quarter.
- Using a slotted spoon, remove large solids. Discard.
- Allow to cool to room temperature and then strain remaining stock liquid through a cheesecloth.
- Store in 1-2 cup capacity containers and refrigerate for up to a week, or freeze for up to 3 months.

SEASONAL ALLERGIES

The technical name for seasonal allergies is allergic rhinitis. Symptoms can include sneezing, congestion, coughing, wheezing, itchy eyes, watery eyes, and an itchy, dry throat. Not life-threatening in most cases, but when symptoms are severe, seasonal allergies can feel as rough as a bad cold or flu.

INGREDIENTS DOSES / AMOUNTS

- 4 parts nettle leaf- antihistamine
- 2 parts peppermint leaf- decongestant
- 2 parts burdock root- liver and blood cleanser
- 1 part hibiscus flowers- liver and blood cleanser
- 1 part lavender flower- decongestant



INSTRUCTIONS

- Use a measuring cup of any size, and blend the herbs in the above ratios into a large bowl.
- Mix them up using a spoon or your hands, and store the blend in mason jars.
- If you are making this prior to allergy season, you can vacuum seal the jar or use mylar and oxygen absorbers to keep the tea fresh.
- To make a tea, take 1Tbsp of the blend and steep in 12 oz. hot water for 5-6 mins. Drink 2-3 cups a day until allergies symptoms disappear.

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BASIC COLD REMEDY

AKA JOVANKA'S COLD CURE

Attacking the cold at the onset is critical to shortening its duration and minimizing the uncomfortable symptoms. In an ideal scenario, you'd want to start taking this blend as soon as you feel a scratchy throat or runny nose.

Make sure you stock your pantry with all the ingredients below and share this recipe with friends and family members as soon as they feel the initial symptoms come up.

INGREDIENTS DOSES/AMOUNTS

- 2 bags of elderberry tea
- 2 inches of ginger root
- Juice of 1/2 large lemon
- 2 Tbsps of raw apple cider vinegar
- 1 tsp of raw honey
- a dash of cayenne pepper
- a few drops of oregano oil (optional)



INSTRUCTIONS

- Cut the ginger root in slices and add to a pot with 24 ounces of water.
- Bring to a slow boil and simmer for 5-7 mins.
- When the water starts to cool, add the 2 bags of elderberry tea
- Move the infusion into a jar and add all other ingredients.
- Drink one cup 3-4 times a day until you feel strong and healthy again.

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FLU REMEDY

The best cure for the influenza virus is prevention. Whether you choose to get a flu vaccine each season or not, exercising social distance when in public places, keeping your hands clean at all times and keeping your body alkalized are critical in helping prevent the flu.

The below remedy can be used in combination with prescription drugs, rest, lots of fluids and TLC as you battle this potentially crippling seasonal virus.

INGREDIENTS DOSES / AMOUNTS

- 2 cloves of garlic, minced
- 1/4 tsp cayenne pepper
- 2 bags of olive tea
- 1 bunch of fresh basil
- 1 bag of nettles tea
- 1 bag of dandelion tea

INSTRUCTIONS

- Heat up 24 ounces of water and add garlic, and fresh basil. Bring to a slow boil and simmer for 5 minutes
- Remove from heat and add the dandelion, nettles and olive tea to the infusion. Steep for another 5 minutes.
- Add the cayenne pepper and stir thoroughly.
- Drink 8 ounces immediately and 4-5 more ounces every 3-4 hours until symptoms improve.

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SOLANA WELLNESS



ABOUT JOVANKA

Jovanka Ciares is a Registered Herbalist, Executive Wellness Coach and nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021, Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.

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