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00:09 Speaker 1: How do registered and clinical herbalists like myself strategize to help you go from a weakened to the best immunity possible? Well, our approach to immunity is to discover the cause. This includes taking your lifestyle into account, your diet, and examining where are any imbalances that might be causing weaknesses. This means that we have to look at everything from nutrition and digestion, to sleep, relaxation, smoking, alcohol, caffeine intake, and definitely stress. So which herbs and herbal medicine can tackle the immunity and prevent cold, flus, and other diseases depend on your specific needs and lifestyle. Herbs that fight infections include echinacea, elderberry, olive leaf, vitamin C, and other nutrients also are well known. These herbs are very easily found and accessible to everybody, and most people have no adverse reactions or allergies to the compounds within these plants. So most people will... Can find them in the market and can use them on the regular basis. But if you happen to have a very particular condition or a recurrence of a particular condition, you might wanna talk to a registered and studied herbalist to help you out.

01:34 S1: However, you are here to learn about herbs that might be not the common ones that you hear or find pretty much everywhere, and that's the reason for this video today. I wanted to talk about an herb called andrographis, or andrographis. It is actually originally from India, but it's used very commonly in Chinese Medicine. And research has shown that it is very effective at blocking the flu and the cold virus from actually getting a hold on you. It's also being tried in the UK as an alternative to antibiotics for upper respiratory tract infections. So far, the results are really promising, although more research might be needed. So how do you use it? You can use it in powders, in tea, or in pills. However, because you need to know how much you take, my recommendation is to take it in pill form, and that's probably the easiest way for you, especially if you're new to this process.

02:37 S1: If you're having the common cold or flu, just five to 5.5 milligrams is all you need, three times a day, ideally in combination with a lot of the other things that everybody tells you, like lots of rest, lots of fluid, maybe having a diet that is very, very clean. If you're dealing with a tonsil infection or a throat infection or a respiratory infection, you need to increase the dose exponentially, up to six grams a day, hence the reason why taking a pill is probably a little bit easier, especially if you don't know how to measure pills and powders and tea form. And that, you can take for six to eight weeks. While if you're fighting a cold or the flu, you take it three times a day for the duration of the cold, which should be much less so when you're taking this particular botanical. And or when you're doing something more aggressive that might require antibiotics, you can also take it in larger amounts, and only one time a day, up to six weeks.

03:48 S1: That is the video for today. I just wanted to bring you this particular herb because it is very new to a lot of people and I wanted to give it its own little value and on its own video. So I urge you to do a little bit of research, give it a try, see if it works for you. And once you're done, I'll see you on the next video.

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