

Preparation and Dosage

Echinacea may be used as a tincture, tea, powder, poultice, or suppository. To make a tincture, use fresh flowerheads of *E. purpurea* in 1:2 ratio with 95 percent alcohol (for *E. angustifolia* dry root, use 1:5 in 70 percent alcohol).

Internal Uses:

Strep throat: Full dropper (30 drops) of the tincture as often as desired, not less than once each hour until symptoms cease. Mix with saliva and dribble slowly over affected area down back of throat.

Onset of colds and flus: Not less than one dropperful (30 drops) of tincture each hour until symptoms cease. (*Note:* more effective for cold and flu onset in combination with licorice root and red root.)

External Uses:

Venomous stings and bites: Mix alcohol tincture with equal amount of water and wash affected area liberally every 30 minutes.

Wash: Boil 2 ounces (57 g) ground flowerheads or root in 8 ounces (237 ml) water for 15 minutes, let steep 1 hour, strain, and wash wounds and venomous bites and stings liberally as often as needed.

Powder: Powder dried seedheads or root as fine as possible and sprinkle liberally over new or infected wounds. Best in combination with other herbs such as goldenseal, usnea, oak, and wormwood.

Poultice: Mix powder with water until thick, and place it on the affected area.

Suppository for abnormal pap smear: Powder *E. angustifolia* root, mix with vegetable glycerine until the consistency of cookie dough, mix with enough whole wheat flour to make it the consistency of bread dough, shape into suppositories, and freeze. (They will remain pliable but manageable.) Place one suppository each evening (just before sleep) up against the cervix, douche clean the next morning with ½ ounce (15 ml) usnea/calendula tincture in 1 pint (475 ml) water (otherwise the remains will drip out throughout the day). Repeat for 14 days.

Side Effects and Contraindications

Echinacea is a stimulant. Continued immune stimulation in instances of immune depletion to avoid necessary rest or more healthy lifestyle choices will always result in a more severe illness than if the original colds