

won't go away. So, if you are sick with a feverish disease with aching bones, get almost well, then relapse over and over again, feel weak and debilitated, and have a sense of mental unreality, boneset is indicated. It seems to be much better than echinacea for upper respiratory infections that have progressed to full-blown disease.

### *Preparation and Dosage*

Boneset may be taken as tea or tincture.

**Tea:** *Cold:* 1 ounce (25 g) of herb in 1 quart (1 l) boiling water, let steep overnight, strain and drink throughout day. The cold infusion is for the mucous membrane system and is a liver tonic. *Hot:* 1 teaspoon herb in 8 ounces (237 ml) hot water, steep 15 minutes. Take 4 to 6 ounces (118 to 177 ml) up to 4 times per day. *Note:* boneset is only a diaphoretic when hot and should be consumed hot for active infections, chills, and fevers.

**Tincture:** Use fresh herb in flower 1:2 with 95 percent alcohol, use 20 to 40 drops up to 3 times day in hot water. *Dry herb:* 1:5 with 60 percent alcohol, use 30 to 50 drops in hot water up to 3 times a day. In acute viral or bacterial upper respiratory infections, use 10 drops of tincture in hot water every half hour up to 6 times a day. In chronic conditions when the acute stage has passed but there is continued chronic fatigue and relapse, use 10 drops of tincture in hot water 4 times a day.

### *Side Effects and Contraindications*

The hot infusion in quantity can cause vomiting; otherwise, there are no side effects. It has been reported that the fresh plant contains trematol, which causes "milk-sickness" in cows and in people who drink infected milk. My research shows that trematol is confined to *Eupatorium rugosum*, white snakeroot, and does not occur in boneset. A significant number of clinicians feel that as a tincture, fresh boneset is best, and that the dried herb should be used for tea.

### *Alternatives to Boneset*

Echinacea, licorice.

