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it might be smarter to
use an herbal remedy
than a pharmaceutical.
For example,...

Ashwagandha. Tea:
Simmer 1 tsp dried and
sliced root in 1 cup
water or milk for 10
minutes. ... Drink 1 or 2
times per... Black
Cohosh. ...

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placebo for treating
colds. Results found
that Echinacea did not
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Herbal Remedies
**A Guide to Common
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...

3/4 cup herb-infused oil
with equal parts lemon
balm (*Melissa
officinalis*), chamomile
(*Matricaria recutita*),
and marshmallow root
(*Althea officinalis*) 1-2

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drops tea tree essential
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A Beginner's Guide to Making Herbal Salves and Lotions

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This is an alphabetical list of plants used in herbalism.. The ability to synthesize a wide variety of chemical compounds that are possibly used to perform important biological functions, and to defend against attack from predators

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such as insects, fungi and herbivorous mammals is called herbal medicine.

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and most used herbs include garlic, ginger, turmeric, saw palmetto, St. John's wort and aloe vera.

Herbal Remedies

Herbal Medicine & the Top 10 Herbal Medicine Herbs - Dr.

Axe

Elderberry.

Elderberries are packed with quercetin, an antioxidant with antihistamine and anti-inflammatory effects.

They've also exhibited

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"mild inhibitory effect"
during early stages,
and the potential
ability to stop a virus
from getting into a
body and replicating,
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