


Herbs for Acute Immune Support


Astragalus (V)	✓ Honeysuckle flower (B, V)
✓ Boneset (V)	Istatis (V)
Chamomile (V)	Lemon Juice (V)
✓ Chrysanthemum (B, V)	✓ Lemon Balm (V)
✓ Elderberry/ flower (V)	✓ Peppermint (V)
Forsythia fruit (B, V)	Rose Hips (V)
✓ Garlic (B, V, F, P)	Thyme (B, V, F)
✓ Ginger (V)	✓ Yarrow flower (B, V)




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More Acute Immune Support

Nutrients	Essential Oils
✓ Colloidal silver (B, V, F)	Cajeput (B, F)
Vitamin A	Cinnamon (B, V)
✓ Vitamin C	Clove (B, V)
Vitamin D	✓ Eucalyptus (B, V)
✓ Zinc	Lemon (B, V)
	✓ Pine (B, V)
	✓ Tea Tree (B, V, F)
	✓ Thyme (B, V, F)



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VITAMIN C

- Vitamin C (C) – antiviral, helps acute infections like colds, flu
- Zinc (C) – Aids immune function, especially with vitamin
- Vitamin C and Zinc Lozenges
- Garlic (C) – Helps fight acute infections
- Ginger (C) – Helps colds, digestive upset

Single Acute Immune


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	Chrysanthemum	Elderberry	Forsythia	Honeysuckle	Peppermint	Rose Hips	Yarrow	Vitamin C	Zinc	Other
Elderberry D3fense		X								Vitamin D3, Echinacea, Willow bark, Olive leaf
Elderberry Immune (Vitamin C with Elderberry)		X						X	X	Astragalus, Echinacea, Reishi, Maitake, Vitamin D (Canadian product is different)
IF-C (C)	X		X	X						Ligusticum, Gardenia, Chinese Peony, Platycodon, Schizonepeta, Scute, Burdock, Bupleurum, Phellodendron, Siler, Dong Quai, Chaste Tree, Safflower, Coptis, Licorice
Solistic Immune		X						X	X	Echinacea, Blueberry, Red Raspberry, Cranberry, Blackberry, Ginseng, Stevia, Vitamin D, Potassium
CC-A, CC-A with Yerba Santa					X	X	X			Rose hips, Chamomile, Slippery Elm, Capsicum, Goldenseal, Myrrh, Sage, Lemongrass, Yerba Santa

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Subacute (Stagnation)


- Tongue: Damp, swollen, heavily coated
- Pulse: Slippery, rolling
- Later stages of acute contagious diseases (after 24-48 hours)
- Low grade fever
- Swelling
- Feeling sluggish and worn out
- Lymphatic congestion, swollen lymph nodes
- Sore throats and arches
- Congestion in lungs and sinuses, mucus difficult to expel
- Loss of appetite
- Frequent digestive upset, gas, belching, bloating



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Herbs for Subacute Immune Support

Amur Cork Tree (Phellodendron) (B)	Myrrh (B)
Andrographis (B, V)	✓ Olive Leaf (B, V)
✓ Blue Vervain (V)	Oregon Grape (B)
Boneset (V)	Pau D'Arco (F)
Coptis (Chinese Goldenthread) (B)	Red Root (B)
✓ Echinacea (B, V)	Usnea (B, F)
✓ Goldenseal (B)	Yarrow (V)



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More Subacute Immune Support

Nutrients


- ✓ Berberine (B)
- ✓ Colloidal silver (B, V, F)
- ✓ Protease Enzymes
- Vitamin C
- Vitamin D
- Zinc

Essential Oils

- ✓ Myrrh (B, V)
- Frankincense (B, V)



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- Berberine (C) – antimicrobial alkaloid in goldenseal, Oregon grape and other herbs
- Olive Leaf (C) – Helpful for all types of low grade infection
- Goldenseal – Primarily antibacterial, works primarily on mucus membranes
- Oregon Grape (C) – good alternative to goldenseal, especially for children

Single Subacute Immune

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	Andrographis	Echinacea	Goldenseal	Vitamin C	Vitamin D	Zinc	Other
Echinacea/Goldenseal (C)		X	X				
Solstic Immune		X		X	X	X	Elder berry, Blueberry, Red Raspberry, Cranberry, Blackberry, Ginseng, Stevia, Potassium
IN-X		X	X				Black Walnut, Marshmallow, Plantain, Parthenium
Seasonal Defense	X						Thyme, Orange (Bitter), Eleuthero and Oregono

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Chronic (Depression)


- Tongue: Dark reddish/purple or pale with small red spots, may have heavy yellow coating
- Pulse: Rapid, but feeble
- Lingering, low grade, chronic infections
- Long term sickness, slow convalescence
- Chronic, low grade fever or alternating fever with chills
- Weight loss, fatigue, general weakness
- Chronic cough or sinus congestion
- Chronic skin conditions

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Herbs for Chronic Immune Support

- ✓ Astragalus (V)
- Cat's Claw (Uña de Gato) (V)
- ✓ Cordyceps (V)
- ✓ Echinacea
- ✓ Garlic, (B, V, F, P)
- Indigo, Assam (V)
- Lemon Balm (V)
- Lomatium (V, B)
- Miatake (V)
- ✓ Olive Leaf (B, V)

- ✓ Oregano (B, V, F, P)
- Oregon Grape (B)
- ✓ Pau D'Arco (F)
- ✓ Propolis (B, V)
- Reishi (Ganoderma) (V)
- Shitake (V)
- ✓ Spilanthes (B, F, P)
- St. John's Wort (V)
- Thlaspi (B, V)



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More Chronic Immune Support

Nutrients

- Arbinogalactan
- Beta-Glucans
- Caprylic Acid (F)
- ✓ Berberine (B)
- Colostrum
- ✓ Colloidal Silver (B, V, F)
- Selenium
- ✓ Vitamin D3
- Zinc

Essential Oils


- ✓ Oregano (B, V, F)
- Frankincense (B, V)



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Single Chronic Immune

- Astragalus (C) – Boosts weak immune responses
- Cordyceps – Great immune booster, especially lungs and kidneys
- Echinacea (C) – Boosts immune responses when weakened, diffusive, chronic bacterial
- Pau D'Arco (C) – Helpful for chronic yeast infections, may also strengthen immunity generally
- Colloidal Silver (C) – Helpful for chronic infection when used in fairly large doses



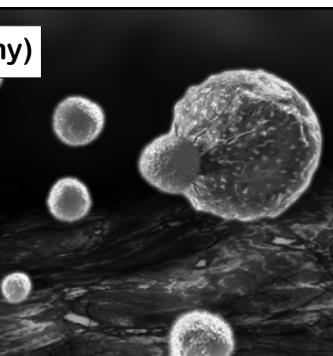
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	Astragalus	Cat's Claw	Cordyceps	Echinacea	Garlic	Maitake	Pau D'Arco	Reishi	Beta-Glucans	Colostrum	Other
VS-C											Indigo (Assam), Dandelion, Purslane, Thlaspi, Bupleurum, Baical Skullcap, Typhonium rhizome, Cinnamon, Licorice, and Ginseng
Immune Stimulator			X			X		X	X	X	Arbinogalactan
Yeast/Fungal Detox					X		X				Zinc, Selenium, Echinacea, Caprylic acid, Sodium Propionate, Sorbic Acid, Oregano (Mexico)
Candida Clear					X		X				Thyme, Orange (Bitter), Eleuthero and Oregano, Caprylic acid, Elicampane, Black Walnut, Red Raspberry, Zinc, Selenium, Enzymes
Una De Gato	X	X		X							
Caprylic Acid Combo											Caprylic acid, Elicampane root, Black Walnut hulls and Red Raspberry leaf

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Depression (Atrophy)


- Tongue: Dry, may be shriveled or cracked; may be blackish in severe cases
- Pulse: Weak, thin, deep
- Chronic immune weakness with frequent infections and fatigue
- Chronic respiratory problems
- Pus filled wounds, oozing sores
- Bad body odor, may smell like rotten meat or ammonia
- Antibiotic resistant infections
- Person may be near death in severe cases
- Medical diagnosis of acquired immune deficiency syndrome (AIDS)



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Herbs for Degenerative Immune Support

- ✓ Astragalus (V)
- ✓ Echinacea (B)
- ✓ Garlic (B, P)
- Lobelia (B)
- Miatake (V)
- Mugwort (P)
- ✓ Paw Paw (V, F, P)
- Propolis (B, V)
- ✓ Red Root (B)
- Reishi (Ganoderma) (V)
- Sweet Annie (P)
- Tansy (P)
- ✓ Thuja (B, F)
- ✓ Wild Indigo (Baptista) (B)
- Wormwood (B, P)



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More Degenerative Immune Support

Nutrients	Essential Oils	
Arbinogalactan	Cinnamon (B, V)	
Beta-Glucans	Eucalyptus (V)	
✓ Colloidal Silver	Oregano (B, V, F)	
✓ Collostrum (B, V, F)	Tea Tree (B, V, F)	
✓ Vitamin A	Thyme (B, V, F)	
Vitamin C	Other	
✓ Vitamin D3	✓ Get Medical Assistance	

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Single Degenerative Immune

- Astragalus (C) – Boosts weak immune responses
- Cordyceps – Great immune booster, especially lungs and kidneys
- Echinacea (C) – Boosts immune responses when weakened, diffusive, chronic bacterial
- Paw Paw – Helpful abnormal cells, viral, fungal and parasitic infection



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	Astragalus	Echinacea	Garlic	Miatakie	Reishi	Sweet Annie	Colostrum	Vitamin A	Beta Glucans	Other
Immune Stimulator				X	X		X		X	Arbinogalactan, Colostrum, Cordyceps,
Trigger Immune					X					Asian Ginseng, Barrenwort, Eucommia, Lycium, Rehmannia, Dong Quai, Achyranthes, Atractylodes, Tangerine, Hoelen, Ligustrum, Ophiopogon, Peony, Polygala, Schisandra, Licorice
Artemisia Combination			X			X				Elecampane, Mugwort, Clove, Garlic, Ginger, Spearmint, Turmeric, Olive leaf, Sweet Wormwood
Defense Maintenance	X							X		Vitamin C, Zinc, Selenium, Barley grass, Asparagus, Broccoli, Cabbage, Reishi, Parthenium, Pau d' Arco, Schisandra, Eleuthero, Wheat grass and Myrrh gum

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Hyperactive (Overactive) Immune

Medical Diagnosis
 Autoimmune Conditions
 Multiple Sclerosis (MS)
 Rheumatoid Arthritis
 Fibromyalgia
 Myasthenia Gravis
 Chronic Fatigue Syndrome
 Amyotrophic Lateral Sclerosis -ALS (LoGerhig's Disease)
 Lupus (Systemic Lupus Erythematosus)
 Scleroderma
 Hashimoto's Thyroiditis
 Graves' Disease
 Autoimmune Hepatitis
 Type 1 Diabetes

Other Indications
 Vaccine reactions
 Conditions worsen with immune stimulants
 Chronic inflammation

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Immune Calming

Herbs	Nutrients
Aloe Vera	Colostrum
Boswellia	Curcumin
Chamomile	Digestive Enzymes
Devil's Claw	✓ Omega-3
✓ Licorice	EFA
Turmeric	Vitamin D3
✓ Yucca	

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Key Immune Calming Singles

- Aloe Vera (C) – Calms hyper immune activity and inflammation
- Licorice (C) – Cortisol-sparing action, anti-inflammatory
- Turmeric-Curcumin (C) – Powerful anti-inflammatory
- Yucca – Anti-inflammatory, cortisol-like action
- Omega-3 (C) – Reduces inflammatory prostaglandins

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Immune Modulating

Herbs
Aloe Vera
✓ Ashwaganda
Astragalus
✓ Black Walnut
Chaga
✓ Cordyceps
Eleuthero
✓ Miatakie
Reishi (Ganoderma)
Schizandra
Turkey Tail
Nutrients
✓ Colostrum
Curcumin
Digestive Enzymes
✓ Omega-3 EFA
Vitamin D3

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Key Immune Modulating Singles

- Astragalus (C) – Helps balance immune responses
- Black Walnut (C) – Aids intestinal membranes, helpful for fibromyalgia
- Cordyceps – Immune Balancer
- Colostrum (C) – Immune Balancer

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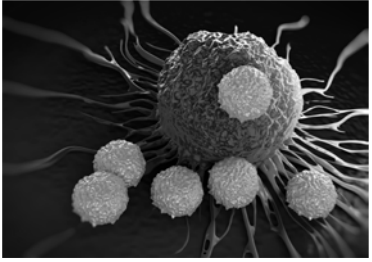
	Boswellia	Chaga	Cordyceps	Reishi	Shitake	Turkey Tail	Turmeric	Other
IF Relief	X						X	Andrographis, Mangosteen, White Willow bark
MY-Immune-Defense		X	X	X	X	X		Agaricus mushroom

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Medical Diagnosis
 Psoriasis
 Cancer
 Reduced white blood cell counts

Other Indications
 Chronic infections
 Poor resistance to disease
 Poor immunity
 Cysts
 Abscesses
 Growths and lumps
 Chronic swollen lymph nodes or severe lymphatic swelling
 Changes in moles
 Warts

Hypoactive (Underactive) Immune



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Immune Boosting or Stimulating

Herbs


- Agaricus
- Astragalus
- Burdock
- Cat's Claw (Uña de Gato)
- Chaga
- ✓ Chaparral
- ✓ Cordyceps
- ✓ Echinacea
- Goldenseal
- Maitake
- ✓ Pau d'Arco
- ✓ Paw Paw standardized extract
- ✓ Poke root
- Red Clover
- Reishi (Ganoderma)

Nutrients

- Arbinogalactan
- Beta-Glucans
- ✓ Protease (between meals)

Essential Oils


- Frankincense
- Myrrh



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Key Immune Boosting Singles

- Burdock (C) – Traditional anti-cancer herb
- Pau D'Arco (C) – Has anticancer and antifungal properties
- Paw Paw – Slows metabolism of abnormal cells, antiviral and antifungal
- Red Clover (C) - Another traditional anticancer herb
- Protease (C) – Taken between meals to boost immune responses



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	Burdock	Cat's Claw	Cordyceps	Echinacea	Maitake	Reishi	Other
Immune Stimulator			X		X	X	Beta-Glucans, Arbinogalactan, Colostrum, Cordyceps, Reishi and Maitake
E-Tea	X						Sheep Sorrel aerial parts extract, Slippery Elm bark extract and Rhubarb (Turkey Rhubarb) root extract
Una De Gato (Cat's Claw)		X		X			Astragalus root

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Single Herbs

- Echinacea
- Astragalus
- Cordyceps
- Garlic
- Paw Paw

Nutrients

- Silver Shield
- Berberine
- Omega-3 EFA

Primary Formulas

- Immune Stimulator
- Solistic Immune
- VS-C
- Trigger Immune
- MY-Immune Defense

Other Formulas

- E-Tea
- IF Relief
- Elderberry D3fense
- Echinacea/Goldenseal

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Upcoming Education

- **Upcoming Member Webinars**
 - **Sunshine Sharing Hour (Tue, Oct 29) – Keeping Women’s Health Cycles in Balance**
 - **Sunshine Product Training (Tues, Nov 12) – Digestive System**
- **Other Classes and Events**
 - **Channels, Cycles, Constitutions and Chinese Herbs**
 - Nov 7, 14, 21 at 5:30 PM MT (\$60, \$5 members with Chinese Herb Bundle \$72, \$15 for members)
 - **A Holistic Approach to Disease**
 - Two free webinars on Dec 5, 12 at 6:00 PM MT introducing next year’s member webinar series
 - **2019 Healthy Perspective Webinar Series**
 - <https://events.genndi.com/channel/healthyperspective>
 - **2019 Seeking Light and Truth**
 - Webinar series: <https://events.genndi.com/channel/seekinglight>

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Comments, Questions and Answers

- Type your questions about tonight’s topic into the chat box
- Also give me your comments and feedback



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