

Elderberry

Botanical name: *Sambucus nigra*

Energetics/Actions: pungent, sweet, bitter, cool, dry, astringent, expectorant, diuretic, antiviral

Description

Elder flowers and berries have been used for centuries to make wine, tea, jam, syrup, vinegar, liniment and also as baths and 'robs' for cold and flu symptoms. The berries are used to make wine and the flowers to make tea. The name Elder is derived from an Anglo Saxon term that means 'fire', as the hollow stems were used to blow on fires. The hollowed stems were also used to make flutes by the Indigenous Peoples of North America, the English and the Italians. The Elder is the most sacred tree of the gypsies.



Uses

Influenza: Shortens duration of symptoms and enhances antibody levels against the virus. Elderberry has been shown to relieve influenza A and B symptoms 4 days earlier than placebo in studies.

Topical: Leaves in salves and washes can be applied externally to treat bruises and wounds.

Dose

Elderberry extract: 1-4 tablespoons a day

Safety Information

Not for use during pregnancy. Do not ingest the leaves. The raw fruits may cause vomiting and diarrhea.