

## Elderberry, One of My Most Favorite Herbs! Emily Walton, M.H.

I first learned about elderberry and its virus extracting properties about 8 years ago. As I've continued to study elderberry, I'm more amazed about how wonderful this herb is. The latin name for elderberry is *Sambucus*. Elderberry has a rich history dating back to Hippocrates. Elderberry is the wood believed to be what the cross was made from that Christ was hung on. Elderberry was believed to fight off evil spirits and witches. Serbians believed a stick of elderberry in a wedding ceremony brought good luck.<sup>1</sup>

Elderberries grow throughout Europe and North America. It's easily foraged in the mountain west of North America. The compounds found in elderberry are anthocyanins, which give them their nearly black color. Anthocyanins are antioxidant, anti-inflammatory, and cancer preventive. Elderberry is rich in vitamin C. Elderberry is also rich in potassium phosphate, potassium chloride, and potassium sulphate. Potassium phosphate activates and feeds the skin and mucous membranes. Potassium sulphate acts as an oxygen carrier and forms oil to lubricate and feed sebaceous glands and the mucous membranes epithelial covering, acting similar to iron. Potassium chloride keeps fibrin in a solution. When the body lacks potassium chloride, fibrin is not dissolved properly and blocks the circulation of the blood. Elderberry contains all of these wonderful forms of potassium to keep mucous from building up in the body and causing blockages.<sup>2</sup>

Elderberry is very effective at extracting viruses from the body. Elderberry actually binds to the spikes of the flu virus and prevents it from entering the cells in the body and the respiratory tract. In clinical trials, elderberry has been shown to help people recover from the flu in 3 days. Elderberry is also good for colds, fever, and any virus.<sup>3</sup>

Elderberry is completely safe to use. I take it every day, and if I need an extra boost, I take it twice to three times a day. I also give elderberry to my dog every day. He loves it!

When I first learned about elderberry and my mom was alive, I encouraged my mom to take it daily. She had a compromised immune system and when she got sick, she'd be in bed for at least a month. After she started taking elderberry, instead of being in bed for a month when she'd get sick, she'd be out of bed and back to her daily activities in 5-7 days. She recovered that much faster just by taking elderberry! As far as I'm concerned, this is a wonder herb!

I encourage everyone to add elderberry to their daily routine. It'll help us all stay well, healthy, and heal faster from viruses.

*Emily Walton lives in the Salt Lake Valley with her dog, Henry. Emily works as a Master Herbalist seeing clients to help and teach them whole self-health and to be self-reliant with their health. She is currently accepting new clients.*

### References

1. Grieve, M., 1931. *A Modern Herbal*. New York: Dover Publications.
2. Christopher, D. and Gileadi, C., 2010. *School Of Natural Healing Herb Syllabus*. Springville, Utah: Christopher Publications.

3. Elpel, T., 1967. *Botany In A Day*. 5th ed. HOPS press.