

Recipe for Immunity

1 cup fresh echinacea root chopped (or ½ cup dried)
1 Tbsp dried elderberries
3 small sprigs fresh chocolate mint leaves (or any mint) chopped
2 small sprigs fresh thyme leaves chopped
¼ cup distilled water (approximately)
Vegetable glycerin
Dropper bottle

In a pint jar add all the herbs. Add water so it comes up about an inch. Add vegetable glycerin to fill the jar to the top so all herbs are covered. Secure the lid tightly. Shake daily for 2 weeks. Strain and save the liquid and compost the herbs. Fill a dropper bottle with the glycerite and use 1 or 2 droppers 3 times a day for the prevention of illness. If you have symptoms of an illness, take more often.

Recipe by Jo Francks