

Elderflower



Evidence shows that Elderberry was cultivated **as early as 2000 B.C.E.** and discovered a long while before that time. In written history, Hippocrates (460- 370 BC) and Pliny the Elder both noted Elderberry's medicinal properties.

There is a lot of interesting folklore surrounding elderberry that is really fascinating to read.

Actions; Diaphoretic, antiviral, anticatarrhal, antispasmodic, astringent, alterative, anti-inflammatory, diuretic, and nervine

- Immune boosting
- Fights infections
- Heals upper respiratory
- Breaks fever
- Blood cleansing
- Pain-killer
- Relieves allergies
- Improves liver function
- Promotes healthy skin

Precautions: Elder is safe for most people including children and seniors.