

Key Herbs Beneficial in COVID-19 and Viral Infections

Immune Herbal Support:

- 1) Reduce risk of infection
- 2) Treatment of active infection
- 3) Treatment of vaccine after-effects

1) Reduce risk of viral infections / Infection prevention:

- Echinacea Augustifolia or Purpurea (1)
- Medicinal Mushrooms (Reishi, Maitake, Shiitake) (2)
- Astragalus (3)
- Chaga (4)
- Curcuma (5)
- Ashwagandha (6, 7, 8, 9, 10, 11)

Common Herbs: garlic, ginger, thyme, sage, cayenne, turmeric

2) Treatment of Active Infection:

- Elderberry (12)
- Andrographis (13)
- Propolis (14)
- Artemisia (15, 16, 17, 18)
- Dandelion root and leaf (water-based extract) (25)
- Ginger (26)

Cough-specific Herbal Teas (by Traditional Medicinals):

Breathe Easy® Tea
Gypsy Cold Care® Tea



Organic Echinacea Plus® Elderberry Tea
Organic Echinacea Plus® Tea
Organic Immune Zoom Lemon Ginger Tea
Organic Throat Coat® Eucalyptus Tea
Organic Throat Coat® Lemon Echinacea Tea

For external (topical) use only for coughs * Essential oils should be diluted with a carrier oil before applied to the skin. They may also be inhaled in a steam bath.

Essential Oils of Eucalyptus, Peppermint, Rosemary, Tea tree oil

3) Treatment of Vaccine After-Effects:

- Curcumin (5)
- Cordyceps (19)
- Proteolytic enzymes (20)
- Green Tea extract (21)
- Pine needle extract (22)
- Dandelion root and leaf (water-based extract) (23)
- Olive leaf extract (24)

For additional support, please refer to Nutraceuticals NAC and/or Glutathione, Vitamin D, Vitamin C, Quercetin and Zinc.

REFERENCES

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- (23) <https://www.news-medical.net/news/20210323/Dandelion-extract-inhibits-SARS-CoV-2-in-vitro.aspx>
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About the Canadian Covid Care Alliance

The Canadian Covid Care Alliance (CCCA) is a group of independent research scientists, doctors, registered nurses and nurse practitioners, and other health care practitioners, as well as lawyers, ethicists and other professionals. The Alliance is dedicated to providing balanced, scientific evidence-based information related to the prevention, tracking and treatment of COVID-19 so that hospitalizations can be reduced, lives saved, and our country safely restored as quickly as possible.

Our representative credentials and expertise within our Alliance include, but are not limited to, the following:

MD, Family Practitioner	PhD, Immunogenetics	PhD, Epidemiology	Chiropractic
MD, Coroner	PhD, Immunology	EdD, Psychology	Integrative Medicine
RN, Primary Care	PhD, Molecular Virology	DPhil, Bioanalytics	Physiotherapy
PhD, Biomedical Research	PhD, Viral Immunology	PhD, Methodology	Osteopathy
Doctor of Dental Surgery	PhD, Pharmacology	PhD, Ethics	Naturopathy

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CCCA - Health & Nutrition Committee

www.canadiancovidcarealliance.org



Doctor of Veterinary Medicine | PhD, Biochemistry | LL.B., B.B.A, Personal Injury | Occupational Therapy

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