

# Factsheet

## Herbal Remedies: For Winter Ailments

**9** everyday hints and tips for keeping well this Winter. Avoiding bugs, and speeding up your recovery if you do catch them!



### Introduction

Luzia Barclay is a registered medical herbalist (DBTh MIRCH), based in Turnworth near Blandford, Dorset.

As well as appearing on BBC Radio Solent as a 'resident herbalist', Luzia is a regular tutor at Kingston Maurward College in Dorchester and Dorset Adult Education.

Her website: [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk) is a fast growing resource for those interested in the benefits of herbs and herbal medicine.

On the site you can: ● Sign-up for a workshop/course; ● Shop for organic herbal products; ● Arrange a consultation; or ● Read news and articles about herbs.

The aim of a herbalist is always to find the root cause of symptoms and to help the body to heal itself. Herbs have been used for centuries to enable this.

"By running these courses, and doing BBC radio phone-ins, I hope to prevent the knowledge from being lost," says Luzia. "We have become so used to quick fixes for everyday ailments. Sadly, these often weaken our immune systems; but there are some really effective natural alternatives."

Half-day courses and workshops are booking up fast this year. Why not find out more? Visit [www.herbsforhealing.org.uk/courses](http://www.herbsforhealing.org.uk/courses) for details and to sign up.

## Luzia explores common household herbs for Winter ailments:

If you want to **(a)** prevent catching those common colds, or **(b)** recover more quickly... the aim is to **boost the immune system.**

This is the tool that protects the body from **bacteria, viruses** and **fungi** around us.

So, what can you do?

**1.** A healthy diet and lifestyle is of paramount importance for a strong immune system.



## Common herbs for **Winter ailments**

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**2.** Foods rich in **vitamin A, C** and **Zinc** and **antioxidants** – a variety of different fruits, salads and vegetables – are essential for the immune system.



**3.** The plant **Echinacea** stimulates the body to produce interferon, the body's own anti-viral defence.



**4.** The bee product **propolis** is a powerful anti-bacterial and anti-viral medicine.



**5. Garlic** has similar properties and supports the body to overcome viral and bacterial infections.



**6.** A tea made from the garden herb **Thyme** helps the body to get rid of excess catarrh and clears and disinfects the lungs.



**7.** Use spices like **ginger** and **cayenne pepper** generously because they have a warming effect.



**8. A good fever** is a powerful healing response and must not be suppressed. **It helps the body to overcome infections** and prevents them from spreading further. The key is to manage the fever but not to suppress it.

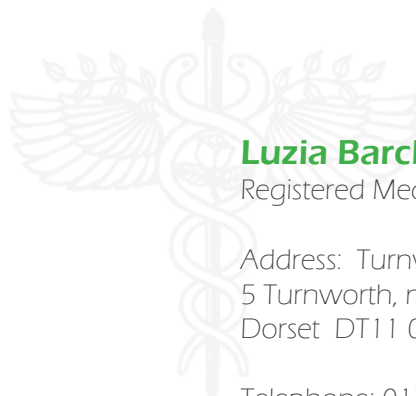
Common herbs for **Winter ailments**

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9. Plenty of **rest** and **sleep** will support the **healing process**.



- For more information about any of the points made in this factsheet, or to sign up for a half-day course or workshop please visit [www.herbsforhealing.org.uk](http://www.herbsforhealing.org.uk), or call Luzia Barclay, registered medical herbalist, on 01258 456223.



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