



## The 1-2-3's of Fighting the Flu and Colds

It's hard to believe, but nearly 30 years ago I discovered the “magic” of making my own botanical medicine by simply collecting herbs from the outdoors and blending them with some grain alcohol. I was in my first year of university and my “extra-curricular” classes watching historic videos of the famous herbalist Dr. John Christopher and Dr. Richard Schulze were far more important to me than my required university classes. Eventually, I followed that path and years later I have had the great opportunity to make herbal medicines and dispense herbal medicines for thousands of people.

And now, it's that time of year again... not only is it holiday season, it is also illness season... and it seems that people all around us are sick. Many have come down with pesky colds, many others with the pesky covid and still others with the nasty flu. My recommendations after all these years have not changed: 1) greatly reduce food intake, no dairy, increase warm soups 2) drink hot ginger lemon cayenne tea 64 ounces daily 3) take hot showers/baths alternate back and forth with cool rinses to reduce fevers and achy pains and 4) vitamin C and herbal medicine and homeopathy every hour.

My last two years of practicing in Tacoma, was prior to the great pandemic of 2020. At that time I already knew that I was missing immune support in my formulas so I went out on a task of compounding them. I acquired a sample of each of the top 30 herbs consistently studied in the research articles for colds and flus and then I tested every patient who came in on them and kept a tally. What I found: out of that large group of herbs, only a few of them tested consistently well on the vast majority of people. So I put these together in one formula and three years later we have “Rescue-Immune.” (Oh yes how I wished we had it for the 2020-2021 years)

Rescue-Immune has **echinacea** as a top ingredient as it just consistently tests well for acute infections. It's action is different than all other plants as it is not anti-microbial in itself but rather the body responds to it by recruiting more white blood cells and bring

them into action into fighting the illness. Therefore it is actually increasing the total size of the fighting army.

The plants **olive leaf** and **oregano** and **forsythia** are well known for their anti-bacterial, anti-viral, anti-fungal and anti-parasitic properties. And then there is hyssop which I consider one of the most *under-estimated anti-infection plants* which was revealed to me through the testing. I remember reading the biblical references for using **hyssop**, however, until I did the actual testing and found dozens of people were testing well on it, I never had really taken it seriously... now of course it is one of the primary ingredients in the formula. Speaking of biblical references this one has been referred to as the Balm of Gilead in ancient times. It is my favorite without a doubt as it is the smell of spring that permeates the air in the Pacific Northwest. **Propolis**, which is the sap from cottonwood trees, is collected by honey bees which they use to line their own hives to prevent bacteria and viruses and fungus from invading their own hive. If it is strong enough to protect the bees it is strong enough to protect us!



I added those along with the warming agents of **ginger** and **cayenne** (they don't call it a "cold" for just any reason...) so the body can increase vital heating energy and promote the circulation of the white blood cells. It really is a catalyst to surge the healing agents through the body. Again- don't forget those hot teas and hot soups and hot baths!

Finally enzymes, **protease** to break down any of the conglomerating proteins creating thick blood and clotting that are preventing perfect flow of blood and ensuring these powerful plants get move through the whole body.

And now, no more alcohol tinctures, these are all concentrated extracts- simply open a capsule into a little water, gargle and swallow down. Repeat hourly for an acute infection against sore throats and cough or every few hours for a more mild infection.

Thank you for reading, and please take these tips to protect you and your family this winter. Time to get your cupboards stocked- Take advantage of the BUY 2 GET 1 FREE- just add *quantity* 3 of Rescue-Immune to your cart and use the coupon code: RESCUE when you check out and the free bottle will immediately be added. **Again please follow these instructions precisely or the discount will not be applied: Quantity 3 and coupon code RESCUE**

[Rescue-Immune™ – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://dritheherbalguy.com)

As you may notice this newsletter is a different format. The previous company I have been with the last year was only producing a 10% deliverability... that means 90% of those sent out were going to spam box. If this is the first time you have seen a newsletter- you can see the previous ones at this link.

[News – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://dritheherbalguy.com)

I appreciate all feedback, simply respond to this email, and I appreciate any future topics ideas!

Best in Health, Andrew Iverson



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