Tree Medicine for Our Human Family

An Herbalist’s Free Guide to Antiviral, Antiseptic, and Antimicrobial Plants & Home Remedies During the COVID-19 Coronavirus Pandemic

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Introduction

I wrote this book because, in the words of Senator Bernard Sanders, “we are only as safe as the least insured person.” There are 87 million under-insured and uninsured people in the United States alone. As we travel forward together in the coming months, it is incumbent upon each and every one of us to do everything we can to take care of our immune systems and cleanliness habits—because those actions will directly affect other people. Each and every one of us has the potential to spread this illness, and yet each and every one of us has the potential to prevent it from spreading. It is my hope that this book provides you with new, helpful insights or tools into how to take care of your or your loved ones’ immune system(s) during this trying time.

The remedies and techniques in here call for simple household items: vinegar, salt, and water. Cedar tree leaves and essential oils with medicinal properties are also a reoccurring ingredient in this book. I go into detail regarding how to use (and/or harvest) every item mentioned.
Every recipe and primary ingredient/item in this book are accompanied by scholarly and peer reviewed studies from science journals. Those studies are all referenced according to title and DOI number (if applicable). I made sure to include research and discoveries that specifically pertain to the item being used and described, and how it functions as an antiviral agent.

While there is a vast array of healing and medicinal plants out there, I am only focusing on how to harvest Cypress and Pine because there are essentially no toxic lookalikes (more information on this is included later). In this way, my intent is to impart a simple concept onto the reader: how to consciously harvest and medicinally utilize plants. Beyond that, if this topic interests you, I recommend committing time towards research to familiarize yourself with identifying safe plants that are local to you, so that you can continue to practice creating with the skills you learn here.

It is also worth noting that most of modern medicine as we know today stemmed from the discoveries and inventions of Indigenous people from around the world, especially in the Americas. This is often an overlooked or
completely unknown fact. Indigenous people were bathing, performing advanced surgeries, and curing illnesses for thousands of years before white people came to the Americas, bringing with them a variety of pandemics. Colonialists didn’t bathe, and they carried plagues that wiped out 90% of Indigenous Americans who did not have immunities. Meanwhile, the entire pharmaceutical industry was based on what used to be called “Indian medicine,” involving plants that could heal and treat all sorts of ailments and disorders, from fever reducers to antihistamines, anesthetics, anti-malarials, and more (Weatherford, 1988).

One prime example that may interest you is the plant which is used to create “chloroquine,” a drug that has been in the news lately. Chloroquine is an anti-malarial that Johns Hopkins University intends on testing on patients with COVID-19 for efficacy and safety. The active ingredient in chloroquine is quinine. Quinine is the active ingredient in Peruvian bark, the bark from Cinchona officinalis, a now endangered tree in Peru. The Quechua-speaking Incas of the Andes used Peruvian bark to cure malaria and a variety of other ailments. When white people learned of it, they
thought it tasted bitter, and so they made a drink with added sugar called “tonic water” (Weatherford, 1988).

After figuring out how to form patents, white people began marketing their own versions of “Indian medicine” for other white people. They would travel around and perform medicine “shows,” claiming to have authentic “Indian medicine,” and even going so far as to bring “Indians” with them so that people could see the recipes were indeed authentic (because apparently if an Indigenous American was physically present, it meant that the white person’s medicine was authentically “Indian”). After establishing a successful system of patented medicinal rip-offs, the traveling shows became more like circus acts where white people were exploiting “Indians” into being theatrical. It was around that time that white people began dismissing “Indian medicine” as quackery—when the reality was not that at all (Weatherford, 1988, pp. 177-96)

Lastly, this book is not meant to be a substitute for medical care if you or a loved one have severe symptoms of coronavirus and need emergency hospitalization. Rather, this book is meant as a stop gap for those who may have mild
symptoms or who want to prevent falling ill. Because coronavirus does not have a vaccine, and because there is no official medical cure, I have compiled scientific documentation that shows how each of the methods in this book applies to treating viruses and respiratory illnesses.

Hospitals are being overwhelmed with patients and a lack of supplies, often telling symptomatic people to stay home. This means that we must take proactive measures to ensure our own health and safety, as people who are very likely infected with COVID-19 but cannot seek care.

This book was written and published with the intention of being circulated for free. All I ask in return is that you acknowledge the importance of trees and plant medicine and commit to protecting the Earth after we all get through this. In return for learning about this ancient and precious plant and healing knowledge, you promise to be a guardian to the plants and forests that are saving you. Without that commitment, we are lost. There has never been a time in our lives when it was more important to reflect on what it means to be a living being on this planet Earth, for we are rapidly
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approaching a crossroads that will determine all of our futures, and we are all in this together.
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“If we are to each other as atoms are to each other in a molecule, then theoretically we might have similar bonds. Just as atoms have electrons that bind them, all life on the planet has electromagnetic energy that connects it to other life. We just aren’t trained to see it. *Perhaps we’re trained not to see it.*

Putting this theory together with what I learned in my healing arts school makes sense on a macro level. My school went into great detail about the meridian systems and Jin Shin Dou pressure points that correspond to various organs, elements, and energy pathways. It makes sense that all life is comprised of energy lines, from a subatomic level on up through galaxies and solar systems connecting with each other throughout the universe.”

— Excerpt, from my forthcoming memoir
H on o r a B ow e n
I came down with flu-like symptoms a few weeks ago and did not think too much about them. I had aches and pains, a fever, and gastrointestinal distress that caused vomiting. I then felt better after about 48 hours of intense discomfort and another three days of mild discomfort. After about five days of feeling better, I grew feverish again. My fever was quite low, but was still there, along with a new symptom: a cough.

The cough was light and dry, but after drinking some pine needle tea, I began coughing up green phlegm that had been lodged deep in my lungs without my knowledge. It “tasted like sickness.” If you have experienced this before, then you know what I mean. The pine tea worked like a charm and helped my lungs remove mucus that I did not know was there.

Next, I tried this: I scooped a spoonful of honey and then dropped about a quarter of a teaspoon of my cedar-vinegar (with an “e”) concoction onto it. I swallowed the
mixture and was surprised. At first taste, there was nothing but honey, and then—POP! It was like I had swallowed the most delicious pickled thing in the world. I cannot really describe it. I could compare it to extra-fermented kombucha, but it was tastier than that and sweeter, too. It was as though my body immediately thanked me. I repeated the honey-cedar-vinegar self-treatment several times. After a few days, I ceased coughing up phlegm that “tasted sick,” and began to feel much better.

Because so many of the hospitals are telling people not to come in unless they are in serious condition, I have chosen to fall back on my plant knowledge. I first became interested in healing plants around age five, when I discovered a book called *Edible Flowers*. I then was gifted a wildcrafting book from a friend at age seventeen and began making my first infusions shortly after. I became a certified herbalist, wildcrafter, and aromatherapist in 2006 and have been passionate about expanding my plant studies ever since. I have official certifications for external plant-based body products from Princeton Consumer Research and have been making commercial plant-based products since 2012. I’ve
spent considerable time and energy continuing to build on my expertise in the plant realm, whether through Botanical studies, research, life experience, or lab work.
I was speaking to a woman whose friend lost a child to coronavirus COVID-19 recently. I didn’t know this woman; she was a phone operator helping me with an online purchase, and we began talking about the pandemic. My heart dropped when she relayed her loss. And then she began telling me that she could not find cleaning solution anywhere near her. I started telling her about vinegar.

“Did you know that you can use vinegar as a cleaning agent and disinfectant?” I asked.

“What?! I’ve never heard that before,” she replied.

“Yes. It is actually better than bleach in some ways, if you are cleaning in an enclosed area and do not want to breathe in harsh chemicals,” I said. “Considering that coronavirus is a respiratory illness, it is probably wise to use vinegar when you can.”
Prior to that conversation, I was under the impression that everyone knew about vinegar as a cleaning agent. The following day, I finally decided to venture out into the world. It was the first time I had gone into a town after the initial mass panic of coronavirus had occurred. I do not want to downplay the importance of coronavirus; I simply mean, society was not prepared for a viral pandemic, and it has caused mass panic. Of course it has—this is all new to us. I was walking through a large grocery store and saw the cleaning supplies were all gone. Indeed, the toilet paper was gone as I had heard about as well. Pastas were gone. Some shelves were still full, however.

What about the vinegar? I asked myself. My heart began beating a little faster than normal as I slowly walked down the aisle where I thought I’d find it. And there they were: a dozen gallons or more of white, distilled vinegar. Again, nobody had thought to purchase any of it. I picked up two, because I had just run out, and let’s be honest: we don’t need to hoard a dozen gallons of vinegar. One or two will do just fine.
You can buy a gallon of distilled vinegar for about $3 to $6 dollars. As you can see in the photo on the next page, I have a spray bottle (which could probably use a cleaning) just for vinegar.

Vinegar is safe for skin and useful as a treatment for oily skin conditions. You can use vinegar in the washer machine. It can be used on soft and hard surfaces. It works on almost anything. Just note that it should be diluted if used on certain kinds of wood or natural stones such as marble, soapstone, and granite.
I made a small spray bottle of vinegar just for hand sanitizer, and then have a larger one as shown above for industrial purposes.

It’s important to note here, that vinegar isn’t bleach. It won’t kill 99.9% of microbes the way that bleach will. The EPA does not review household products such as vinegar and their efficacy against microbes. This means that the EPA has not determined whether or not vinegar works. However, there have been peer-reviewed studies regarding the efficacy of vinegar, and acetic acid (vinegar) does indeed kill viruses and bacteria. Therefore, I recommend using vinegar at home in conjunction with other cleaners, particularly if you are suffering from a respiratory issue and chemicals are abrasive to your breathing apparatus. But you should still wash your hands with soap as often as possible and seek out hand sanitizer if you can find it.
Further reading on the antimicrobial effects of vinegar:

Cedar (genus Thuja) is from the Cypress family. It is an evergreen coniferous tree similar to pine but differing in how its leaves are formed. While pine tree leaves are needle-like, cedar leaves look scaled.

Cedar leaves are almost tubular in appearance, but from afar they simply look like pine needles.
As is shown in the photo below, you can place cedar leaves in a jar and fill the jar with vinegar to make an infusion. The jar shown in the photo below is about 2/3rds full because it was made three years ago—you should fill your jar to the top. I made mine with the thought that I might want or need an extremely potent antiseptic in the future. The spray bottle makes it easy to distribute as an air freshener or cleaning agent. This is safe to use on your body.
Cedar has traditionally been used for numerous ailments, including as a treatment for respiratory tract infections such as cough, bronchitis and viral pneumonia. It is an expectorant and decongestant, meaning that it can loosen mucus and phlegm. Traditionally, it has been used internally when phlegm is streaked with blood (Tierra, 265). It is also an immunostimulant, meaning that it boosts the immune system. It is antiseptic, astringent, anti-fungal, sedative, hemostatic, antipyretic, an emmenagogue, and an insecticide.

Cedar should only be ingested sparingly or when needed, and there are websites such as WebMD will say not to ingest it at all. However, traditional herbalists, including Indigenous Native American tribes, have used cedar medicinally for ages (Reid, 1994; Tierra, 1999). Additionally, clinical research as to the pharmacological efficacy of cedar has been done and has confirmed that cedar is both effective and safe for respiratory infections. You can look this up if you are interested.
Further reading on the use of Cedar for respiratory infections:

Thuja occidentalis (Arbor vitae): A Review of its Pharmaceutical, Pharmacological and Clinical Properties:
DOI 10.1093/ecam/neh065

***Cedar is an abortifacient, which means that it is contraindicated for pregnant women as it can cause an abortion.
Cedar-Vinegar (Apple Cider Infusion)

Another option is to use apple cider vinegar instead of distilled vinegar for the base of a cedar leaf infusion. Apple cider vinegar that contains “the mother” is apple cider vinegar with live cultures. These cultures contain proteins, good bacteria, and enzymes, as well as antioxidants and amino acids. Apple cider vinegar has also been proven to be antimicrobial.
Further reading on the antimicrobial effects of apple cider vinegar:

Antimicrobial activity of apple cider vinegar against
Escherichia coli, Staphylococcus aureus and Candida albicans; downregulating cytokine and microbial protein expression: DOI 10.1038/s41598-017-18618-x

Authenticating apple cider vinegar’s home remedy claims: antibacterial, antifungal, antiviral properties and cytotoxicity aspect: DOI 10.1080/14786419.2017.1413567
If you harvest cedar leaves—or any plant, for that matter—there are some very simple rules that you must abide by. These rules are deeply embedded in the planet’s energy and life cycles. They were taught to me by the shaman who taught me wildcrafting in 2006.

1. Keep in mind that all you take from this Earth is a gift from the Earth to you. If you take from this Earth in order to live or prosper, you owe your life to the Earth and must give thanks.

2. Only take what you need.

3. Never take from an old, young, weak, or injured plant.

4. Be gentle when you harvest and use a sharp tool to remove material just above the plant’s “nodes,” meaning junctures where, for instance, a leaf meets a twig, or a twig meets a branch. This will allow buds to grow.

5. Never take more than three from one plant (unless you are harvesting edible fruit or something which is
meant to be harvested or eaten as part of the plant’s natural life cycle). So for instance, only take three cedar leaves per tree.

6. If you choose to harvest bark in the future: never girdle a tree. That is when you take the bark from an entire circumference of a tree, even in a narrow strip, which kills the tree. The part of the tree known as “phloegm” will cease to carry nutrients to the tree if the bark is girdled, essentially starving the tree.

7. Make sure the plant you are harvesting is free from pesticides or other chemicals.

8. Take care to only harvest from places where you have permission.

9. If you have doubt about identifying a plant, do NOT harvest it. Only ever harvest plants that you are sure about. The internet is your friend, and so are plant guides.

10. Give thanks again. Never stop being thankful to the plants that heal.
**Pro Tip:** Be an opportunist when you gather plants, as in, keep your eye out for freshly fallen trees or fresh plant material that is on the ground and in good condition. You can cure barks in paper bags that obtain air circulation, such as the photos below, showing cured Cedar and Aspen barks and Cedar leaves. I gathered these three years ago and finally used them for a salve, with plenty of extra.

![Cured Cedar and Aspen barks and Cedar leaves](image)

Here is a photo of Juniper berries and leaves that I gathered in 2014. They were similarly cured in paper bags and then transferred to a plastic bag for easy transport.

![Juniper berries and leaves](image)
Cedar Honey

Just as you can make a cedar-vinegar infusion, you can make a cedar-honey infusion. However, with honey, you should only leave the plant material in for 48 hours, and then strain it.

Honey helps soothe coughs, is antibacterial, antimicrobial, and an antioxidant. It has shown to be antiviral in multiple clinical settings.
Further reading on the medicinal qualities of honey:

In vitro antiviral activity of honey against varicella zoster virus (VZV): A translational medicine study for potential remedy for shingles: DOI 10.3823/434

Anti-influenza Viral Effects of Honey In Vitro: Potent High Activity of Manuka Honey: DOI 10.1016/j.arcmed.2014.05.006

Antiviral Activities of Honey, Royal Jelly, and Acyclovir Against HSV-1, PMID: 25860226
Pine needle tea is an expectorant and a decongestant, which means that it will loosen up mucus not just in your sinuses, but in your lungs, and it will help that mucus naturally rise up so you can spit it out.

This drink was traditionally used by Indigenous people of the Americas to cure scurvy. It was passed on to the explorer Cartier after most of his crew developed scurvy and almost a quarter of them died from it (Weatherford, 1988, pp. 182-3). After asking the natives what they were doing to combat the disease, pine needle tea became a regular drink for sailors at sea. This led to the realization that pine needles contain high amounts of vitamin C, and eventually led to the practice of
carrying limes onboard ships. However, pine needles have more vitamin C than limes (fyi) and are vastly superior as a supplement if you know how to use them.

Although most fatalities from COVID-19 have been among the elderly, there are also certain high-risk groups of people and that includes people with asthma (who already deal with closed airways and extra mucus production), people with cardiovascular issues, and people who are immunocompromised. Smokers are considered higher risk as well, possibly fourteen times more likely to progress to life-threatening pneumonia if they contract coronavirus. Additionally, more and more younger people without preexisting conditions are being hospitalized as the pandemic spreads.

A cup of pine needle tea is estimated to have substantially more vitamin C than an orange. Older pine needles have more vitamin C than young needles. New pine needles are slightly denser in vitamin C than oranges; one-year-old needles have twice as much vitamin C, and two-year-old needles have about 3.5 times more.
I like to add other ingredients such as White Willow bark, which contains Salicin (similar to Aspirin's primary compound, acetylsalicylic acid) and is anti-inflammatory and pain-relieving; Astragalus root, an adaptogen with antioxidants, antibacterial, anti-inflammatory, and antiviral properties; and Rose Hips, high in vitamin C, anti-inflammatory, antioxidant (which are all featured with pine needles in the photo above).

It is very difficult to mess up a simple pot of pine needle tea, and pine trees exist all over the world. So as long as you remember this very important fact: you can use pine needles from any pine tree, EXCEPT for Yew (Taxus baccata), and you need to avoid the following “false pines”: Yew pine (Podocarpus macrophylla) as well as Norfolk Island pine (Araucana heterophylla). Yew (genus Taxus) has red berries from June through September and flat, almost soft pine needles with pointed tips, displayed in slight spirals that give the deceptive appearance of an alternating phyllotaxy.
The photo above is of Yew (Taxus baccata). Yew is toxic.

Never ingest Yew.
The photo above is Yew “pine” (*Podocarpus macrophylla*). Yew “pine” is toxic. **Never ingest Yew “pine.”**
The photo above is Norfolk Island “pine” (*Araucana heterophylla*). Norfolk Island “pine” is toxic. **Never ingest** Norfolk Island “pine.”
Those three photos preceding this page are what **NOT** to use. You can use *any other* pine and some Cypress. My favorite leaf to use is Cedar (technically a Cypress, not a pine), mixed with other pine needles such as Jeffrey, Spruce, Sugar, etc., whatever you can find. I've made pine needle tea in one-person camping pots and I've made pine needle tea for six people in a massive stainless steel pot meant for large dishes. Either technique is aromatherapeutic and aids in dispersing the steam’s antiseptic qualities throughout the air.
Further reading on the vitamin-C content of pine needles compared to oranges:

Seasonal Changes in Carbohydrates and Ascorbic Acid and White Pine and Possible Relation to Tipburn Sensitivity; https://www.srs.fs.usda.gov/pubs/3462

USDA: Nutritional content of Oranges, raw, all commercial varieties; https://fdc.nal.usda.gov/fdc-app.html#/?query=ndbNumber:9200
How to Make Pine Needle Tea

1. Gather about 1/4 cup of pine needles per cup of water.

*Try to be conscientious when you take anything directly from a tree. Never gather from young or sparse trees that will be affected from your harvest, and never take more than three sprigs from a single plant. Always give thanks to the plant for providing for you. An alternative is that you can look for fallen sprigs that are still green and attached to branches. Those are still alive but won't affect a living plant if you take them.

2. Place the pine needles in the pot of water and cook on a low heat, so that the water does not simmer or boil.

* You do not want to overheat the water because it will release bitter terpenes and reduce the nutritional composition of the plant material.

The longer it sits, the stronger the tea will get. You can keep the tea in the fridge for a few days, but I recommend straining it after 24-hours so that it keeps longer. Serve the tea with honey or plain, or however you like to drink tea. I keep refilling the pot (or thermos) with water until the tea loses its strength, thus getting everything I can out of the healing plant compounds and boosting my overall hydration.
I must tell you this before I go on: I am certified to work with essential oils. I became a certified aromatherapist in 2006, and within that certification, I took hundreds of hours of classes and learned how to work with essential oils in a professional and clinical setting. Essential oils should be used very sparingly and cautiously. This is a concept that many people refuse to acknowledge, and refusing to
acknowledge this can lead to overdosing, which can cause serious harm.

Essential oils are super-concentrated plant oils. It generally takes anywhere from 10,000 to 40,000 pounds of plant material to make one single pound of essential oil. True essential oils are never diluted when they are sold to you. The only—I repeat, the ONLY—company that I trust to NEVER dilute their oils is Floracopeia. I have used other companies, including the main three companies that you have probably heard about on social media, and while they may have nice quality oils, they are often still diluted. The reason for this is that labeling laws allow for companies to get away with dilution without needing to report it if the dilution percentage is below a certain threshold.

So to start, I recommend only buying oils from Floracopeia—but if all you can get is another brand, say, at your local health food store, so be it. Floracopeia guarantees that their oils are sourced from environmentally conscious, fair trade farms or they source the plants themselves. If, for instance, the plant is banned from export from a certain location, or if it is endangered, then you cannot buy it. I
know of no other essential oil company that is as strict or ethical, and again, the reason for this is that Floracopeia never dilutes their oils.

This all being said, you should dilute the oil when you use it. There is a difference between purchasing a pre-diluted oil and diluting it yourself. A pre-diluted oil means that the oil is diluted with a second agent that you are not informed about. An oil that you dilute yourself puts the power in your hands and guarantees that you know exactly what you are working with.

Because essential oils are so potent, they must be treated as such. Remember the rules for harvesting plant material? The same respect and caution need to be used with essential oils. I have seen social media influencers dump certain kinds of oils in their mouths while doing yoga—influencers who were newly contracted with certain popular oil companies that shall not be named—and I was absolutely shocked at the recklessness I was observing. Never, ever do that. No matter how crummy you feel—never, ever use an essential oil with anything other than extreme care and caution. Just because you saw a social media influencer, or someone who
sells essential oils through a pyramid scheme, do something does not mean that you should do it, and it does not mean that they actually know what they are doing.

Essential oils always need to be used *sparingly*. When I say sparingly, I mean that they need to be used by counting the actual drops. If you put an essential oil on your skin, first you need to place a carrier oil on yourself. For instance, coconut oil or olive oil works. Next, you carefully tilt the essential oil bottle and tap it gently, so that a single drop comes out. That is it. That is all you need to do. Never touch the top of the essential oil bottle with your skin, because your skin oils will cause the essential oil to go rancid.

Now that that has all been said, if you don’t have cedar trees around, you can purchase cedar essential oil. To make a spray, mix four to eight drops of oil per two ounces of purified or otherwise clean water in a clean glass spray bottle. That is all you need to do. Shake well before using and now you have an antiseptic, antiviral spray that you can inhale.

***Other antiviral essential oils that can work for this kind of respiratory spray include Tea Tree, Tulsi***
Holy Basil, Lemongrass, Opopanax (Sweet Myrrh), Peppermint, Oregano, Frankincense, Eucalyptus, and Thyme, Rosemary, Cinnamon, and Clove.
Further reading on the use of essential oils in respiratory tract infections:

If You Don’t Have Access to Essential Oils, Make Tea (Or, Make Tea Anyway)

You can make tea with the whole food version of any of the abovementioned plants. Do you have access to fresh or dried Rosemary, Lemongrass, or Oregano? Do you have Cloves or Cinnamon in your pantry? Make yourself some tea and drink it regularly. Pay attention to your body and how the tea makes you feel. I recommend cutting out dairy from your diet right now because dairy increases mucus production, and right now you need to expel that.

Here is a photo of a care package of products that I made and sent to a loved one who is sick. You can see a spray bottle with an essential oil respiratory spray, two vials of Cedar-infused vinegar, two jars of salve (a base of steam-distilled medium-triglyceride coconut oil with cured barks and essential oils), and some herbs. The three bags of plant
material are a three-part tea system.

The large bag is full of Jeffrey pine. These were harvested from a felled tree limb and plucked directly from it. They stay fresh for months, even after being removed from a living tree. The medium-sized bag contains Peppermint, Rosemary, Juniper leaves and berries (cured), and dried Cedar leaves. The small bag contains White Willow bark, Rose Hips, and Astragalus. There is a reason and use for each and every ingredient.

**Jeffrey pine:** According to the USDA, Jeffrey Pine is “very beneficial to the respiratory system and so is useful in treating diseases of the mucous membranes and respiratory
complaints such as coughs, colds, influenza.” (See references at the end of section for more information).

**Peppermint:** This has “antimicrobial and antiviral activities, strong antioxidant and antitumor actions, and some antiallergenic potential…” and is used for respiratory ailments. (See references at the end of section for more information).

**Rosemary:** According to the U.S. National Library of Medicine, “R. officinalis L. can promote several pharmacological effects due to the interaction between the molecules of the plant and the organic systems. The effects demonstrated by this plant include (1) ability to attenuate asthma, atherosclerosis, cataract, renal colic, hepatotoxicity, peptic ulcer, inflammatory diseases, ischemic heart disease [9, 10]; (2) antioxidant and anti-inflammatory actions of rosmarinic acid [11, 12]; (3) control of hypercholesterolemia and oxidative stress and relief of physical and mental fatigue [13]; (4) myocardial blood pressure reduction with rosmarinic acid [12]; (5) antiulcer action [14]; (6) lipid peroxidation reduction in heart and brain [15]; (7) antiangiogenic and neuroprotective effects of carnosic acid
and carnosol \[16\]; (8) prevention of problems related to atherosclerosis \[17\]; (9) anticancer and antiproliferative effects \[18–21\]; (10) antiviral \[22\]; and antimicrobial actions \[23\]; (11) hepatoprotective \[24\], nephroprotective \[25\] and radioprotective-antimutagenic capacities \[26\]; (12) glycemia reduction \[27\]; (13) muscle relaxant and treatment for cutaneous allergy \[28\]; (14) ability to treat depressive behavior \[29\].” (See references at the end of section for more information).

***Rosemary is contraindicated for pregnant women.***

**Juniper:** This plant is an antiviral, antibacterial, antifungal, antioxidant, and used to treat respiratory infections. The whole plant is used for “anti-inflammatory, urinary antiseptic, diuretic, emmengogue, sudorific, carminative and digestive disorders” (See references at the end of section for more information).

***Juniper is an abortifacient, which means that it is contraindicated for pregnant women as it can cause an abortion.***

**Cedar leaves:** “Thuja’s antiviral action and immunopharmacological potential, such as stimulatory and
co-stimulatory effects on cytokine and antibody production and activation of macrophages and other immunocompetent cells, have been evaluated in numerous in vitro and in vivo investigations. Although no controlled trials have been conducted on Thuja occ alone, many clinical studies have been performed with a herbal medicinal product containing a special extract of Thuja occ and other immunostimulants, demonstrating its therapeutic efficacy and safety in respiratory tract infections” (See references at the end of section for more information).

***Cedar is an abortifacient, which means that it is contraindicated for pregnant women as it can cause an abortion.

**White Willow bark:** White Willow bark contains Salicin, which the body converts into salicylic acid (similar to Aspirin). Therefore, don’t use this if you have an allergy to Aspirin. White Willow bark is an antipyretic, meaning that it reduces fevers. It is anti-inflammatory and analgesic (pain-relieving) (See references at the end of section for more information).
**Astragalus:** Astragalus is considered an “adaptogen,” meaning a nontoxic plant matter that assists the body in adapting to stress and normalizing physiological functions. It has antioxican, anti-inflammatory, immunoregulatory, anticancer, hypolipidemic, antihyperglycemic, hepatoprotective, expectorant, and diuretic properties, and is considered to also have anti-aging effects (according to scientific studies). (See references at the end of section for more information).

**Rose Hips:** Rose Hips are extremely high in antioxidants, antiviral, antifungal, antibacterial, antimicrobial, and high in vitamin C (See references at the end of section for more information).

*The other herbs I mentioned (all great in this tea blend, too):*

**Lemongrass:** Extremely antiviral, used to treat Herpes and Murine Norovirus (See references at the end of section for more information).
Clove: Antiviral, antimicrobial, antioxidant, expectorant, warming (See references at the end of section for more information).

Cinnamon: Antiviral, expectorant, warming (See references at the end of section for more information).

Oregano: Antiviral, used to treat Murine Norovirus (See references at the end of section for more information).
Further reading on the healing benefits of each ingredient mentioned in this section:

**Anti-Aging Implications of Astragalus Membranaceus (Huangqi): A Well-Known Chinese Tonic:**
DOI 10.14336/AD.2017.0816

**Antiviral efficacy and mechanisms of action of oregano essential oil and its primary component carvacrol against murine norovirus:** DOI 10.1111/jam.12453

**A review of the bioactivity and potential health benefits of peppermint tea (Mentha piperita L.):** DOI 10.1002/ptr.1936

**Astragalus membranaceus: A Review of its Protection Against Inflammation and Gastrointestinal Cancers:** DOI 10.1142/S0192415X16500014
Clove (*Syzygium aromaticum*): a precious spice: DOI 10.1016/S2221-1691(14)60215-X

Efficacy and Safety of White Willow Bark (*Salix alba*) Extracts: DOI 10.1002/ptr.5377

In Vitro Antiviral Activity of *Cinnamomum cassia* and Its Nanoparticles Against H7N3 Influenza A Virus: DOI 10.4014/jmb.1508.08024


Potential of *Juniperus communis* L as a nutraceutical in human and veterinary medicine: DOI 10.1016/j.heliyon.2019.e02376


Therapeutic Applications of Rose Hips from Different Rosa Species: DOI 10.3390/ijms18061137


Salt Shower (Salt Scrub)

Salt (Magnesium Chloride) as a bathing agent can relieve achy muscles, joints, headaches, anxiety, stress, and improve circulation. It is also antimicrobial and can have pain-relieving and positive health effects when applied via transdermal methods.

Salt baths can be done using sea salt or Epsom salt. If you don’t have a bathtub, you can also pour salt into a bowl or cup and bring it into the shower with you—you just need to take care that the shower stream does not reach the salt, as it will rapidly dissolve. Use the salt on everything (except for your eyes and privates). I try to scrub the salt into my scalp, along my entire spine, over my entire chest and lung area, and onto the bottoms of my feet.

You don’t need to add anything to a salt bath, however, there are some options.

1. Add a touch of oil (olive, avocado, coconut, etc.) to the salt and it will moisturize your skin as you enjoy the benefits of the salt.
2. Add two or three drops of essential oil to the salt, or salt and oil mixture, and gently mix with your fingertips. If you do this, make sure not to get the mixture in your eyes, as some essential oils can be irritating.

***As of March of 2020, I recommend using an antiviral essential oil if you choose to use essential oils. This includes Cedar, Tulsi Holy Basil, Lemongrass, Opopanax (Sweet Myrrh), Tea Tree, Peppermint, Oregano, Frankincense, Eucalyptus, and Thyme. Do not use any cold pressed citrus essential oils if you are going to go into the sun afterwards, like Bergamot or Lime, because they do cause extreme photosensitivity and they will cause a burn. I have done this to myself accidentally before, using Bergamot (and I knew better). Sweet Orange essential oil and Mandarin oil are okay to use prior to going into the sun, but they should only be used sparingly and never applied directly onto the skin.
Further reading on the antimicrobial effects and transdermal effects of salt:

Antimicrobial properties of magnesium chloride at low pH in the presence of anionic bases: DOI 10.1684/mrh.2014.0362


Further reading on the oils mentioned above:

Antiviral efficacy and mechanisms of action of oregano essential oil and its primary component carvacrol against murine norovirus: DOI 10.1111/jam.12453
A review of the bioactivity and potential health benefits of peppermint tea (Mentha piperita L.): DOI 10.1002/ptr.1936

Frankincense (Heaven’s Gift) — Chemistry, Biology, and Clinical Applications: DOI 10.5772/59006

Inactivation of Airborne Influenza Virus by Tea Tree and Eucalyptus Oils: DOI 10.1080/02786826.2012.708948


Medicinal and Functional Values of Thyme (Thymus vulgaris L.) Herb: DOI 10.7324/JABB.2017.50203

(Myrrh) Commercial Essential Oils as Potential Antimicrobials to Treat Skin Diseases: DOI 10.1155/2017/4517971


_Tulsi - Ocimum sanctum_: A herb for all reasons: DOI 10.4103/0975-9476.146554
Saltwater Nasal Irrigation

According to a 2015 study, people who practiced saline nasal irrigation three times a day for eight days experienced shortened severity and reduced duration of viral upper respiratory tract infections (Jia-Lu, 2015).

Today, there are a few ways to accomplish this. You can buy premixed packets of USP grade sodium chloride and sodium bicarbonate along with irrigation bottles that are meant to be squeezed. You can purchase a neti pot, which looks sort of like a small tea pot but with an extra-long spout and meant to use on your nose. You can also successfully
create a flow of water without a neti pot, if all you have is a water bottle or cup and you have good aim and patience.

Most importantly, you need clean water. So you can buy distilled water, or you can boil water for three to five minutes, let it cool, and use that if that is all you have.

The simplest way to do a nasal rinse is to dissolve preservative-free and iodide-free salt into water. The general recipe is a teaspoon of salt per cup of water. However, some people choose to do a salt and baking soda combination at a three to one ratio, as the baking soda can act as a “buffer” and reduce the feeling of stinging on the nose.

Personally, I prefer salt on its own and I like the sting, because it lets me know more of what is going on in my sinus cavities. If it stings really bad, you might have a sinus infection.

It’s worth noting that most COVID-19 infections begin in the sinuses, so doing saltwater nasal irrigations early on could potentially prevent the virus from worsening or spreading to the lower parts of the respiratory tract.
Further reading on the efficacy of nasal irrigation:

(Jia-lu, 2015). Nasal irrigation mechanism against influenza and non- Influenza viral upper respiratory tract infection.

Effect of irrigation of the nose with isotonic salt solution on adult patients with chronic paranasal sinus disease: DOI 10.1007/s004050000271
Recommended Reading


