

# Echinacea

*Echinacea purpurea, Echinacea angustifolia*

JW Farms 7



Echinacea includes a group of herbaceous, flowering perennial plants in the daisy family, prized for its medicinal properties. The Echinacea genus has nine main species, which are commonly called coneflowers such as the Pale Purple Coneflower or the Tennessee Coneflower. The flowers are beautiful, and some varieties can grow up to 4 feet in height. Their colorful heads are easy to distinguish, and you can commonly find them in eastern and central North America, the regions they are native to.

Echinacea is commonly classified as an herb, although many think of it as a flower. Different parts of the plants, including its flowers, leaves, stem, and root, have a variety of phenolic compounds that are beneficial to health. This includes compounds like cichoric acid, caftaric acid, echinacoside, and various other polysaccharides and alkylamides. The Plains Indians used it for hundreds of years in their herbal remedies, and even in the 19th and 20th centuries, it was turned to as an herbal option to boost immunity and fight infections. It has long been known as one of the best ways to prevent colds.



Echinacea does more than stimulating T-cells, it also increases the production of white blood cells in the body, which are the main soldiers in the battle against illness going on in our bodies every day. Furthermore, the herb contains a compound called echinacein, which actually inhibits bacteria and viruses from penetrating healthy cells, thereby greatly reducing the chances of contracting any type of infection while consuming echinacea in either supplemental or natural form.

Echinacea helps you to heal faster. It also reduces infections. Studies have shown a reduction in ear infections when echinacea is consistently consumed as a way to build up resistance to further infections.

Boosts Immune System  
 Cold  
 Cough & Flu  
 Respiratory Tract  
 Bronchitis  
 Asthma  
 Croup  
 Sinusitis  
 Strep Throat  
 Blood Infections  
 UTI  
 Yeast Infections  
 Malaria  
 Pain  
 AntiCancer  
 Increased White Blood Count  
 Skin  
 Sunburn  
 Eczema  
 Psoriasis  
 Oral Health  
 Wounds  
 Detoxifies the Body  
 Blood Sugar Levels  
 Mental Health  
 Hair Care  
 ADD  
 ADHD  
 Anxiety  
 Depression  
 Social Phobias  
 Diabetes  
 HBP  
 Ear Infections  
 AIDS  
 Canker Sores  
 Mild Laxative  
 High in Vit C



The Anti' s:

Antioxidant  
 AntiInflammatory  
 Antibacterial  
 Antiviral  
 Antimicrobial

These plants are also called coneflowers. The petals may be pink or purple, depending on the species, and they surround a seed head, or cone, that is spiky and dark brown or red.

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Roots, Leaves & Buds are the parts used.

## ECHINACEA

*Echinacea angustifolia*



### Caution

Echinacea can cease to have an effect and can actually impact your T-cells in a negative way if used in large doses consistently. It should not be overused, but when you need it, nothing works better.

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