Echinacea

Echinacea is the flagship immune formula in the HEAL Marketplace toolkit - a foundational immune-support herb reached for across nearly every kind of illness, and a core piece of the Herbal Infection Program. It's available in two forms: **Echinacea Plus**, with Cayenne and Garlic Juice added, and plain Echinacea, without them - see the note below on which form fits which situation.

This Herbal Combination:

- Builds up the immune system - stimulating the body to produce more immune cells and immune chemicals, then activating them into heightened readiness
- Helps the body respond more effectively to illness and offers ongoing protection against future infection
- Traditionally reached for across a wide range of challenges - feverish illness, respiratory infection, skin infections and wounds, insect bites and stings, and allergic reactions
- Combines four forms of Echinacea, each contributing something different to the blend

BOTANICAL INGREDIENTS:



Echinacea Angustifolia Root

Rich in alkylamides, the compounds behind Echinacea's classic tongue-tingle and much of its immune-activating power.



Echinacea Purpurea Whole Herb

The plant's leaf, stem, and flower, adding natural plant sugars that help wake up the immune system, plus plant compounds that help protect the body's cells and calm swelling.



Echinacea Purpurea Root

Contributes alongside Angustifolia Root to the blend's alkylamide strength, the immune-activating foundation of the formula.



Echinacea Purpurea Seed

Carries its own distinct alkylamide profile - different compounds than the ones concentrated in the root - a contribution traditional herbalists have long valued, even though modern research hasn't yet mapped out exactly what it does.



Cayenne (Echinacea Plus only)

Added to boost blood and lymph circulation, helping carry the other herbs' immune-supporting action throughout the body.



Garlic Juice (Echinacea Plus only)

A second, direct-acting layer of support alongside Echinacea's immune-stimulating action - traditionally valued as one of the strongest natural antimicrobials, used against a broad range of bacteria, viruses, and fungi.

Echinacea Plus vs. Plain

Echinacea Plus (with Cayenne and Garlic Juice) and plain Echinacea (without them) are built from the same four-herb blend - the difference is those two additions. Plain Echinacea is the better choice for children and for anyone avoiding Cayenne or Garlic. It's also the recommended starting point for someone very toxic beginning a healing program: using plain Echinacea first supports and rebuilds the immune system before detox work begins, so an already-struggling immune system isn't also hit with the extra die-off that can come with the Cayenne/Garlic-boosted Plus version.

HOW IT WORKS

Echinacea works by building up the immune system - stimulating the body to produce more immune cells and immune chemicals - and then further activating those cells into heightened readiness, helping the body respond more effectively to illness and offering ongoing protection against future infection.

Echinacea's strength comes from combining several parts of the plant, each contributing something different. The roots - Angustifolia and Purpurea - are richest in alkylamides, the compounds behind Echinacea's classic tongue-tingle and much of its immune-activating power. The Purpurea Whole Herb adds natural plant sugars that help wake up the immune system, plus plant compounds that help protect the body's cells and calm swelling. Purpurea Seed carries its own distinct alkylamide profile - different compounds than the ones concentrated in the root - a contribution traditional herbalists have long valued, even though modern research hasn't yet mapped out exactly what it does. Together, these four forms work as a single immune signal: rather than needing to stay at a constant level in the bloodstream the way many formulas do, Echinacea works by telling the immune system to gear up and produce more immune cells, which is why it can be taken all at once in a single daily dose rather than spread through the day.

Dosage

- Immune boosting / fighting a cold: 1 oz once a day, four days in a row.
- Serious disease work: 1 oz a day, six days a week - always take the Lord's day off, to let the body rest from the ongoing immune-boosting command.
- In a strong infection program, when the Infection Fighters (Herbal Aid 1 and Herbal Aid 2) are being used every hour, step Echinacea up to 1 oz every 12 hours to match. This intensive pace usually only needs to continue for a day or two before dropping back to the moderate pace of 1 oz once a day.
- Step back down as your program eases, following your body's own signals - there's no harm in staying at these amounts for extended periods.

Watch for die-off: flu-like symptoms, a detoxing headache, or moodiness uncommon to you are signs of becoming too toxic from die-off being reabsorbed, because the immune system doesn't yet have the capacity to clear the waste that needs to be removed.

From Dara's Practice

I once supported a woman through a healing program for lymphoma, working up to 2.5 ounces of Echinacea a day for around six months. The only side effect she experienced was that she got well - she remains alive and healthy years later. (Shared as personal testimony from my own practice, not as medical guidance.)

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post "Echinacea: Telling the Immune System to Gear Up" at www.daradietz.me.