

Elderberry Immune Cordial

Elderberries have long been used as an immune supporting remedy that's gentle enough for kids, but tough on the bugs trying to make them sick. It works for grown up kids in the same way.

This typically means that it has many mechanisms to reduce the symptoms of illness, while also blocking invasion or replication of the invading microbe. This appears to be true for many species of viruses, including the common cold virus family, the Coronaviruses.

Plan ahead for cold season by making this remedy in late summer. Rose hips are added to boost vitamin C and the bioflavonoid, lycopene, which assists with trace mineral balance.

Dosing depends on the task at hand. For prevention, 1/4 tsp is commonly added to 8-10 ounces of boiling water, left to cool to evaporate the brandy, then taken as a daily tea.

If displaying symptoms of infection, that amount goes up to 1 tsp, taken twice daily, until there's a marked improvement in symptoms. Adjust dosing by weight for children using Clark's Rule.

SUPPLIES

1/2 gallon glass jar with lid, sterilized

Funnel

Wire mesh strainer

6-8 8oz glass bottles with lids, sterilized

Ladle

8 cup glass measuring bowl

INGREDIENTS

1/2 pound dried organic elderberries

1/4 pound dried organic rose hips

1,000 ml organic or local brandy

DIRECTIONS

1. Add elderberries and rose hips to sterilized half gallon glass jar
2. Pour in brandy. Place lid on jar. Berries will float at first.
3. Set jar in sun for 1 week.
4. Then move to dark, cool place for 1-2 months.
5. After 1-2 months, pour mixture into strainer.
6. Using ladle, firmly press out any excess liquid and discard berries.
7. Continue straining and pressing until the jar is empty.
8. Throw away pressed berries, do not compost.
9. Pour cordial into glass bottles using a funnel to prevent spills.
10. Have fun with labeling your new creation!

Will last up to six months.