

Elder Flower

Latin Name: Sambucus Canadensis (America); S. Nigra (Europe)

FEVER; COLD

Use AGED Bark; Flowers; Berries; Leaves

Tree grows in U.S.; EUROPE; ASIA; RUSSIA; No. AFRICA
In low, damp ground thickets and waste places

HISTORY

- 1) ROME: Elderberry Juice for HAIR DYE
- 2) GREEK Physician HIPPOCRATES: Purgative
- 3) 17th Century Herbalist, John Evelyn: a remedy "against all infirmities what-so-ever."
- CULPEPER: "Purgeth and watery humours of the dropsy"
- 4) Folk Remedy: COLDS; COUGHS; FLUS

QUALITIES

- 1) Components: Potassium; Sterols; Volatile Oils; Tannins; Aromatic; Bitter; Tannin
 - 2) Increases Secretions; Colic; Diarrhea
 - 3) CLEANSING: BLOOD PURIFIER; DETOX at CELLULAR LEVEL; Anti-Congestive; First stages of COLDS; Sore THROAT; Nasal CONGESTION; ALLERGIES; BRONCHITIS; ASTHMA; PNEUMONIA; AntiVIRAL; FLU
- STUDY: "A placebo-controlled, double blind study was carried out on a group of individuals living in an agricultural community (kibbutz) during an outbreak of influenza B, Panama in 1993. [With Elderberry extract, there was] a SIGNIFICANT IMPROVEMENT of the symptoms, including FEVER and a FEELING of IMPROVEMENT within 2 DAYS, and COMPLETE CURE was recorded during 6 DAYS." (Zakay-Rones 1995)
 - 4) Increases Blood CIRCULATION; DIURETIC; EDEMA; Promotes SWEATING; Reduces FEVER
 - 5) Anti-INFLAMMATORY; Rheumatism; EYE Inflammation
 - 6) SEDATIVE for Relief of DISCOMFORT
 - 7) OINTMENT: Bruises; Sprains; Wounds; Moisturizer; Hemorrhoids; Swelling
 - 8) Elder Flower Water: Whitens and softens SKIN; CHAPPED Hands
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Elder Flower References

Herb History and General Information

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Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D., *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 23, 2014

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

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Studies

Zakay-Rones 1995 at www.pubmed.gov accessed October 29, 2014. Sambucol reduced hemagglutination and inhibited replication of human influenza viruses in a double blind study.