



## General Congestion

### Astringent Antimicrobials

Yerba mansa  
Bitter berberines (Goldenseal,  
coptis/goldthread, Oregon  
grape root, Barberry)

### Mucus Dryers

Antihistamines (quercetin,  
nettle leaf, ragweed, goldenrod )  
Bitter berberines (Goldenseal,  
coptis/goldthread, Oregon  
grape root, barberry)  
Eyebright,  
Hyssop,  
Sage,  
Thyme

### Mucus Drainers

Horehound,  
Goldenrod  
Expectorants (balsamroot,  
evergreen's )  
Sinus drainage herbs  
(horseradish, cayenne, ginger  
onion)

## Lungs

### Lung Soothers

Marshmallow  
Slippery Elm  
Plantain leaf  
Mullein leaf  
Fenugreek

### Lung Openers

Elecampane  
Mullein leaf  
Yerba santa  
Horehound  
Thyme  
Pleurisy root

### Expectorants

Mallow  
Osha  
Balsam root  
evergreen's (balsam fir white  
pine Hemlock tree)  
Ginger  
Pleurisy root  
Horehound

### Lung Strengtheners and Tonics

Cordyceps  
Reishi  
Chaga  
Aralia  
Andrographis  
Umcka  
Astragalus  
Ashwagandha

### Aromatic Antimicrobials

Bee balm  
Oregano  
Thyme  
Hyssop  
Evergreen's (balsam fir  
white pine Hemlock tree)  
Balsam root  
Elecampane  
Ginger  
Alliums (garlic, onion)  
Peppermint

### Antitussives

Honey  
Horehound (wet cough)  
Cherry bark (dry cough)  
False Solomon's seal  
Aromatic antimicrobials (bee  
balm oregano time hyssop  
evergreens)

## Sinuses

### Antihistamines

Quercetin  
Nettle leaf  
Ragweed  
Goldenrod  
Asters  
Eyebright  
Butterbur (PA-free supplement)

### Sinus Drainers

Horseradish  
Cayenne  
Ginger  
Onion  
Turmeric and other curry spices  
Goldenrod  
Bee balm  
Nettle  
Horehound

### Antimicrobials

Bitter Berberines (goldenseal, coptis/goldthread oregano grape root, barberry) (Internally or in a nasal wash)  
Bee balm  
Oregano  
Alder bark and twig  
Usnea lichen

## Throat

### Throat Soothers

Licorice (use 10 - 14 days max)  
Slippery Elm  
Marshmallow  
Hibiscus  
Honey  
Sage  
Salt (nasal rinse/ neti pot)  
Ginger  
Lobelia

### Antimicrobials

Bitter Berberines (goldenseal, coptis/goldthread oregano grape root, barberry) aromatic antimicrobials (bee balm oregano time hyssop evergreens)  
Yerba Mansa  
Sage (garden, white)  
Salt (gargle)  
Ginger  
Propolis  
Echinacea

### Throat Numbing

Echinacea  
Kava  
Cayenne  
Salt (gargle)  
Bitter Berberines (goldenseal, coptis/goldthread oregano grape root, barberry)

## Ears

### Pain Relievers and Infection Fighters

Saint John's wort oil (as ear drops)  
Mullein flower oil (as ear drops)  
Garlic oil (as ear drops)  
Calendula oil (as ear drops)

## Immune Boosters

Echinacea  
Reishi Mushroom  
Irish Moss / Sea Moss

## Calming Herbs

Chamomile  
Lavender  
Tulsi or Holy Basil

## Inflammation

Turmeric  
Ashwaganda  
Corn Silk  
Plantain

## References

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