



December 2022

# Driftless Holistic Wellness

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*"Let food be thy  
medicine and  
medicine be thy food"*

*-Hippocrates*

Driftless Holistic Wellness  
is utilizing office space on  
Wednesdays with O'Brien  
Physical Therapy!

For in-person Nutrition  
Response Testing, ionic  
detox foot baths, Bemer  
therapy sessions, or  
picking up supplements,  
you can visit  
3208 State Road  
La Crosse, WI

-By appointment only -

Quality Elderberry  
Supplements include: Core  
Elderberry Blend, Children's  
SP Immune, Viracid,  
Immuno-Zn™ Lozenge,  
Nordic Immune Daily  
Defense

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Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms and nourishing our bodies into more optimal health. We are now into the "sick" season, with the cold weather keeping us indoors and with celebrating holidays with larger gatherings than in the past. This month we continue to focus on ways to support our immune system and help our bodies through this season with food, supplements, and lifestyle modifications.

## Herbal Immune Support

This winter, instead of reaching for Alka-Seltzer or constantly rotating between daytime and nighttime cold medicines, cough medicines, or decongestants, try utilizing natural ways to support your immune system. This way, we can help fight and kick out our immune challenges more efficiently, as opposed to simply alleviating or dampening our symptoms.



### Elderberry

Elderberries contain flavonoids (antioxidants) called anthocyanins and quercetin, which have immune modulating properties, as well as anti-inflammatory, anti-viral, anti-bacterial effects.

- Anthocyanins attach to proteins on the outside of viruses, and prevent them from entering our cells, minimizing our risk of viral infection.
- Elderberry has also shown to decrease cytokine production, as well as reducing interleukin (inflammatory molecules). One study showed it to be as effective as diclofenac (non-steroidal anti-inflammatory drug similar to ibuprofen) at decreasing interleukin.
- Another study found elderberry extract to be a safe and effective treatment for reducing upper respiratory symptoms of viral infections as opposed to antibiotic use, as well as effective in the inhibition of Sars Cov2 (Covid) in a 2021 study.
- Elderberry extract has even been found to substantially inhibit the growth of respiratory bacteria that cause infections such as *Streptococcus* (gram positive and negative types)

For a deeper dive into the health benefits and uses of elderberry, you can read this

## Recipes

### Elderberry Syrup

#### Ingredients:

3 ½ C filtered (non-chlorinated water)  
 2/3 C dried elderberries (or 1 1/3 C frozen elderberries)  
 2 Tbsp fresh grated organic ginger (or 1 Tbsp dried organic ginger powder)  
 1 tsp organic cinnamon  
 ½ tsp ground organic cloves (omit if desired)  
 ½ tsp organic dried thyme and/or rosemary  
 ½ tsp organic ground turmeric  
 2/3 C organic raw honey (more or less to taste)

#### Instructions:

Combine water, elderberries, and dried/fresh spices in a large saucepan and bring to a boil. Simmer for 40-50 minutes, until it has reduced to about half the starting volume. Remove from the stove and let cool to room temperature. Strain the liquid into a bowl. Mash the berries with a spoon or spatula against the strainer to release the remaining juices. Stir in the honey until it has completely dissolved and store in glass bottles or Mason jars.

**Dosing:** Adults 1 Tbsp

Kids (1yr and older)- ½-1 tsp  
 May repeat every 2-3hrs when actively sick.

**Instant Pot option:** combine everything except the honey into instant pot and set to seal for 9 minutes on high pressure. Manually vent the pressure, remove lid and switch to “sauté” until liquid is reduced to half volume. Follow above remaining instructions.

## Turmeric

Turmeric is well-known for its anti-inflammatory properties and used widely for joint pain and inflammation, but its active component, curcumin, has additional immune-boosting properties as well:

- Curcumin can modulate the actions of our T cells, B cells, macrophages, neutrophils, natural killer cells, and dendritic cells, all of which play a vital role in fighting off infections.
- [Studies](#) show curcumin, like elderberry, can modify the outer proteins layer of viruses and prevent their entry into our cells, making them less infective.
- Additional [studies](#) show viral replication is also diminished by curcumin as it modulates crucial intracellular signaling, and prevents genetic replication processes and viral attachment.
- Curcumin has also been [studied](#) as a potential treatment for the inflammatory damage that resulted from Covid-19 infections, such as pulmonary fibrosis, edema, cardiovascular and kidney damage.



High quality turmeric supplements include [Turmeric Forte](#), [Turmeric 1:1](#), [Phyto Rad](#), [CurcumRx™](#), [KappArrest™](#), [Curcumin Phytosome](#), [Cucum Eval 400](#).

## Garlic

While popular for adding flavor to savory culinary delights, garlic has been used for centuries as a medicinal herb to combat a myriad of ailments, as it provides powerful immune support.



- Garlic has antibacterial, antifungal, antiparasitic, and antiviral action and has been effective against herpes simplex type 1, influenza B, HIV type 1, rhinovirus, and is [used](#) in Ayurveda medicine to treat salmonella, E.coli, H. pylori, as well as klebsiella bacterial infections.
- Garlic has been [shown](#) to decrease the inflammatory cytokine production in the immune system, increase the production and movement of macrophage cells (engulf and digest infectious microbes) and increase the effect of natural killer cells as well.
- Based on garlic’s antioxidant components (organosulfur-allycin and flavonoid quercetin), as well as its antiviral and anti-inflammatory properties, [studies](#) are indicating a need for further research into its potential key role in the treatment, as well as prevention, of Covid-19 and other coronavirus respiratory infections.

High quality garlic supplements include: [Garlic](#), [Garlic Forte](#), [Garlic Plus™](#), [Allicillin](#), [Super Garlic 6000](#).

## Golden Milk Latte

### Ingredients:

2/3 C boiling filtered water  
 1-2 tsp fresh grated organic ginger (or 1/4 tsp organic ginger powder)  
 1 tsp fresh grated turmeric root (or 1/4 tsp organic turmeric powder)  
 1/3 C organic heavy cream, half n half, or coconut milk  
 1 scoop collagen peptides  
 1 pinch cinnamon or nutmeg  
 2 tsp organic raw honey  
 1/2 tsp organic vanilla (optional)

### Instructions:

Bring the water to a boil in a small saucepan. Add the fresh or dried spices and let simmer for 1-2 min. Remove from heat and add your cream/coconut milk, honey, and vanilla and stir till well combined. Return to heat and bring to a simmer. Pour into your favorite mug and add a pinch of cinnamon for a finish touch. Enjoy!



## Additional Immune Support Practices

### Gargling

- Make gargling a part of your morning or bedtime routine.
- Use a warm salt or baking soda water solution (1/2 tsp in 4-6 oz water), or 1 Tbsp of apple cider vinegar in 1 cup of water, and vigorously gargle every day during the cold and flu season.
- You can also use green tea- [Studies](#) have found swishing green tea to be effective at cutting down on oral bacteria and odor in those with gingivitis, but [gargling](#) specifically decreases upper respiratory infections (just be sure to rinse your mouth with water to prevent staining).
- Gargling a great way to soothe throat discomfort and help thin the nasal secretions that are draining down the back of your throat and causing irritation.

### Facial Steams

- For chest and sinus congestion, or a productive cough, facial steams can help moisten your nasal and respiratory passages.
- Essential oils like peppermint, rosemary, eucalyptus, thyme, or oregano can help with chest tightness and help open up the nasal passages.
- Instructions- Take a glass bowl and pour boiling water into it. Add 3-5 drops of any of the above essential oils to the top of the water and lean over the bowl. Cover your head with a dish towel/flour sack towel and create a “tent”. Breathe in the steam with an open mouth for 2-3 minutes. If you feel the urge to cough, turn your head first so as to not splash the hot water with the force of your cough!

### Helpful Teas

- [Expectorant tea](#)- Take 1 cup of hot water and add the fresh juice of 1 small lemon or lime or 2 tsp of raw apple cider vinegar, 1 heaping tsp of raw honey and stir till dissolved. Drink several cups of this tea a day to help thin your secretions and aid the body in coughing this out. You can also try drinking [Breathe Easy Tea](#).
- [Sore throat tea](#) or [Jello Jigglers](#)- try finding a tea containing marshmallow root, licorice, chamomile, or mint to help soothe your throat. If little kids don't enjoy drinking tea, try making your own throat soothing Jello cubes by brewing [Throat Coat tea](#), adding grass-fed beef gelatin (or plain Knox unflavored gelatin) and honey for a sweetener, and cool in the fridge to be eaten as cold throat soother.

*This will be the first cold and flu season I get to use our homemade non-toxic vapor rub! After learning about the dangers of synthetic fragrances and petroleum products, I sought out a recipe to create my own. My [favorite vapor balm](#) recipe includes grass-fed beef tallow (full of vitamin A and nourishing to the skin) and or coconut oil, as well as beeswax and a few of the above essential oils. I can't wait to make a whipped nighttime soothing [face balm](#) with different essential oils, to moisturize and protect my skin from the harsh winter winds!*

-Kay Wiedenbeck RN, BSN, OCN, NRT

