

# How to Use HomeGrown Herbalist Respiratory Formulas

Hi Folks,

Doc Jones here from HomeGrown Herbalist.

I've been receiving a number of emails and calls from clients asking for more information on our respiratory formulas in the [Respiratory Preparedness Kit](#) and how to use them.

I want to answer those questions but before I do, I need you to understand some things.

First of all, I am not a physician and cannot give medical advice or diagnose illnesses or prescribe. Medical questions should be directed to your doctor.

Second, many of the formulas in the kit contain herbs that are known not to be safe during pregnancy. **Do not take any herb product during pregnancy or lactation without consulting your doctor.**

Third, herbs can and do interact with pharmaceuticals and should not be taken in conjunction with medications without consulting your doctor.

Fourth, none of these HomeGrown Herbalist products have been approved by the FDA and I cannot make any efficacy claims. Even though there have been many studies on specific herbs and their actions published by researchers, those studies did not include any HomeGrown Herbalist products.

Fifth, I have never seen or addressed a case of the current Covid-19 Coronavirus that is in the news. I have no scientific or even anecdotal evidence on how HomeGrown Herbalist formulas will interact with it.

So, all of that said, I'll tell you how I use these formulas for myself and for my own family.

### **Suggested servings of the herb formulas:**

#### **Tinctures:**

Adults -  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon 2-4 times daily or as needed.

Children 1/8 to 1/4 teaspoon. I don't give herbs to children smaller than toddlers.

(see below for more specifics on individual formulas)

**So, a 2 oz tincture will typically get one adult through a single illness.**

**Tinctures work much more quickly than powders and have a longer shelf life.**

**Powders:**

(Make a tea or just put the powder in a little juice or applesauce or some such.)

Adults 1-2 teaspoons of powder 2-4 times daily

Children 1/8 to 1/4 teaspoon. I don't give herbs to children smaller than toddlers.

(see below for more specifics on individual formulas)

**Immunity Support** This is a general immune system support formula. I use it as a preventative twice a day if I think I've been exposed to something. When I'm sick, I use it 3-4 times a day.

**INFXN-Shoo Floo** This is a formula that contains herbs that are purported to be valuable for killing several viruses and preventing replication. I take it at the first signs of a serious respiratory infection 2-3 times a day. If I actually get sick, I take it 3-4 times a day.

**Histamine** This is a formula that supports normal histamine levels. I take it for the histamine related symptoms of colds and flus, runny nose, watery eyes, sneezing etc... I also use it for allergy symptoms. It can be taken up to every 4 hours as needed.

**Respiratory-Coff** I use this one when I'm coughing and don't want to. It can be used up to every four hours as needed.

**Respiratory-EXP** I use this formula to help the body with its normal expectorant functions to get mucus congestion out of the lungs.

**Respiratory - AZMA** This is a formula that opens up the airways by relaxing bronchial muscles. I have lots of customers using it for asthma. Some of those folks take it twice daily as a preventative. Others just use it as needed.

**Cold Away** This formula has herbs that research shows to be effective for respiratory viruses like rotavirus, coronavirus and influenza. Again, let me emphasize that our product hasn't been scientifically tested for any of those things. I take it at the first signs of a respiratory infection 2-3 times a day. If I actually get sick, I take it 3-4 times a day.

**Cytokine Balance** Cytokines are chemicals that the immune system uses to attract white blood cells to a site of infection. They are very helpful in stimulating immunity. Some influenza viruses and apparently the current Covid-19 Coronavirus can cause what is called a cytokine storm. One of the signs of a cytokine storm is fluid levels increasing in the lungs. During the 1918 Spanish Flu pandemic, many people died of cytokine storms drowning in their own immune response. I've seen what I believed to be mild cytokine storms in influenza cases in my own family. On those occasions, I used this formula and the sensation of fluid building up abruptly in the lungs stopped. In cases of cytokine storms, **During cytokine storms, I also discontinue the Immunity support, Shoo-Floo and Cold Away**

**formulas above because they stimulate cytokines to do their jobs (this is usually a good thing).** I use the Cytokine balance formula as needed 2-4 times daily.

### **What if I'm Pregnant?**

Well if I were pregnant, I'd do two things. First, I'd get an interview on the Today Show for being the first pregnant man in America. Second, I'd use these formulas.

**Immunity Pregnant** This is a general immune system support formula. I use it as a preventative twice a day if I think I've been exposed to something. When I'm sick, I use it 3-4 times a day.

**Elderberry Tincture** I'd take this at the first hint of a respiratory infection 2-3 times a day. If I actually got sick, I take it 3-4 times a day.

**High dose vitamin C** would also be a good idea. Vitamin C can also help with cytokine storms. In the

event of a cytokine storm, I would discontinue the formulas above.

### **How Long do tinctures last?**

Near as we can tell, many years.

### **How much tincture will I need?**

A 2 oz tincture will typically get **one** adult through a typical case of an illness.

### **What if I never get coronavirus?**

That'd be really good. Use the formulas for all of your other respiratory illnesses. :0)

Best,

Doc Jones

[HomeGrown Herbalist School of Botanical Medicine](#)