

Elderberry Facts Sheet



The Home Sanctuary

Latin Name-Sambucus Nigra

Botanical Family-Adoxaceae

Common Name-Black Elder, Common Elder, Pipe Tree, Bore Tree, Ellhorn, Hollunder(German), Sureau(French)

Properties

Immunomodulator

Anti-Inflammatory

Antioxidant

Adaptogen-helps the body adjust to stressors and normalize body processes.

Physical Features: The elder plant is flowering, shrubby tree that grows 5-12 feet high. It blooms mid-summer with white, star-shaped blossoms. The blossoms are followed by purplish black berries.

Growing-They are usually found growing wild in thickets across North America and Europe. Elders prefer moist ground but will do well in drier areas along roadsides. Since Elderberry has become popular you can find them for sale at local nurseries if you are interested in planting one in

your back yard. All parts of the plant can be used for different ailments but the flower and berry are most common. *Do not eat any parts of the plant raw as they can cause nausea or vomiting. It is recommended to prepare in a syrup or tincture or salve first.

Benefits-The Elder plant affects the respiratory system, glandular system and skin. It is most commonly used as popular cold remedy to help reduce the severity and duration of the cold and flu. In 1995 it was used to treat a flu outbreak in Panama. People who took elderberry recovered 3 days faster than those who didn't.

Preparation and Dosage-Elderberries should be boiled and strained into a syrup (elderberry syrup is the most common home remedy) or made into a tincture. It is best to take the syrup in conservative doses at first to gauge the body's response. Typically, 1 TBSP daily during cold and flu season is recommended but measurements do not need to be exact. Some people choose to take it 5 days a week with weekends off. At the onset of cold symptoms up dose to 1TBSP every few hours or 3 times a day for the first 48 hours of cold symptoms.

Safety-Safe for all ages. Infants under the age of 1 should not take elderberry syrup with honey. Use caution if pregnant or nursing. It is always wise to consult your doctor first. If you are having an emergency or severe illness please call your doctor immediately.

Disclaimer-*I am not a doctor or certified herbalist. This is a basic reference guide meant to encourage you on your journey to learning about natural remedies. These statements have not been evaluated by the FDA and not intended to diagnose, treat or cure any illness.*

References:

References:

Practical Herbalism Ordinary Plants with Extraordinary Powers by Philip Fritchey,
MH, ND, CNHP

www.earthlywellness.com