



# AN ESSENTIAL GUIDE TO HOLISTIC IMMUNITY

PERENNIAL PLANT BASED  
RECIPES & TIPS

ANATO



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# SYSTEMS-THINKING APPROACH TO IMMUNITY

It is hard to discuss the immune system without a larger, systems-thinking approach to the entire body. Because, well, everything is connected. The human body is technically only 43% human. Wait, what?! What is the other 57%?

Yep - we are composed of 43% human cells, and 57% microbes to include bacteria, fungi, and viruses (1). The delicate balance of this microbiome is what creates each of our many bodily systems - from our immune system, to our nervous system, to our digestive tract!

Our modern approach to bacteria, viruses and fungi, has been one of more or less warfare and sterilization. We are used to killing off anything that isn't "human," or, unknowingly, 57% of our own bodies. While hygiene and cleanliness are of utmost important, we do think a new relationship with bacteria, fungi and viruses would be beneficial to our species.

Rather than killing all of the "bad" microbes, we should be supporting the good ones. Working with our body, rather than fighting it, is an easeful and effective approach. We need to balance the microbiome so that it can keep our immunity in check. This sanitization warfare against all bacteria, fungi, and viruses, have coincided with a large increase in auto-immune disease and allergies (2).



We have compiled a list of our favorite immune-supporting tools that bodies innate function. Most of these tools can be used preventatively to ward off the viruses, bacteria, and fungi that make us feel sick and weak. You will notice a heavy emphasis on herbal medicines. As a skincare line that formulates entirely with perennial plants, we first-handedly have experienced major lifestyle benefits from incorporating the nutritive and holistic power of plant medicine. In general, the “side-effects” of herbal medicine are only more added benefits to the body.

If you are on prescription medication, pregnant, or breastfeeding, however, we advise consulting with a professional before the regular use of herbal medicines.

In times of illness, please seek the advice of a healthcare professional. Do not let this guide take the place of needed professional care.

## INFECTION

Even when we take all the preventative and cautionary care that we can - infection can happen.

When a pathogen invades our body, reproduces, takes over, and causes harm - an infection is occurring. This harm is either from direct action of the pathogen, or from our bodies inflammatory immune response. Yes - our own body's reaction to the pathogen can be the most harmful part of the process (3)!

To manage infection, we can support our immune system and calm our nervous system through medicinal foods and beverages, lots of hydration, and a restful toxin-free environment.



# MEDICINAL PLANTS: IMMUNITY

## HERBAL ACTIONS

Some plants are considered anti-virals and directly interfere with a virus' ability to reproduce or attach to human cells. This is useful if the body is suffering from a virus like the flu, herpes, or chicken pox.

### ANTI-VIRALS:

- 
- Garlic
  - Ginger
  - Sage
  - Oregano
  - Thyme
  - Basil
  - Echinacea
  - Cinnamon
  - Licorice Root
  - Elderberry
  - Reishi Mushroom
  - Lemon Balm
  - Turmeric
  - St. John's Wort
  - Calendula
  - Elder Flower
  - Yarrow



## ANTI-BIOTICS:

Antibiotics kill bacteria. Not viruses. Herbal anti-biotics generally don't have the same destructive gut actions of pharmaceutical antibiotics. Pharmaceutical antibiotics should always be supplemented with pro-biotics and fermented foods.

- Garlic
- Juniper berries (use in small amounts)
- Goldenseal root (endangered plant - use sparingly)

## ANTI-INFLAMMATORIES:

Other plants are anti-inflammatories and can help support a healthy inflammatory response to infection.

- Ginger root
- Licorice root (caution with high blood pressure)
- Turmeric

## LUNG SUPPORT HERBS:

- Mullein leaf
- Astragalus Root
- Reishi mushroom
- Thyme
- Horehound
- Elecampane Root
- Licorice Root (caution if using with high blood pressure)
- Usnea



# IMMUNE-STIMULANTS:

Some plants can stimulate the immune system's response. This is a worthy benefit, especially at the beginning of an infection, to prevent it from spreading further.

- Astragalus root
- Ashwagandha root
- Baptisia Root
- Echinacea angustifolia root & aerial parts
- Garlic
- Elderberry

# ADAPTOGENS:

Adaptogens is a class of herbs that "...help the human body adapt to stress, support normal metabolic functions, and restore balance. They increase the bodies resistance to physical, biological, emotional, and environmental stressors and promote normal physiological function.(Winston)"

Adaptogens are tonics, meaning their benefits build over long-term use. They support "deep immunity" and can be incorporated into your daily life through teas, broths, tinctures, foods, and even capsules.

- |                       |                 |                      |
|-----------------------|-----------------|----------------------|
| - Ashwagandha         | - Holy Basil    | - Eleuthero          |
| - Ginseng             | - Licorice Root | - Reishi Mushroom    |
| - Cordyceps Mushrooms | - Maca Root     | - Schisandra Berries |



# IMMUNE BOOSTING TEA BLEND

Few things are more calming than a cup of tea. The hydration, coupled with the medicinal properties of the herbs can boost your immune system and calm your nervous system. Have this dried tea blend on hand and steep it each day as you please. In times of weakened immunity, feel free to sip 2-3 cups per day.

## Ingredients:

1 part Elderflowers  
1 part Elderberries  
1 part Lemon Balm  
½ part Rose Hips  
½ part Ginger root  
½ part Cinnamon bark  
½ part Thyme or Sage  
Leaves  
⅛ part Licorice Root

Source all ingredients in their organic dried form from a local health food store, herb shop, or online. Blend together all ingredients and store in an airtight glass vessel like a mason jar. To steep the tea, pour near boiling water over herbs and cover. Ratio is 2 tablespoons per 8 ounces of water. Let steep for at least 15 minutes.

**Ingredient highlight:** Elderberry ~ *Sambucus nigra*, better known as the Elder Tree, offers humans an abundance of medicine. Both the flower & berry have useful applications to support the immune system, as the plant strengthens cell membranes to prevent viral penetration. The berry, in particular, has demonstrated anti-viral properties against 10 different strains of the influenza. Studies have shown that it reduces the duration of the infection by 3-4 days(4).



# IMMUNE BOOSTING ADAPTOGEN BROTH

Nourishing and medicinal broths are wonderful to have on hand as preventative immune system care, and in times of a weakened immune system. They impart flavor, minerals, vitamins, hydration, and healing properties into dishes like soups, grains, porridges and even sipped on their own as a savory tea. Make a big batch and freeze in jars or in ice cube trays if you want to have smaller servings available.

## Ingredients:

- Astragalus Root (4 oz of dried root slices)
- 2-3 varieties of medicinal mushrooms (4 oz of shiitake, chaga, turkey tail, oyster, and/or maitake)
- 1 Onion (cut into chunks)
- 1 Garlic bulb (cut into chunks)
- Rosemary (2 fresh sprigs or 1 tablespoon dried)
- Thyme ( 5 fresh sprigs or 1 tablespoon dried)
- Oregano (handful of fresh or 2 teaspoons dried)
- Sage (handful of fresh or 1 teaspoon dried)
- Ginger (3 inch root or 1 tablespoon dried)
- Turmeric (3 inch root or 1 tablespoon dried)
- Black peppercorns (1 tablespoon)
- Veggie Scraps (any amount that fits into pot to add extra flavor and nutrients)



In a slow cooker or large stock pot on the stove, combine all ingredients. Fill pot or slow cooker with water to cover all ingredients. Cook on lowest possible setting for at least 12 hours. Strain out and enjoy! Salt to taste.

**Ingredient highlight:** Thyme ~ *Thymus vulagirs*, this common culinary herb, is packed with immunity value! As a strong antiseptic, thyme can aid in immune function by warding off respiratory infection. As a gargle, thyme tea can help soothe a sore throat. As an antispasmodic and expectorant, it can help draw out mucus and calm coughs (4).





# IMMUNITY BOOSTING: PERENNIAL FIRE CIDER

Fire cider is an age-old recipe that involves infusing nutritive and spicy herbs and plants into an apple cider vinegar base. The vinegar extracts minerals from these plants and leaves you with a potent and strong infusion that can be taken daily as an immune system tonic. The vinegar itself should be organic and raw so that it contains probiotics. Not for the faint of heart, as this is a warming and spicy concoction! Our version incorporates all perennial plants!

## Ingredients:

- 1 Quart: Organic, raw Apple Cider Vinegar
- 1 Ginger Root ~ approximately 7 inches long ~ peeled and sliced thinly
- 1 Turmeric Root ~ approximately 5 inches long ~ peeled and sliced thinly
- 1 Horseradish Root ~ approximately 7 inches long ~ peeled and sliced thinly
- 1 tablespoon of Black Peppercorns
- 1 large Onion diced 1 Garlic bulb chopped
- A few sprigs of fresh Oregano OR 1 tablespoon dried
- 1 unpeeled Orange quartered
- 1 unpeeled Lemon quartered
- Maple Syrup \* Optional



Combine all ingredients (except maple syrup) in a quart or half-gallon size mason jar. Cover with apple cider vinegar to ensure no ingredients are poking out and exposed to oxygen. Place the lid securely on the jar. Store in a cool dark place for 1 month. Then strain out, compost scraps, and use the liquid as a daily tonic! May add maple syrup to taste. To use, add a tablespoon of the fire cider to water every day for a spicy beverage, or incorporate into salad dressings and other culinary creations.



**Ingredient highlight:** Garlic ~ *Allium sativum* is perhaps the most accessible yet powerful plant to have in your immune-boosting cupboard. As an antimicrobial, garlic can support healthy gut flora while actively killing pathogens - making it a natural antibiotic for digestive infections and ailments. With strong volatile oils (the compounds that give garlic its odor) that excrete through the lungs, garlic can be an ally for warding off many types of respiratory infections(4).





**Our founder Céline Jennison  
preparing Fire Cider !**



# BAUME RÉPARATEUR: MULTIFUNCTIONAL BALM

Skin is our first barrier against the outerworld. Beyond hand washing and hand sanitizer, we need to have hydrated skin that can actively ward off pathogens through the skin's barrier function. Our multifunctional Baume Réparateur offers deep nourishment to skin plus the benefits of the herbs infused in it. These herbs offer antimicrobial activity, support a calm nervous system, and aid in repair.



A multifunctional balm to nourish and  
protect from pathogens.



### Uses for the Baume Réparateur include:

- Massage directly onto dry hands
- Massage onto chest for a clearing effect
- Use in and around nostrils for anti-microbial and soothing effects
- Use on wounds, cuts, and scrapes to help prevent infection & speed up healing
- Massage into feet for a calming effect before bed



### Featured Ingredients:

- Rosemary - helps lighten dark spots and blemishes on the skin resulting in an improved skin complexion.
- Thyme - effective at reducing acne-causing bacteria on the skin.
- Oregano - anti-inflammatory properties can neutralize the pain, itchiness, and general discomforts of insect stings and bites.
- Camomile - hypoallergenic and helps to reduce skin irritants by neutralizing free radicals.
- Lavender - ability to lessen acne, help lighten skin, and reduce wrinkles.





# A PLETHORA OF CITRUS FRUITS

Having your house stocked with citrus provides many useful multifunctional purposes! Beyond the more obvious benefits of the vitamin C you receive from munching on a piece of citrus fruit, the peels have a few handy purposes as well:

- The peel can be thrown in a pot of water on the stove for an aromatic steam.
- Throw the peels into your tea blends! Either dry the peels and store for later use, or throw them in fresh to your tea pot. The flavor is incredible and you get anti-viral and vitamin C benefits.
- As mentioned earlier, the peels or whole fruits can also be used in making Fire Cider.
- Throw peels in a jar and cover with distilled white vinegar to make a toxic-free home cleaning spray.



# A POTTED PERENNIAL HERB, OR TWO, OR THREE, OR...

Indoors or outdoors, a living perennial herb can last years! Most of them like a good bit of sun, so place in a sunny window or a sunny part of your yard. As listed earlier, many of your favorite kitchen herbs have antiviral and antimicrobial properties. They can be used fresh in recipes, teas, and steams to help clear out nasal congestion.

## Our Favorite Perennial Herbs to Grow At Home:

- Thyme
- Lavender
- Oregano
- Rosemary
- Sage
- Lemon Balm
- Peppermint



# FRESH, CLEAN INDOOR AIR

Each breath we take is ideally bringing our body fresh oxygen. Depending where we live, the outdoors may certainly feel like a breath of fresh air. Regardless of location, though, we need to take measures to ensure our indoor air quality is as fresh as possible. The average American spends 22 hours indoors (5)! **Clean indoor air is necessary to avoid over taxing our immune system.**

## Ways to improve indoor air quality:

- Indoor plants! = Incorporating indoor plants into your home will also help create a welcoming and comforting environment for you to rest and recharge in. Check out [more information on indoor plants here.](#)
- Keep windows open when possible = Circulating fresh air into the home is as fresh as it gets!
- Diffuse citrus peels
- Use an essential oil diffuser = Diffusing essential oils as aromatherapy are proven to interact with the nervous, immune, and endocrine system through olfactory processing. This mood-immune relationship benefits through the comforting, relaxing and enjoyable act of essential oil use (6).

## Immune Boosting Diffuser Blend:

**-Equal Parts-** Cinnamon Leaf or Bark Essential Oil, Rosemary Essential Oil, Sweet Orange Essential Oil, Eucalyptus Essential Oil



# ECHINACEA IN YOUR MEDICINE CABINET OR GARDEN

Echinacea purpurea is a beautiful perennial coneflower with a purple bloom. Native to the America's, it has been used for hundreds of years for its significant immunomodulating properties(7). In particular, there has been evidence for acute upper respiratory benefits. Taking echinacea can reduce the duration and severity of a cold or infection(8).

## Ways to incorporate echinacea:

- Grow it in your garden! Use the flowers, leaves and even root in teas or tinctures-Buy echinacea tincture from the store and keep it in your medicine cabinet-Buy dried echinacea leaves, flowers and/or roots to add to tea blends or make a DIY tincture.

## DIY Echinacea Tincture Recipe

Purchasing tinctures from your local health food store can add up. Making tinctures, however, is incredibly easy and can save you lots of money in the long-term. Make large batches at a time and share with your friends!! Since the base of a tincture is alcohol, they have a very long shelf-life. Some say after two years their potency may start to degrade, but they certainly won't spoil if they have at least 20% alcohol in the final product.

**General ratio for dried herbs:** 1 part herb (in grams) to 5 part alcohol (in mL)



### Example:

50 g of dried echinacea leaves & flowers 250 mL of alcohol  
(classic 80 proof vodka works well here)

For fresh herbs, the general ratio is 1 part fresh herb (in grams) to 2 part alcohol (in mL). Since the final product needs to be at least 20% alcohol, you want to tincture with a higher proof alcohol when using fresh herbs - because the fresh herbs themselves add water to the tincture, thus lowering the overall percentage of alcohol! Take pure alcohol at 95-99.9% (cane sugar is from a perennial!) and dilute it as desired. Stay above 50% total though to ensure your fresh herbs won't add too much water. To make 50% alcohol out of pure alcohol, dilute it with 1:1 parts alcohol to water.

### Example:

100 g of fresh herb (chopped and minced as small as possible) 200mL of alcohol & water mixture (atleast 50%)

**Instructions:** Get your echinacea into as small of pieces as possible. If using dried, maybe pulse in a coffee grinder (no need to get into a powder consistency). Place herbs in a glass jar. Pour the appropriate amount of menstruum over the herbs and shake up really well. Place lid on and store in a cool, dark place. Shake the jar daily. After 2-4 weeks, strain out herbs and save liquid to be used as tincture! Make sure to label your tincture very clearly with date & ingredients.



# EATING FERMENTED FOODS!

Our immune systems are intrinsically tied to the microbiomes that live within and on our bodies. A healthy balance of this microbiota helps us to maintain homeostasis and helps us ward off harmful pathogens. A diet rich in fermented foods gives us a healthy dose of prebiotic and probiotic sources that fosters a healthy and diverse microbiota.

## Fermented food sources include:

Miso, Yogurt, Kombucha, Kefir, Sauerkrauts, Pickles, Kimchi

A range of these foods included in your daily diet will be most beneficial to a diverse and strong microbiota.

## WHERE TO GET THESE PLANTS & HERBS?

\*Remember to look for organic & fair trade where applicable. If you buy a plant that is wildcrafted - make sure it is done so ethically and that the plant is not endangered.

Support local, small business! Do a search for what, if any, herb shops or health food stores carry bulk medicinal plants

Our founder Céline's go-to source for **the best quality herbs in the US:** Mountain Rose Herbs . They have very high standards and are also a low-waste company\*.

\*This is not a sponsored mention, we just ♥ this company.



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# DISCLAIMERS:

Any statements or claims about the possible health benefits conferred by any foods or supplements have not been evaluated by the Food & Drug Administration (FDA) and are not intended to diagnose, treat, prevent or cure any disease.



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