



Secrets of Echinacea

Winifred Conkling

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Discover the Secrets of a Healthy Immune System

For hundreds of years, Native Americans have used the herb echinacea for a multitude of ailments, from sore throats to snake bites. It was a popular cold remedy in the early part of the 20th century, before the advent of antibiotics. With the herbal boom at an all-time high, people are once again turning to echinacea for its amazing cold- and flu- fighting properties and all-over immune system-boosting qualities. Learn about this extraordinary natural remedy and discover whether you can benefit from the use of echinacea.

This comprehensive guidebook includes:

- The history, folklore, and legends surrounding echinacea**
- How the herb works in the body**
- The various types of echinacea and how they differ**
- The many uses of echinacea**
- Health and illness-fighting plans**
- Candidates for the use of echinacea**
- Dosage information**
- And much, much more!**

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