

# Fenhaven Wellness

## DIY Herbal Kit

### Elderberry Syrup Kit

Note: I make no claims about this herbal formula treating or curing any disease. Several friends have expressed that they are overwhelmed trying to source materials for traditional herbal products. I am assembling herbs, cautions, and instructions so people can more easily put into effect a protocol they have independently decided they'd like to adopt. One review of scientific literature around the use of elderberry for influenza can be found at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7347422/>.

### Ingredients and cautions

Ingredient	Cautions
Dried elderberries (Sambucus nigra)	Some people are sensitive to uncooked berries. Boiling well essentially eliminates the risk for most people.
Hibiscus (Hibiscus sabdariffa)	None known, though hibiscus is often intercropped with peanuts. Cross-contamination is remotely possible.
Ginger root (Zingiber officinale)	None known

### How to make it

Put the entire contents of the packet (100g of elderberries, plus hibiscus and ginger for flavor) into a saucepan with 64oz/2L of water. Bring to a boil. Reduce heat to a simmer and cook until reduced by half (hours – uncovered slow cooker could help!). Strain. Put the liquid back in the pan with an equal amount of honey (or to your taste; many people use less). Stir until the honey dissolves but do not boil.

### How to store it

Store in a labeled jar in the refrigerator for several weeks. Actual fridge life will depend on how much honey you use. Less honey means shorter fridge life. If you want this to be shelf-stable, either a) add 16 oz vodka or b) use 20 CUPS of white sugar instead of the honey.

### When to take it

At the first signs of a viral infection.

### Dosing

2-4 tablespoons 2-4 times a day for 4-5 days. If you use less honey, use the lower dosage. You can mix it into juice, water, or homemade popsicles, too. This kit makes up to 128 tablespoons or 14 days' worth of syrup (at 3Tbl/3x/day).

