

Fenhaven Wellness

DIY Herbal Kit

Buhner Protocol – “First Signs” Viral Prophylaxis Tincture

Note: I make no claims about this herbal formula preventing or curing any disease. I am assembling herbs found in Stephen Buhner's *Herbal Antivirals* because friends have expressed that they are overwhelmed trying to source materials mentioned in the book. I am assembling materials, cautions, and instructions so people can more easily put into effect a protocol they have independently decided they'd like to adopt. This kit is edited from his original list to include the most common, affordable, and transportable herbs.

Ingredients and cautions

Ingredient	Cautions
Echinacea angustifolia root	Use caution if you are allergic to flowers in the Aster family
Red root (Ceanothus americanus)	Avoid during pregnancy or if you take blood thinners or coagulants
Licorice root (Glycyrrhiza glabra)	Can increase blood pressure if taken in high doses and/or for a long time. This kit is considered low-dose, short-duration, but talk to your doctor if you have high blood pressure, low calcium levels, low testosterone levels, high blood sodium, or other ongoing health conditions.

How to make it – Tincture (in alcohol)

Put the entire contents of the packet (3oz of mixed dried herbs) into a pint jar (16oz/0.5L). Fill the jar to the brim with any 80- or 100-proof alcohol, such as vodka, and cap tightly. Let it sit for 4-6 weeks, shaking occasionally. For added potency, blend in a blender after the first week, then return to the jar. After 4-6 weeks, strain the liquid into a clean jar. The finished tincture should last many years – possibly as many as 10. Label your jar!

How to make it – Decoction (in water)

Put the entire contents of the packet (3oz of mixed dried herbs) and 20 oz of water into a saucepan and bring to a boil. Reduce heat, cover pan, and simmer 20-30 minutes. Strain into a clean jar, label it, and keep in the fridge for 1-2 weeks. Make a half batch (half the packet + 10oz water) if you are worried about spoilage.

When to take it

Buhner says to take this when you were exposed, but before you are actually feeling ill.

Dosing

One eye dropperful every hour, or 1 teaspoon 3-6 times per day. Try to let it coat your throat. Can be added to other tea, popsicles, etc. Continue for 3-4 days or as needed. This kit makes about 72 teaspoons of tincture.

