

ECHINACEA

— *Echinacea purpurea / angustifolia* —

★ Immune Activator ★ Lymphatic Mover ★ Boundary Defender ★

Working with Echinacea

Resilient in open prairies, *Echinacea* is called upon at the onset of acute immune challenges.

It heightens awareness and mobilizes immune response.

Not a daily tonic—
it is a catalyst for action.

Botanical Profile

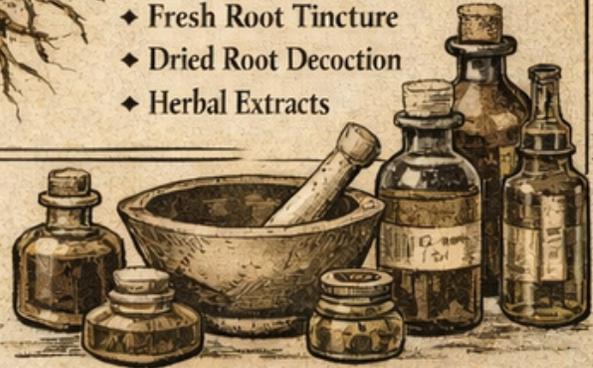
- ◆ Native to North America
- ◆ Distinctive purple petals & spiny cone
- ◆ Root & aerial parts traditionally used

Traditional Record

- ◆ Used in Indigenous & Eclectic medicine
- ◆ For infections, sore throats, & bites
- ◆ Activating defense & clarity.

Active Constituents & Preparations

- ◆ Alkylamides
- ◆ Polysaccharides
- ◆ Caffeic Acid Derivatives
- ◆ Fresh Root Tincture
- ◆ Dried Root Decoction
- ◆ Herbal Extracts



Stimulates Readiness ◆ Reinforces Boundaries ◆ Calls the System to Alert

— *Medicine of Mobilization, Not Sedation.* —

◆ The Forager's Cabinet ◆