

# How To Boost Kids Immune System Naturally With Herbs

## 6 Safe and Ideal Herbs To Keep Kids Healthy This Winter

1. Echinacea



2. Chamomile



3. Black Seed



4. Garlic



5. Nettle



6. Astragalus



### 1. Echinacea

Contains anti-viral; antimicrobial; antibacterial and antibiotic properties.



### 2. Chamomile

Contains anti-inflammatory; antiseptic; anti-spasmodic; antibacterial and sedative properties.



### 3. Black Seed

Contains antibacterial; anti-fungal; anti-microbial; anti-inflammatory; analgesic and antioxidant properties.



### 4. Garlic

Contains antimicrobial; antiviral; antiseptic and anti-fungal properties.



### 5. Nettle

Contains high levels of Vitamins A, B, C, K; Calcium; Iron; Proteins; Potassium and Chlorophyll.



### 6. Astragalus

Best taken AFTER an illness to help restore immunity. Contains antiviral properties.

by Teresa M  
Blending Herbal Tea



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