

Homoeopathic Remedies To Boost Your Immune System

In today's stressful world, where we are facing uncertainties from many quarters, we are facing attacks on our immune systems. The unfortunate result of this is that a weakened immune system is that this puts us at great risk of disease. The good news is that there are steps that we can take in order to boost our immune systems, which do not include the use of allopathic medicine.

AHCC

This natural remedy increases the body's defences against viruses such as the flu as well as the common cold. Some even go further to say that AHCC (Active Hexose Correlated Compound) may assist with preventing cancer and the side effects experienced from chemotherapy. If you're pregnant or breastfeeding, you shouldn't be taking AHCC.

Echinacea

Also called the purple coneflower which grows prolifically in the United States, [echinacea](#) is also well-known for its immunity-enhancing capabilities. High in antioxidants, echinacea may also lower blood sugar and anxiety levels. In addition, it may also have antioxidant properties.

It appears to be safe when used in the short term. However, with longer-term use, it may cause rashes, itchy skin, hives, swelling, stomach pain, nausea, or shortness of breath.

Elderberry

The [elderberry](#) is full of antioxidants as well as vitamins – both essential components of enhancing your immune system. Elderberry has been used as a treatment for a number of different ailments:

- Inflammation
- Stress
- Constipation
- Joint and muscle pain
- Upper respiratory tract infections
- Headaches and fever
- Epilepsy

However, it is not recommended that youth – under the age of 18 – or pregnant and/or breastfeeding women take this.

In addition to its homoeopathic uses, elderberry is made use of as a flavouring in food colouring, body lotions, jams, and wine.

Andrographis

[Andrographis](#) is widely used in Chinese medicine and [Ayurveda](#), which is a healing system that states that healing depends on there being a balance between body, spirit and mind.

Besides being famed for its immune-boosting properties, there have been positive correlations between this herb in addition to the improvement in upper respiratory tract infections, ulcerative colitis, and multiple sclerosis. However, a more in-depth study needs to be done in these areas.

People who are on such medications – such as blood thinners and chemotherapy – should consult their doctor before taking this herb.

Astragalus

Also used in Chinese medicine, besides being used as an immune-booster, this herb is believed to have anti-ageing properties and be a treatment for fatigue and allergies. [Astragalus has](#) been used as a preventative measure against heart disease and diabetes.

Although most people can tolerate astragalus well, some side effects – such as a rash, itching, a runny nose, and diarrhoea – may be experienced. However, when it is administered intravenously, it may cause an irregular heartbeat.

There are a number of homoeopathic remedies that can be taken in order to boost your immune system. However, before you do make sure that you know what the possible side-effects are so that if you experience them, you know what the possible source is.