



A GUIDE TO PURCHASING / FORAGING HERBAL ANTIVIRALS FOR SARS-COV-2

The following information is a practical guide based on the herbal protocols from "[Herbal Treatment for Coronavirus Infections](#)" by Stephen Harrod Buhner. It includes which parts of the plant should be used for antiviral medicine, whether it should be used alone, methods for best extraction, and whether or not it can be foraged in North America. If applicable to use dried material, a link is included to a reputable herb seller.

This is not a comprehensive field guide. Always refer to a field guide description and images when foraging wild herbs. Follow directions for proper preparation.

At the end of the document is a breakdown of the best herbs to forage, the best to purchase, and those that are most difficult to obtain. Lastly, you'll find information about my tincture blend for SARS-COV-2

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1. **Houttuynia Cordata** - Best as an antiviral when using fresh aerial parts, therefore not recommended to purchase dried herbs online. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Antiviral for SARS group of viruses



Foraging notes: Can be foraged in North America

** Do not use the red 'chameleon' ornamental variety for medicine **

2. **Isatis (Woad)** - Dried leaves and root. Not to be used by itself. Use with lomatium or licorice. Tincture in alcohol or alcohol & water decoction (heated to a boil).

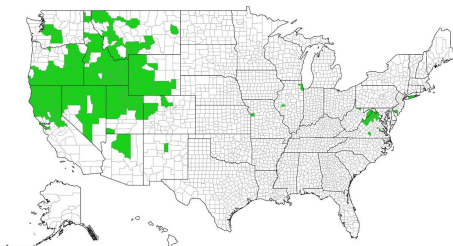
Medicinal Action: Antiviral for SARS group of viruses



Foraging notes: Can be foraged in North America, especially the western USA

Dyer's woad (*Isatis tinctoria*)

EDDMapS



Map created: 10/2019

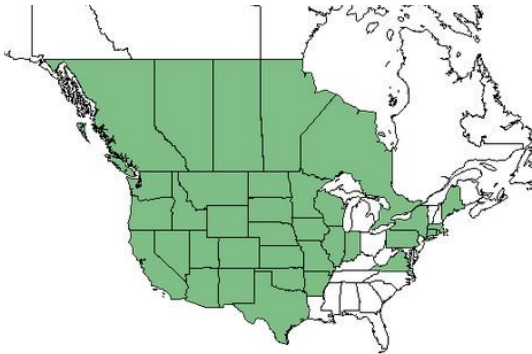
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3. **Licorice** - Fresh or dried root. Not to be used by itself. Tincture in alcohol & water decoction (heated to a boil) for best extraction.

Medicinal Action: Antiviral for SARS viruses. Blocks viral attachment to ACE-2 linkages.



Foraging notes: Can be foraged in North America, especially the western USA



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4. **Forsythia** - Unripe or ripe fruit. Tincture in alcohol & water decoction (heated to a boil) for best extraction.

Medicinal Action: Antiviral for SARS viruses. Chinese medicine: Shuanghuanglian formulation



Foraging notes: Can be foraged in North America.

5. [Sophora flavescens](#) - Fresh or dried root.

Medicinal Action: Antiviral for SARS viruses.



Foraging notes: Native to Asia.

6. [Chinese Skullcap](#) - Fresh or dried root. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Antiviral for SARS viruses. Blocks viral attachment to ACE-2 linkages. Reduces IL-1b. Protects spleen and lymph systems.



Foraging notes: Native to Asia. You may substitute by foraging the less potent American variety (*S. lateriflora*) but the fresh or dried root must be used for maximum potency.

7. **Lycoris Radiata** - Stem. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Antiviral for SARS viruses.



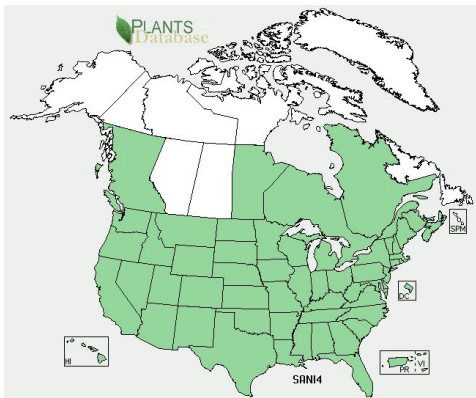
Foraging notes: Can be foraged in North America.

8. **Elder** - Fresh or dried leaf & flower. The berries are less potent. *** You must boil the contents for at least 30 minutes starting with cold water to reduce the cyanide content *** Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Antiviral for SARS viruses. Blocks viral attachment to ACE-2 linkages.



Foraging notes: Can be foraged in North America.



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9. **Horse Chestnut** (*Aesculus hippocastanum*) - seed, leaves, bark, and flowers may be used. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Blocks viral attachment to ACE-2 linkages.



Foraging notes: Can be foraged in North America.

10. **Japanese Knotweed Root** (*Polygonum cuspidatum*) - Root. [Capsules](#) or Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Antiviral for SARS viruses. Blocks viral attachment to ACE-2 linkages.



Foraging notes: Can be foraged in most of North America



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11. **Chinese Rhubarb** (*Rheum Officinale*) - Fresh or dried root. Tincture in alcohol or alcohol & water decoction (heated to a boil). No indication that [other varieties of rhubarb](#) wouldn't work to the same capacity as an antiviral.

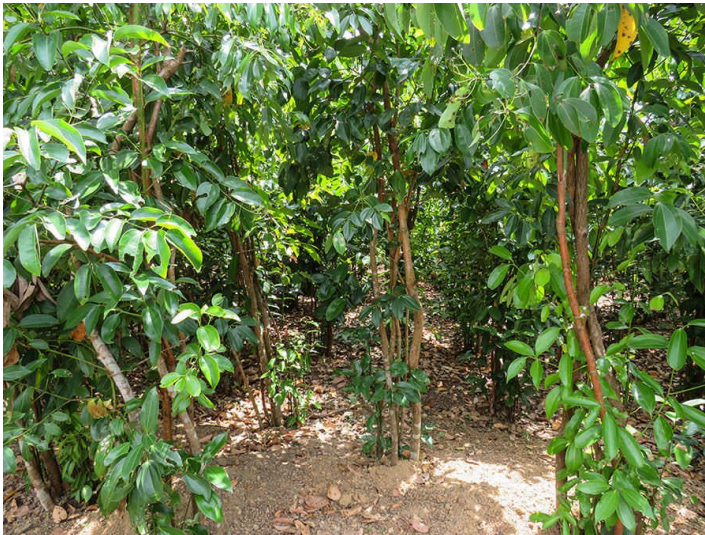
Medicinal Action: Blocks viral attachment to ACE-2 linkages.



Foraging notes: Wild rhubarb can be foraged in North America. **Make sure you ID properly, burdock is a common lookalike to wild rhubarb. Burdock leaves are less curly AND have wooly/hairy leaf undersides.**

12. **Cinnamon (Cinnamomum)** - Bark. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Blocks viral attachment to ACE-2 linkages.



Foraging notes: Only found at the southernmost tip of Florida.

13. **Kudzu (*Pueraria lobata*)** - Root. [Tincture](#) in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Upregulate and protect ACE-2 expression, increase its activity (esp in the aged), and lower Ang-2. Ace inhibitor (increases ACE-2 & protects lungs from injury). Modulates cytokine response, specifically IL-1b.



Foraging notes: Can be foraged in Southern, Central, and Eastern parts of the USA.



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14. **Red Sage (*Salvia miltiorrhiza*)** - Fresh or dried root. Tincture in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Upregulate and protect ACE-2 expression, increases its activity (esp in the aged), and lowers Ang-2. Modulates cytokine response, specifically lowering TGF & regulating HMGB1. Protects spleen and lymph system.



Foraging notes: Native to China and Japan.

15. **Ginkgo Biloba** - Leaf. [Capsules](#) or [tincture](#) in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Upregulate and protect ACE-2 expression, increase its activity (esp in the aged), and lowers Ang-2.



Foraging notes: Native to China.

16. **Hawthorn** - Berry, leaf, and flower. [Tincture](#) in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: ACE inhibitor (increases ACE-2 & protects lungs from injury).



Foraging notes: Can be foraged in North America, especially in the east.

17. **Dong Quai** - Root. Capsules or [tincture](#) in alcohol or alcohol & water decoction (heated to a boil).

Medicinal Action: Modulates cytokine response, specifically lowering TGF.



Foraging notes: Native to China, Japan, and Korea.

18. **Astragalus** - [Root](#). Tea, [capsules](#), or [tincture](#) in alcohol & water decoction (heated to a boil)

Medicinal Action: Modulates cytokine response, specifically lowering TGF, reduces autoimmunity and increases healthy immune function.



Foraging notes: Native to Mongolia and China.

19. Cordyceps - Grown varieties use mycelium. Wild harvested varieties use the whole mushroom. [Capsules](#) or tincture.

Medicinal Action: Modulates cytokine response, specifically IL-1b, protects cilia, reduces autoimmunity and increases healthy immune function, stimulates DC maturation.



Foraging notes: Native to Asia.

20. **Boneset** - Leaf and flowers. [Tea](#), capsules, or tincture.

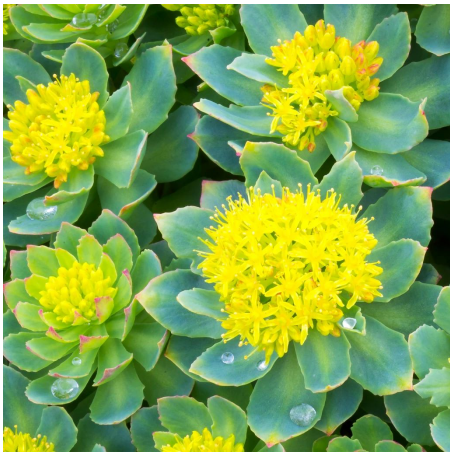
Medicinal Action: Modulates cytokine response, specifically IL-1b.



Foraging notes: Can be foraged in eastern North America.

21. **Rhodiola** - Root. [Tea](#), [capsules](#), or [tincture](#).

Medicinal Action: Protects lung cilia from hypoxia, reduces autoimmunity and increases healthy immune function.



Foraging notes: Can be found in cold regions of North America at a high altitude.

22. Olive Leaf - Leaf. [Tea](#), [capsules](#), or [tincture](#).

Medicinal Action: Protects lung cilia.



Foraging notes: Can be foraged in subtropical areas of North America.

23. Goldenseal - Root. [Tea](#), [capsules](#), or [tincture](#).

Medicinal Action: Protects lung cilia.



Foraging notes: Can be found in eastern North America.

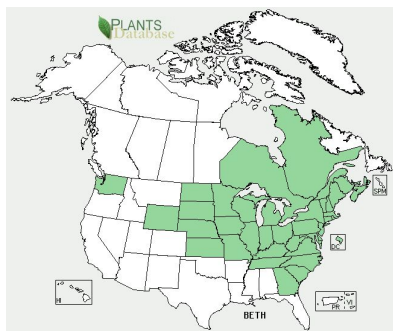


24. **Barberry** - Root. [Tea](#), capsules, or tincture.

Medicinal Action: Protects lung cilia.



Foraging notes: Can be foraged in North America.



25. **Spanish Needle (*Bidens pilosa*)** - Whole plant (roots, leaves, flowers, stems). Tea or tincture.

Medicinal Action: Protects lung cilia, protects spleen and lymph system.



Foraging notes: Can be foraged in tropical and temperate America.

26. Red Root (Ceanothus) - Root. [Tea](#) or tincture.

Medicinal Action: Increases T-cell count, protects spleen and lymph system.



Foraging notes: Can be foraged in North America, especially in the midwest and east.

27. Poke Root - Root. [Tea](#), or tincture.

Medicinal Action: Protects spleen and lymph system.



Foraging notes: Can easily be foraged in North America.

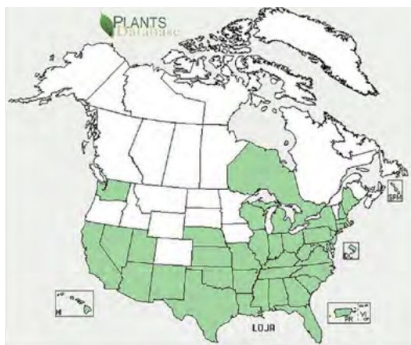


28. Japanese Honeysuckle (*Lonicera japonica*) - Stem, [flower](#), and leaves. Tea, or tincture.

Medicinal Action: Antiviral for SARS viruses.



Foraging notes: Can be foraged in the United States.



So which herbs should I use?

There are a lot to choose from. Fresh foraged herbs are going to have better medicinal concentrations, but when foraging is not possible, choose herbs that can be reliably obtained.

Easiest herbs to forage in North America	Herbs easily obtained (and remains potent) in dried or tinctured forms	Herbs which will be difficult to obtain in high quality
Woad (Isatis)	Olive Leaf	Cordyceps
Forsythia	Rhodiola	Houttuynia
Japanese Knotweed	Licorice	Lycoris Radiata
Elder	Chinese Skullcap	Chinese Rhubarb
Japanese Honeysuckle	Goldenseal	
Poke Root	Astragalus	
Spanish Needle	Dong Quai	
Boneset	Cinnamon	
Hawthorn	Ginkgo	
Kudzu		
Red Root		

ANTIVIRAL BLEND

I have chosen the following herbs for an antiviral blend for SARS-COV-2.

**Chinese Skullcap, Licorice, Astragalus, Kudzu,
Olive Leaf, Cinnamon, and Spanish Needle.**

Half of the ingredients were self-foraged, the others obtained by reputable herb sellers (organic and heavy metals tested). It is designed as a preventative and also as a treatment when appropriate. The herbs are double extracted in overproof alcohol + water decoction.



1 oz - \$12.00

2 oz - \$18.00

Shipping included.

Dosage: Dropper squeeze 3x daily for prevention, or
6x daily for treatment, spaced out over 24 hours.

Taken under the tongue for 15-60 seconds.

Venmo/Cashapp/Paypal accepted. Contact directly for
purchasing information @polycultured