

From Kumu Momi Subiono

Suggestions for boosting immune system:

Nutrition first and foremost is also an issue for the incoming possible food shortage. Growing our own food and medicine is the best chance Hawaii has. Self-sustaining is the form of mitigation. Even though the shipments have come in, farms are dumping food in the U.S. because they cannot deliver it.

Here is my mana'o of herbs which can be helpful.

Olena -anti inflammatory, anti-tumor, anti-oxidant. It boosts the immune system to fight off viruses.

Popolo - all respiratory issues. It will cause the congestion to come up.

Awa- antiviral, pain reliever, anti-cancer, anti-tumor.

Papaya leaf juice- Fever, cough, and has helped natives from India to recover from dengue fever of which the CDC says there is no cure

Laukahi, tea. Over all anti inflammatory, great for skin, internal and external.

Mullein- which grows all over the U. S. and on Maunakea. Amazing for lung issues of all kinds, tuberculosis, tea, infused in olive oil for ear infections and sore throats.

Kukui- sap used on the back of the tongue for sore throats, directly on cold sores, and topically for kaki'os, and acts as a wonderful bandage when dried on the wound.

Aloha!

Please use proper Hawaiian Protocols when gathering and preparing La'au Lapa'au.

Malama Pono 'oukou!

Momi