**Medicinal Plants for Protecting Body, Mind & Spirit™**

**Protection for the Respiratory System**

**Using Herbs & Aromatic Preparations for Respiratory Immunological Support, Antimicrobial Resistance & Environmental Protection**

**Module 1**

Colleen: Hello, everyone, and welcome to Module 1 of Medicinal Plants for Protecting Body, Mind & Spirit with David Crow titled Protection for the Respiratory System: Using Herbs & Aromatic Preparations for Respiratory Immunological Support, Antimicrobial Resistance & Environmental Protection. This is your host, Colleen, at The Shift Network. We are excited to get going, but first I have a few orientation details to share with you so I invite you to get comfortable. Since some of you have been on calls with us before and some of you may be new, please allow me a few moments to get everyone on the same page so we ensure everyone has what they need to take best advantage of this course. You should have received a course orientation email the day you registered. This will contain a link where you can confirm your email address, and it also ensures you receive future course emails.

 Throughout the course you will receive two emails every week directly from The Shift Network, an email before the call which contains details for the call and then an email following that will contain the deepening practices that help you support in the integration of your course materials. Please locate and bookmark your course homepage. It will contain all of the recording eventually after each session. About 24 hours it takes for the recording to appear. It will also contain the transcripts which take approximately seven days and all other course materials such as handouts along with information on several ways to connect to the live calls. The course homepage can be found by following the link provided in any of the emails just mentioned. Please note you will need to click on the title of each week's call or click on the golden Open button next to each week's call to access the course recordings, the transcripts and the handouts for that session. Most additional course materials and bonuses can be found in the supplemental section at the bottom of your course homepage. Lastly, you'll receive two emails from MaestroConference 24 and 2 hours prior to each course call. These reminders include your personal PIN number and your phone number for dialing into the conference.

 Now the information about the two platforms we're using for the courses. If you've dialed in by phone or by your webphone today, you're on the MaestroConference platform. It's the technology that allows us to interact with each other to talk with each other in live conversation. You'll be prompted to participate by pressing numbers on your phone's keypad such as pressing 1 to ask a question or pressing 5 for technical assistance. As you will learn, we will also have breakout groups at the end of David's teachings, and this will be a way for you to converse directly with each other around a specific topic that David will provide. If at any time you have a technical issue or any question during the call and you are on Maestro, please press 5 on your telephone keypad, and I will come along and assist you. We also provide an audio webcast which allows you to interact by typing questions into a message box. Please know that you cannot participate in live breakout groups from the webcast. If you're using the webcast, you can call into MaestroConference just before the breakouts begin. You can find your access number and your PIN listed on your course homepage. If you have any technical questions while you're using the webcast, please type them directly into the message box and please provide your email address so we may reply. If you have joined by webcast today and you would prefer to experience the benefits of Maestro in the future and you are concerned about any financial charges with international calling, please check out the Additional Access Numbers link in the upper right-hand corner of your homepage including a free webphone option. Please note that webphone and webcast are two different things. The webcast is listening to the audio over the Internet, and the webphone is using Internet to call into the MaestroConference. If you are new to online learning we understand this is a lot of information. It can be. So if you have any questions or are in need of support, please do not hesitate to contact our customer support team by visiting our website at support.theshiftnetwork.com.

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We are fortunate to have David Crow with us, our favorite, my favorite and foremost expert in the field of botanical medicine and grassroots healthcare. He's a master herbalist, aromatherapist and acupuncturist with over 30 years experience and is an expert in the Ayurvedic and Chinese medical systems. David is a renowned author, a poet, and is the founding director of Floracopeia Aromatic Treasures. Through his visionary synthesis of medicine ecology and spirituality, he has helped transform the lives of thousands and is here with us for the next 12 weeks. David Crow, welcome to the call. Please take it away.

David: Welcome to everyone all over the world to the new course Medicinal Plants for Protecting the Body, Mind and Spirit. To start off, I'd just like to say thank you to everybody for your interest in this very important subject. For those of you who have been in previous classes, welcome back. To get started, I'd like to give everybody a little overview and orientation to some of the challenges that are involved in teaching a course about herbal medicine to a diverse group of people using a remote phone conference format. Now, my background is practicing Chinese and Ayurvedic medicine clinically, which I have been doing over 30 years, and that gives me a particular orientation to how I view the use of herbs. Over this period of time that I have been teaching and practicing, probably 40 years altogether now, a lot has changed in the world of herbology. And herbs are becoming increasingly popular, increasingly available through the Internet, and there is a proliferation of information available about all kinds of uses of herbs and all kinds of natural treatments. On the one hand, this increased interest in natural medicine means that more and more people are getting the benefits of taking herbal products and learning about their health condition and how to manage it naturally. But on the other hand, it also means that there is an increasing amount of confusion about how to use herbs properly.

 Now, if we include the field of aromatherapy and essential oils in this discussion, what we see is that the need for natural medicine in combination with very strong marketing forces has created a situation where there is an epidemic of misuse of natural products leading to a very large number of adverse reactions and people being injured through improper uses. Now, since my background is clinical medicine and not marketing, my primary orientation and first concern and objective in teaching this course is making sure that you understand how to use herbs safely and that you avoid adverse reactions. Of course there are numerous challenges in teaching this information in this particular format. First of all, I don't know you. We may or may not ever meet in person. There are hundreds of you. You are in all different countries around the world. You are all different ages, and based on past courses, that can range anywhere from being in your teens to being in your 90s. Therefore, there's a lot of individual considerations when we start talking about using herbs. Furthermore, many of the people who have taken courses in the past, and I imagine that this is true in this course also, have significant health challenges, and oftentimes these challenges are being managed with allopathic pharmaceutical medications. Therefore, we have to approach this information that I'm giving you here for the next 12 weeks in a particular way that is guided by some common sense principles and specifically how to use the herbs in a way that we can minimize any potential risk, any potential adverse reactions or interactions with medications and so on.

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 So I put together some files on how to use herbs and essential oils, since both will be covered in this course, in a way that is safe and reasonable and effective for people who are not actually working with a licensed healthcare practitioner on ongoing basis. One of the first things we will do every week when we get started is we will go to the course page and we will open the link that will show us the files for that particular week. So let's go ahead and do that now. I'll give everybody a minute to go to the course page and to find the first link for module one. I'll click on that and it will open up. You will see that there are a number of files that are posted. Let's click on the file titled Safety Guidelines for Using Herbs. You can see that this file starts off by mentioning that the herbs taught in this course are those that are generally considered safe if used in standard doses. I am not including herbs that are toxic or semitoxic or require specialized clinical knowledge and training. These are all herbs that are widely available through normal channels, through the health food store online and so forth. However, we still need to know how to use these herbs safely because there are so many individual reactions sometimes to some herbs according to health and medications. These herbs are those that are widely used with great benefits by many people. They're easily available. But please follow these safety guidelines. First, start with one herb only unless you are already familiar with taking herbs on a regular basis. The reason that I suggest that people do this is because it allows you to see what effects an herb has. A lot of times people like to start by taking a lot of different things all at once and they don't know what kind of reaction they're actually getting. One of the basic objectives in teaching this course is to help people to learn what herbs do what. And in order to really come to understand that, we have to study the herbs both at an intellectual academic level, but we also have to study the herbs in terms of body sensations and reactions. How do the herbs feel when we take them? What are they doing? Are they overheating our stomach perhaps? Are they perhaps overstimulating our nervous system? Are they perhaps the contributing factor to why we feel increased thirst, dryness or perhaps restlessness at night? On the other hand, a lot of times people start to feel better, and they don't even notice that they're feeling better because the herbs are working in a very gentle kind of way. So it's always nice to take one thing for a period of time and consider well, maybe that's why the digestive system feels more comfortable overall or maybe that is why I'm actually sleeping better. This is something that can only come from interacting with the herbs on an ongoing basis.

 Now, as I present the information about each herb, I'm going to tell you what to expect and what to look for, but ultimately, you have to develop a personal close relationship with each herb and understand what it does through experience. The goal is to build up a home pharmacy and to be able to use the herbs as they are needed according to various types of health conditions. So each module is focusing on a specific purpose of course. This module is dedicated to protecting our respiratory system. However, we need to understand that there are certain times when we may not need the herbs from this particular module and so we don't use them. There are other times where we would like to reach for this particular herb because we feel that that herb is what is going to benefit us the most and it's the appropriate time to use that herb. The only way to really understand that is both through an academic study and through the experience of the body sensations of what the herbs do. This is why it's so important to use one herb at a time when we're first starting to learn about their functions.

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Continuing on to point number two, start with a low dose of an herb in a finished form such as a tincture, capsule or a tablet, and I will be giving you specific information for sources on these different types of preparations. In general, the herbs that you purchase that come in tincture form, capsule or tablet will give specific dosage levels on the product. My suggestion is to always start with the lower end of that dose for at least a week to get familiar with the herb. We're also going to be studying and using a lot of the common aromatic plants such as the mints and chamomile and many things that you can grow yourself. And I have a specific file on how to prepare those, but the standard dose is one teaspoon of dried herb per cup of hot water one to three times per day.

 Point number three, very important, discontinue if any adverse reactions occur, and you would be surprised how many times people do not recognize adverse reactions or make a connection between adverse reactions and what they have been taking. One thing I'll mention here that is very important to understand and that is that there is a big difference between adverse reactions and a detoxification process. This is especially problematic with essential oils. There are a lot of people who are using essential oils directly on the skin undiluted, and that is causing contact dermatitis. Contact dermatitis is very different than detoxification. The same thing happens when people take essential oils undiluted internally. It can cause gastric inflammation, and gastric inflammation is completely different then detoxification. Detoxification is a complicated subject, but in general, the herbs that we're going to be covering are not going to be the kinds of herbs that are going to cause any kind of acute cathartic detox reaction. I'm also going to be giving you a lot further information, a lot more information as we go a step at a time with each herb, and so this will become more clear and what you should be looking for specifically is that you are feeling better, not worse, not having adverse reactions, not having what appears to be a detox reaction, but that you are simply feeling better a step at a time. That is how this course is organized with that objective in mind.

 The next point is very important, which is that if you have a history of inflammatory bowel symptoms that you should be extra careful using herbs. I just mentioned in the file here that you should probably work with a trained healthcare practitioner. But as we go through each module, I am also going to make it very clear which herbs are potentially problematic for those people who have really sensitive digestive systems, and of course, one of the primary objectives of the course is to protect the digestive system and to increase our digestive wellbeing in general. This is a theme that is found in many of the modules, not just the digestive module, and so this is just something to be aware of. Point number five is very important because I know that a lot of people in the larger class are probably on medications. And because many herbs can cause idiosyncratic reactions with medications, especially if you are on multiple medications, we need to approaches very carefully. This is one of the main reasons why I have given the specific email contact. So if you are having complicated health conditions and you are on multiple medications, this is the time to take advantage of this. But again, I'm also going to let people know which herbs are generally considered especially problematic, and I have listed a few here. A few of the ones that are most well-known as having potential herb-drug interactions are kava-kava, St. John's wort and gingko. There's really just a handful of herbs that are really potentially problematic, but if you are on medications, it is always best to get extra advice from a trained herbalist before you start using those herbs, or even better, just don't use the herbs that are potentially a problem with that particular medication. I'll explain this further as we go along.

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Number six, it's best not to consume alcohol with herbs other than the alcohol that's found in the tinctures. And this is especially important with some of the stronger herbs such as kava-kava which can give you both the intoxication from the kava, which is why a lot of people use it, and the intoxication of the alcohol. They can potentize each other. Number seven, if you are sensitive to alcohol, including blood sugar issues or history of alcoholism, you can find alcohol-free extracts. They tend not to be as potent but they're still good, and you can add the tincture if you want to hot water to dry the alcohol off. There are other forms such as the powders that come in capsules and tablets and making teas from the whole plant, dried leaves and so on. There will be lots of options here if you don't get along with alcohol. In general, for this course, do not take or herbs if you are pregnant or nursing without further specific guidance from myself or another trained practitioner. Now we come to the last point which concerns the essential oils, and this will give you the overall view of how we use them safely. Just put a few drops on the palms of the hands and inhale it. You can put a few drops on a warm compress, a few drops in a bath. Don't use more than five drops at a time. Don't take them internally. As we go along, I will be giving you specific information and recipes of how to use essential oils to complement the herbs that you are using for protecting yourself for various purposes. One last point just to be totally clear, if you are on medications, please don't stop them.

 Those are the most important guidelines for using herbs in a course like this, and there are several other files. I would just bring your attention to these because now it is time to start our lecture on Module 1, using herbs to protect the respiratory system. But let me just show you those files. You can go back to the course page and you can click on the link again and you will see that there is a file titled Herb Preparations. This is basically how you can make different kinds of teas and how to use herbs in your cooking, decoctions and so forth. And then we have a file that is titled Toxicology and Safety, and this is specifically about essential oils. There's a lot more that we need to know about how to use essential oils safely so that we don't cause ourselves or our loved ones any types of inflammatory reactions. So please take a bit of time and look this over. This can be one of your first homework assignments is to read these various files and become more familiar. As I have said, as we go through I'm also going to continue to give you more specific information, but this is a very complete file that will give you an idea of how to use the essential oil preparations safely.

 I also want to bring to your attention one other file and this is the method of contemplative aromatherapy. This is a very nice way to approach the essential oils where we practice mindfulness, where we simply put the essential oil on a perfume strip and observe the various kinds of body sensations that come from this. I am also going to advise specific ways that we can approach consuming and using all herbs, not just essential oils but all herbs, with a high level of mindfulness because as I've mentioned we need to understand what the herbs are doing physiologically. The most basic way to understand that is through awareness of the body sensations, therefore, paying attention closely with mindfulness to the body sensations that arise as we are using the herbs both in the short term, midterm and long term. That is the best way to learn. So there is another file for you. Now, those people who have been in previous courses will recognize these files because this is where we always start. This is the basic foundation of how we use herbs and essential oils safely when we are studying them in a large group internationally through a phone conference.

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 Okay, let's start the module and for this I would direct your attention to the course page again to the link for Module 1 and you will see a file titled Module 1 Topics. What I have done is taken the primary topics from the sales page and put it into a file so that you can see what we are going to cover each week. So Module 1: Protection for the Respiratory System: Using Herbs & Aromatic Preparations for Respiratory Immunological Support, Antimicrobial Resistance & Environmental Protection. Antimicrobial resistance here means that we are resisting the microbes, not that the microbes are becoming resistant to our pharmaceutical drugs. The intro to this, as atmospheric climate changes accelerate and air pollution increases, medicinal plants offer great protection against a wide range of microbial pathogens, respiratory allergens and environmental toxins. The pharmacopeia of botanical protectors is large. It contains many species of plants, numerous ways of preparing them in countless formulas and easy-to-use products. So this is our topic now. The primary points that we're going to cover: low cost common herbs for a highly effective kitchen apothecary, important tinctures to have in the family medicine cabinet for preventing and treating colds and flus, medicinal mushroom preparations for boosting immunity, aromatherapy protection from indoor and outdoor air pollution. Combining herbal and aromatic preparations to protect the lungs from congestion, dryness and inflammation, herbs and essential oils to help stop smoking, herbal and aromatic preparations for protecting against pollen and chemical allergens, Ayurvedic preparations for protecting the sinuses and reducing environmental sensitivities. So I think we have enough to keep us busy for the next hour and a half.

 Now, those of you who may know a bit about medicine and herbology and healing will recognize that in these topics we're basically covering two primary aspects of the immune system at the respiratory level. One is immune deficiency, which means that there's a weakness and a propensity to be affected very easily by upper respiratory viral infections, colds and flus and things like that; and the other is an allergic situation where the immune system is overstimulated. This gives us three basic categories of herbs to work with. Those are the ones that boost the immunity, those that are immunomodulating, that balance the immunity, and those that do both. As we get into these specific formulas and prescriptions of how to protect our respiratory system, we'll find that there are actually more than three categories of herbs that we'll be drawing from. There are medicinal mushrooms. There are essential oil-containing aromatic plants. There are adaptogens. There are specific herbs that regulate the terrain of the mucous membranes and others. One of the things we should try to stay away from as we study herbs is a simple mechanistic and reductionistic approach to thinking about them. In other words, what is the menopause herb or what is the immune boosting herb? Because in actuality, the herbs have very complex functions that work throughout the body in different ways. There are some herbs that have very, very focused range of action, but most herbs work on the entire system. Therefore, we should really think about how to build a pharmacy that strengthens multiple systems. So even though this module is focused on protecting the respiratory system in different ways, doing that requires that we address multiple systems. Including the respiratory mucous membranes, the digestive system, the nervous system and so forth.

 So let's start building a highly effective kitchen apothecary for protecting the respiratory system using herbs that are very low cost. These are herbs that are probably already in your kitchen, and these are herbs that we should not underestimate as far as their healing powers. These are the aromatic herbs and spices. These come in all kinds of different forms. They are in the form of dried leaves such as the tulsi, the Holy Basil, which is a major herb for this purpose, other basils that can also be used for immune enhancement, rosemary, peppermint, oregano, thyme, sage and marjoram. So this is one group. There are also seeds such as fennel seeds, cardamon, coriander, black pepper and clove, which is actually a bud. And then there are different kinds of bark such as cinnamon and several very important roots. The two most important are ginger and turmeric.

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 We should not underestimate the healing power of these plants because they are actually some of the most important for treating a wide range of conditions specifically of the digestive and the respiratory systems. Their primary nature is aromatic and warming. Some are a little bit more neutral, a few like the mints cooling, but for the most part they are warming and aromatic, and because of that, they have properties of dispersing congestion. These are herbs that are called in Chinese medicine the herbs that move the chi because that chi becomes stagnant specifically in the digestive tract. Therefore, these herbs have decongestant and carminative properties. These herbs work simultaneously on the digestive system and on the respiratory system, but they have a wide range of very important therapeutic benefits. They are immune-enhancing for both the digestive and the respiratory systems. They are also antimicrobial. So they are primary herbs for treating infection of the digestive system and of the lungs. In Chinese and Ayurvedic medicine, they are considered to have, according to both systems, the power to strengthen increase our digestive fire. The digestive fire is one of the main principles of strengthening the respiratory resistance. So therefore, if we want to increase the respiratory mucous membrane immunology, in other words, protect our lungs, we need to strengthen the digestive fire, which is called spleen yang in Chinese medicine or agni in Ayurveda.

 In Chinese medicine, the aromatic herbs are also used in formulas to activate the wei chi. The wei chi is the primary type of energy that circulates in the skin that protects the body from external pathogenic influences, specifically airborne conditions. Therefore, the aromatic plants that activate the wei chi and other herbs as well that activate the wei chi are said to protect from wind cold or wind heat attack. This basically means that we are protecting the respiratory system from airborne pathogens. These aromatic herbs and spices are a primary most important fundamental group of herbs for protecting the respiratory system, but they work throughout the body. They are high in antioxidants and we are going to meet them again in several other modules because they protect from a number of things. They work primarily on the digestive and respiratory as I mentioned, but they also work on our circulatory system, our neurological system and other systems as well. So these herbs are the foundation of the home pharmacy, and they're very easy to use. We actually don't have to spend a lot of time on education with this because I can give you a simple suggestion. Just use more in your cooking. I have found that by people increasing the quantity and quality of the aromatic spices and culinary herbs in their diet, then it has a significant positive impact on digestion and on respiratory immunity.

 So you can refer again to the file titled Herb Preparations, and this will give you the overall information that you need to use these herbs safely and effectively. You can add them fresh or dried to soups and stews et cetera with very light cooking. The best idea here is don't boil the aromatic leafy parts too long so that you don't disperse the essential oils out of it. These aromatic plants are based on essential oil compounds and so these are volatile and we don't want to lose those in the cooking so add them in at the end. However, roots and barks like cinnamon and ginger and things like that can be cooked longer to extract the aromatic compounds. You can put these fresh herbs in salads. Really, there are no dosages or recipes that need to be given. There are a few simple common sense warnings I'll give you here in a moment.

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You can also make tea infusions. This is probably the most important overall way to use them for medicine. You take the leaves or the flowers or the dry herb in whatever form it is, and you make infusions. A typical recipe is one teaspoon of a dry herb per cup of hot water and you steep it for several minutes. Personally I like to make larger amounts, and so I'll put several tablespoons into a French press and pour hot water over it. You can make most of these teas quite strong and they're quite safe. So decoctions, there's a recipe here which is used for roots and barks and seeds and other forms than aromatic leaves. And the recipes are typically less plant material than the infused leaves, typically around a quarter teaspoon per cup. Now, these aromatic herbs and spices can also be found in tincture form, but because tinctures are alcohol extracts, it means the concentration of it goes way up. When you start taking tinctures of these aromatic herbs and spices, they can be very, very powerful. So let's just hold off on that. I'll give you some specific ideas on that a bit later. Finally, another way that you can use these fresh or dried, you can take herbal baths, you can steep them in hot water and put your head over a pot covered with a towel and breathe it for decongestant purposes, and these plants have also been used traditionally in a steam cabinet or a sauna.

 Now that we have a general overview of this group of herbs, let's look at a few specific recipes. We can start with a recipe of two herbs that I consider to be one of the best for overall support of the immune system, especially for the respiratory system during the winter season, and that is the combination of fresh ginger with tulsi, the Holy Basil. So the simple way to make this: one teaspoon of chopped fresh ginger per cup of water, simmer it for about ten minutes, and then use the recipe given in the file for making tulsi tea with the dried leaves. That is one teaspoon dried leaves steeped in one cup of the ginger tea. As you can tell, herbology at this level is an inexact science. It's really closer to cooking. Therefore, there's a lot of flexibility in how you put together your own formulas. Depending on how strong the tea comes out, if you simmer the ginger for a long time, you use more of the tulsi and it comes out really strong, then of course you would modify how much you take. But a simple recipe such as what I just gave you, you can take easily between a quarter cup to a half a cup of that tea two to four times a day, and it can be taken pretty much anytime between meals, before meals or after meals. A tea like that becomes the basis of more complex formulas because we can start to add tinctures to that or we can take certain capsules or tablets of other herbs along with that, and that way we start to build the program a step at a time.

 Some people might be curious to know if they can use a teabag instead of using the whole dry leaf and steeping it, and the answer is yes, of course. However, I am going to give in this source file places where you can buy these herbs in bulk. That brings the price down considerably and generally increases the potency a lot, and it also gives you more flexibility in terms of making the concentration of the tea. Because many times, to get the best results, you should actually use a lot more than you're going to get from just a commercial teabag and most commercial teabags have lost a lot of potency by the time you get them anyway. I'll just mention a few more simple ideas here because really with this category of herbs it's very flexible and we can be very creative. We don't have to be too concerned about dosages. We don't have to be too concerned about safety, contraindications, adverse reactions and so forth. These are all things that we can just get in the habit of using on an ongoing basis throughout the day, several times, two to four times a day. We can consume these aromatic teas quite easily and safely especially during the wintertime and we can use the cooking spices on a daily basis as well. So no need to spend a lot of time with complicated formulas, but I will mention that another nice combination is peppermint and chamomile and peppermint and chamomile is really excellent during the cold and flu season because it's so soothing to the digestive tract. Peppermint and chamomile are also going to be very supportive to the respiratory system. Guess what, you can make peppermint and chamomile and tulsi and ginger all together. It's absolutely up to you.

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Another thing that people will think about when we're talking about the spices is maybe chai recipe. Chai recipe is a very nice way to get some of the stronger spices such as cinnamon and ginger and black pepper and cloves and so forth, and there's an infinite number of family recipes that have been handed down and all over the Internet and you probably have your own favorite. So these can be simmered in water and you can add milk or you can just simmer the herbs in milk. This is also a very nice way to support the digestive fire. That's one of the main ideas in making chai is that it is nourishing because of the milk in it, and it is also supportive to the digestive fire. And anything that supports the digestive fire again is going to be supporting the wei chi, the respiratory immunological protection of the surface of the body, the skin and the lungs. So these spices that you could make chai with are very strong medicines actually. And a lot of research is coming out that both confirms their powers as known in Ayurvedic and Chinese medicine as well as discovering a lot of new aspects of how they can be used for healing. So simple things like cinnamon, we're finding that it has tremendous powers on regulating the blood sugar, for example, or the black pepper or the cloves. These have spectacular antimicrobial, anti-inflammatory and antioxidant powers.

 As I mentioned earlier, there are a lot of ways of using these herbs besides putting them in our soups and cooking with them or making teas. I'll just give you another simple idea. You can take ginger, either fresh or dried, in powder form, and you can add it to a bath. For example, if you have sea salt or Epsom salt and you enjoy taking an Epsom salt bath, you know that you probably use about one or two cups of Epsom salt in a full bath and you could add a tablespoon of ginger powder to that, which is not going to be strongly heating or irritant, but it will definitely have a nice gentle warming effect on circulation and joints and supportive to the immune system as well. This is just to give you an idea of the flexibility of how these aromatic plants can be used in a lot of different ways.

 Overall, this category of herbal medicine is quite safe, but it's always important to look at potential adverse reactions if you are on medications or if you use these too much. The list is quite short for these plants. First of all, spices can overheat your digestive system if you use too much and especially if you have a true hyperacidity condition in your stomach. Using too many spices can aggravate it. But for the most part, I would say that the majority of people especially, once they are in their 50s and 60s and above, most of what feels like hyperacidity is actually hypo hydrochloric acid, and therefore, increasing the use of spice is actually very beneficial. So my suggestion is just check it out and go slowly with it if you. If you have a tendency to hyperacidity and you drink some ginger tea and it makes you feel better, well, that's a good sign. On the other hand, if it feels like it increases it more, well then that tells you that you actually do have a situation of hyperacidity. The spices are not going to be beneficial for you. All of these spices and aromatic herbs, if they are taken excessively, they can also have a drying effect, which means that you will first start to feel increased thirst, dryness of the mouth and so on. This can happen if you drink cup after cup after cup of some of these teas, and so my suggestion is don't drink an excessive amount. If you have a propensity towards dryness in general, be aware that these herbs have that propensity also.

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These are really especially suitable for people of a Kapha constitution as we say in Ayurveda, which means that you have more of phlegmatic, damp kind of constitution. So when you have a lot of congestion in the upper respiratory system, then it is perfect. But if you suffer from dryness overall, especially systemic chronic dryness and excessive thirst and so forth, then this group of herbs is probably not your best first choice. There are minimal warnings about herb-drug interactions with this group of herbs. However, I'll just mention that I have seen some comments that if you are on anticoagulant medications that you should avoid ginger. I don't know how serious that is or how much ginger you would have to take. I'm just mentioning it. Personally, I think you would probably have to take a lot and be on a fairly high level of medications as well in order for it to be problematic, but just to be responsible, I'm letting you know. Finally, chamomile does have some warnings about allergies if you are sensitive to anything in the ragweed family since chamomile is in the ragweed family. Some people do feel minor kind of allergic reaction from drinking chamomile tea. But chamomile tea is consumed by millions of people on a daily basis around the world, and therefore, I don't consider it to be a highly dangerous herb. As a matter of fact, I consider chamomile to be quite safe. But if you do have a highly allergic constitution especially that is sensitive to the ragweed family, you should avoid chamomile. So we jumped right into talking about this group of aromatic plants, herbs and spices for protecting ourselves and specifically protecting the respiratory system, but we never really looked at what are we protecting ourselves from. Well, part of this is building our immunity up because these herbs are definitely immune-enhancing, and they are also regulating to the terrain of the mucous membranes and they're also antimicrobial. But we can now look specifically at what we are protecting ourselves from, and there's a very simple explanation for this. As I described it, according to TCM, traditional Chinese medicine, we're protecting ourselves from invasion by wind, and we are trying to strengthen our wei chi, our protective chi at the surface. So what does wind invasion actually mean? This is the primary thing that we are trying to protect the lungs from, and that is answered in a very simple way, which is basically airborne pathogens. So we are talking about protecting the lungs primarily from microbial attack. Of course, this is mostly viral when it comes to upper respiratory infections, but it can be more serious with bacterial infections as well.

 Now, in order to look at how to protect ourselves at a microbial level, we can turn our attention to the use of the essential oils. Just as using the aromatic herbs and spices is incredibly simple and very easy to bring into the home as part of the home pharmacy, then using essential oils is also very simple, and the major way that we can incorporate them is to use them in a diffuser. Now you may be thinking well, this is all very basic and fundamental and I already know about using essential oils in a diffuser. But I just want to mention for those of you who are not familiar with this simple technique that this can have some very profound positive impacts on our health. And especially when there is a propensity to get colds and flus easily, especially when there's the combination of there being an immunological weakness at the respiratory level and exposure to the microbial pathogens. And that includes not only things that people are passing around in public places but also things that can accumulate in the home. A lot of people have mold in the home and so forth, and this can contribute to the weakening of the respiratory immune system. So having a diffuser with some essential oils going throughout the day or at specific times of day can actually be incredibly beneficial for boosting the immune system, regulating the respiratory mucous membrane terrain, and clearing the environment of the pathogens. I will just share a very simple testimonial that I have heard over and over and over again, which is "I used to get a lot of colds and flus, and the thing that changed the situation was just bringing some basic essential oils into the home and using them in a diffuser."

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At this point it would be helpful to mention that the aromatic plants and spices are full of essential oils. As a matter of fact, that's their primary active constituent. And essential oils are distilled from those types of aromatic plants and an essential oil is nothing more than a particular family of compounds extracted from aromatic plants. Those compounds have a specific biological function in plants and they are two primary things. One is antimicrobial and the second, directly related to that, is immune-enhancing. Therefore, the essential oils which are known as secondary metabolic compounds are actually the immune system of the aromatic plants. This is a very nice way to think about what's happening. When we consume them as tea, spices, use them in our soups or put the essential oil in the diffuser, what we're actually doing is bringing the immune system of the plants into our home, putting it in our food, drinking it in our tea or inhaling it as it is being diffused in the atmosphere.

 A very simple definition of herbal medicine that I like to use is that we are using the compounds that the plants produced for themselves for parallel functions. Therefore, when we use the aromatic plants and the essential oils, we are using the compounds that the plants produce to protect themselves to protect ourselves. One of the reasons that the plants produced essential oil compounds is to protect themselves from microbial invasion and infection. We also see that the aromatic plants respond to climate changes and extreme weather conditions with an increase of essential oil production. Therefore, we can put these ideas together and we can see that if we are using the aromatic plants and the essential oils that basically we are bringing in botanical immunological intelligence into our home to be able to gain some of the strength that the plants have and being able to resist excessive heat, excessive dryness, changes in the seasons and the microbes.

 Now, there are a lot of different ways of using essential oils, but let's just start with the most basic home pharmacy application and specifically the oils for protecting the respiratory system. Of course, all essential oils in a diffuser are going to be diffused into the atmosphere of the room, and they will therefore come in contact with the respiratory mucous membranes. That gives a huge variety of aromatic species that we could consider, and many, many essential oils are very beneficial for the respiratory system. However, I will mention just a few major oils that are a good starting point for this general purpose. The most important oils in my opinion for protecting the lungs in a diffuser would be the conifer oils, spruce, pine, fir and Junipers, and there are many, many species of each of these types of oils. So there's a lot of oils to choose from just starting with that basic category. If we think about what is a conifer oil, it's the immune system of the forest. So when we put some silver fir oil or some spruce oil into a diffuser, those molecules that are coming into our home are basically bringing the life force of the forest into the home, which has not only a nice uplifting fragrance that reminds us of being in the forest. But it actually has the immune-stimulating power of being in the forest because the immune compounds from the trees will go directly into our lungs. Now, these oils also have a long history of being used primarily to treat respiratory conditions, and so they are decongestant, they are antimicrobial, they are anti-inflammatory, they are mucolytic, they are antitussive, they calm coughing and so forth. These oils, therefore, offer great protection against a wide range of microbial pathogens, and that includes mold that's in the house. As well as having a very positive, balancing, strengthening and immune-enhancing function on our respiratory mucous membranes.

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We can add a few more oils to this collection, and the next choice would be the eucalypti oils, and there are several species. The most commonly found are going to be the Eucalyptus radiata and the Eucalyptus globules, and these can be combined actually with the conifer oils. They're very easy to use. They're very safe for the most part and they are also highly effective. Now, if you want to increase the antimicrobial potency of the essential oils coming out of the diffuser and also increase the therapeutic benefits if you have an upper respiratory infection of some type, you could add three more oils. You could use tea tree, you could use ravensara, and you could use the tulsi essential oil. These essential oils are much stronger. They have a high risk of dermotoxic potential if they are used undiluted on the skin. So for this particular purpose, I'll say just use them in the diffuser, and you'll be perfectly fine. There aren't any warnings or contraindications about using that. You can also combine these three oils one at a time with any of the conifer or the eucalypt oils also. So you have a lot of flexibility in the type of respiratory protective blend that you could make, and because it's in a diffuser, you don't have to really worry so much about how many drops or the correct proportions or anything. This is very inexact science. Just take a couple of oils, splash them in the diffuser, turn it on and enjoy the benefits.

 I'll mention a couple more simple uses of essential oils for strengthening respiratory immunity, and this is specifically for the eucalyptus oils and the conifer oils. These oils can be used nicely in conjunction with a bath and shower and hydrotherapy. Hydrotherapy meaning different temperatures of water in the bath or the shower. So these oils can be used quite safely. If you just put a couple of drops on the palms and rub it on your chest while you are in the shower, and this will give a very nice vaporizing type of effect. It's basically the same concept as using the conifer branches or the eucalyptus leaves in a traditional sweat lodge or a sauna. You can also consider putting the essential oils in some water and pouring that on the rocks if you have a traditional type a sauna. Same effect. You can do this also with a bath. You just need to keep in mind that when you put essential oils on water, they float and that can create the problem of too much concentration getting directly on your skin because they are hydrophobic, meaning they're floating on the water, but lipophilic meaning that they will love to get on your skin. So the problem with using essential oils in the bath is that they don't disperse very well. But these oils are relatively safe and overall fairly mild so you can easily put two to four or five drops of a eucalyptus oil or a conifer oil directly on a bath, stir it around a little bit to disperse it, and then get in. This will give you a very nice treatment for respiratory conditions as well as immune-boosting effect for the respiratory system. There is another way that we can use hydrotherapy with aromatherapy, and that is the alternating hot-cold shower concept. This is something that is very strengthening to the nervous system, very strengthening to the immune system overall, and it's the basis of coming out of a sauna and jumping into a cold stream. But a couple words of warning here. Don't do this if you have any kind of cardiac weakness, heart problems. Don't do it if you are unaccustomed to doing it and build up to it slowly. However, what I have seen is that if you use the essential oils of conifers and eucalyptus directly on the chest maximum two to four or five drops in a hot shower and then you turn the temperature down so that you are getting a couple minutes of lukewarm and then turn it back up to hot, and then turn it down to where it's cool and then turn it back up to hot, and then turn it down to cold and then turn it back up to hot. If you gradually build up to this treatment, you will notice that when you get out of the shower or the bath that you actually feel significantly more energized. If you do this over a period of time, it will gradually strengthen your immune system and respiratory system, and it will work very nicely to add the essential oils to that. So enjoy this, go slowly, don't shock your system too much, and you should see good results over time.

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These first two segments that we have just covered on the aromatic herbs and spices and the simple use of essential oils is the foundation for protecting our respiratory system. It's very simple. It's home pharmacy level. Anybody can do it. There's very little concern about warnings, adverse reactions and so forth, and there's a great range of benefits. As a matter of fact, for a lot of people who have respiratory conditions, this can be enough to make a huge difference. This can be enough that you could be one of those people who can say, "I used to get a lot of cold and flus." Now this group of herbs and essential oils is not just antimicrobial and protective against airborne pathogens. This level of treatment can actually protect us against a lot of different things in the atmosphere. You can think of this group of herbs and oils as basically helping us to have a harmonious relationship with the air element of our home and outside as well. For example, in some parts of the country, people are exposed increasingly to a lot of smoke from climate change affecting the forests that are going up in flames. We see this in many areas of the West and we have had plenty of experience out here in using the diffusers to protect our respiratory systems against this type of contamination. What we know is that when the home is protected with these aromatic molecules that it creates a kind of bubble of safety in the air element around us while at the same time strengthening our immune systems against the toxins.

 Now that we have created the foundation for protecting the respiratory system using the aromatic herbs and essential oils, we can start adding some specific herbs for specific purposes. These herbs can be taken in a variety of different ways. They can be found in tinctures and capsules and powders. Sometimes bulk herbs such as chopped root that can be cooked. And I'll cover this in a little bit more detail when we get to the end of this module and are looking at the file for various sources. However, in general, and since we're going to be talking about a handful of important herbs, these can be added to the teas that you have already heard about either by adding the tincture directly to the cup of tea or taking the capsule with the tea. The first herb I would like to present here is licorice, and licorice is a very well-known herb. For the most part, it is fairly safe, mild, highly effective, but it also has some warnings and contraindications for those on medications that I will mention. In Chinese medicine, licorice is considered to be a chi tonic and supportive of the respiratory system. So this herb is used for a wide variety of things. We're going to encounter it actually in several modules, but I'm going to present it here as a primary immunomodulator that helps to support a balanced immunological response in the lungs to the outer air element and things that we are encountering, whether it is increasing our resistance to external microbial pathogens or whether it is decreasing our reactivity to allergens. So because it's considered a chi tonic, that means that it has a strengthening effect. It gives us energy, it gives us vitality, it gives us immunological resistance. But because it is also immunomodulating, it also is regarded as an herb that has adaptogenic functions. In other words, it helps the body to adapt to stress and especially to changes in the weather, to periods of hardship, mental and emotional stress and so forth. And these are all periods of time when the immune system becomes compromised and rundown.

**[1:05:23]**

 Licorice has a sweet flavor and a nourishing, moisturizing, hydrating effect on the tissues, specifically in this case, the mucous membranes of the lungs. And is therefore primarily a building type of herb that increases our resistance and strength as opposed to a detoxifying herb. On the other hand, licorice does have significant anti-inflammatory powers so we could say that it does have some detoxification properties at that particular level. The primary active compound in licorice that has received a lot of scientific attention in research is called glycyrrhizin. This is a potent immunomodulator which has a direct effect on the activity of the white blood cells, and the white blood cells of course are one very important aspect of our immune system and respiratory immunity in this case specifically. The studies have shown that glycyrrhizin enhances the immune response when there are invasions of viral and bacterial infections. Glycyrrhizin is documented as a very potent antiviral agent, and therefore, we can see that it can be useful in upper respiratory conditions and we will also meet this again when we come to the module on protecting the liver. So I would advise that you bring the licorice root in if you have a constitution that is more depleted and you have more dryness in your system. This is because licorice has the tendency to build the fluid and it has a moisturizing property.

 In Chinese medicine licorice is known as a so-called twofaced herb, which means that on the one hand it has great benefits, but on the other hand it has some potential dangers. This comes from its effect on the fluid system and the hormonal system. Specifically, licorice, if taken for too long in too high doses can create edema, fluid stagnation, and can increase high blood pressure. So for those of you who have issues such as these, it is best to avoid licorice and there are plenty of other herbs to use instead. I suggest that you use licorice if you are exhausted, if you have adrenal fatigue, if your nervous system has been going through a long period of stress, and this is the underlying cause of the immunological weakness in the respiratory system. This is very common and licorice is a very important herb for this. I would advise, however, that you use licorice one or two times a day maximum and use licorice for a week, two weeks, and then take a little time off. I don't suggest that people take licorice on an extended basis. Even though for the most part, if you do not have a propensity towards high blood pressure or fluid stagnation, it's relatively safer, but I'm just advising this to be on the conservative safe side. You can get licorice products that have been deglycerized with the glycyrrhizin removed, and I will list some sources for that in the source file. And for products like that, then there is no concern about the adverse reactions that I have mentioned previously. Most likely, those products are not as effective since one of the most important active ingredients has been removed. But nonetheless, since herbs have many effective compounds in them, I am sure that it is still effective on many levels while reducing the risk of the adverse reactions.

 I'll give a few doses here for different forms that you can find licorice root. I will give the sources again at the end, and those sources will include tincture powder and chopped root. Chopped root, you can cook one teaspoon per cup of water, but it needs to be boiled longer than the herbs that are aromatic. The aromatic herbs should actually only be steeped. They should not be boiled. You can boil one teaspoon of the chopped root per cup of water for approximately 30 minutes and you can take that tea in doses of approximately one quarter to a half a cup one or two times a day. If you really need the energy and support from it, you can take it three times a day, but this is a good safe dose. Now, you can also use that tea to steep the other aromatic herbs in. And so you can easily make licorice and tulsi tea and you can also boil the ginger root, the fresh chopped ginger root, with the licorice root as well so you can have licorice ginger, and then infuse tulsi or peppermint or any of the aromatic herbs along with that also. So now we're seeing how we can build the pharmacy a layer at a time.

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 In terms of the tincture, the dose can be easily comfortably around twenty drops at one time and you can do this once or twice, maybe up to four times a day if necessary, but twice a day is probably a good amount. Typically, this is also a little bit of an inexact science because you can purchase the tincture, and it will come in usually a one ounce dropper bottle. That's how most of these come. Basically we just advise the dose by the dropperful. I would say one dropperful. That could be a little bit over 20 drops but that's okay. This is flexible. And then finally we have the powder form, and you can take this in a dose of one quarter teaspoon once twice or three times a day. This is also usually the equivalent of the doses that are recommended if you get the licorice in the capsule form or the tablet form. Usually those products suggest that you take one or two capsules or tablets at a time.

 Let's continue building our low cost herbal pharmacy for strengthening our respiratory immunity. The next herb is going to be astragalus, and astragalus is another excellent example of a chi tonic as it is called in Chinese medicine. Astragalus is a very well-known herb now. It was not very well-known even 10-15 years ago, but it is now very popular, and that's because it is highly effective and even safer in most ways than licorice root. It's also relatively low cost, about average cost as far as a tincture, and if you purchase it in bulk as a chopped root, the cost goes down even more. So it's an excellent herb to have in our collection. Astragalus can be considered even more of a tonic for the wei chi, the protective chi of the surface and the lungs than licorice root. It's more specific for that particular purpose, and it is even stronger in protecting from pathogenic environmental factors. That includes the seasonal changes, the weather and the atmosphere around us as well as the microbial pathogens, and in Chinese medicine, these would be called the evil chi of wind cold and wind heat or wind dampness, basically anything attacking our lungs at the respiratory mucous membrane immunology level. So astragalus is a very potent immune enhancer. Another thing that's interesting and important about astragalus is that it works both on strengthening the power of the digestive system and strengthening the power of the lungs together. So this is another herb that is especially indicated when there is underlying weakness and deficiency, exhaustion, fatigue and depletion.

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This is another important herb to think about when a person has a low immune system, is tired and easily catches colds and flus. This will have much more of a long term and deep acting effect than licorice in terms of building our external resistance and protecting our lungs. Astragalus is a very important herb for people who are recovering from a long-term illness or conditions where the immune system has been damaged, for example, going through chemotherapy or radiation. We see that astragalus is also indicated for women who have had blood loss, for example, after a miscarriage. Astragalus is known to rejuvenate and replenish the red blood cells, therefore, increasing oxygenation of the body, which is another way of enhancing the wei chi and supporting the respiratory immunity. So astragalus is one of the most important herbs whenever there is a generalized immunological weakness that is arising out of deep exhaustion and depletion. It does not have the same concerns about herb-drug interaction or potential adverse reactions as licorice. In my opinion, it's actually a much safer herb overall. However, the one situation where it is generally agreed astragalus or should be avoided is if we have already developed an infection such as a cold or a flu where we have a high fever and respiratory congestion with a lot of phlegm. Astragalus comes in the standard forms: chopped root, tincture, powder, capsules and so forth. In general, the dosage can go considerably higher than licorice. We can take up to two tablespoons of the powder every day and we can mix it in with various drinks and put it in our soups and so forth. The chopped dried root can be cooked, but we can increase the dose to a tablespoon per cup of water and we can simmer it for 10 to 15 minutes. The tincture we can take a teaspoon or two, three, four times a day in some water. Astragalus root is frequently cooked in Chinese soups as part of the diet. You can find astragalus root dried and cut. They look like long tongue depressors. They are easily available online and through Chinese herbs stores. Typically you can just take three to five of those pieces of dried root and throw them in a soup. It does not have a strong flavor so it's not going to affect the flavor of the food, but you don't want to eat them because they're very fibrous. However, it will increase the nutritional value and the immune-enhancing value of the food considerably. So astragalus is a good herb to actually add in with our diet.

 Astragalus and licorice root go together very well, so you can simmer them together, and of course that can then be added or used for making the other aromatic blends as well, so astragalus-licorice-ginger or astragalus, licorice and tulsi and ginger. All of these can be layered together and we start to get a very nice immune-enhancing type of tea. I'll just mention that the two herbs licorice and astragalus, as I have described, are considered in TCM to be chi tonics and specifically for increasing the wei chi, the protective chi of the surface of the body. But these two herbs are also sweet by nature and nourishing, and therefore, we can say that according to Ayurvedic medicine that they are building the ojas. Those of you who have been in previous courses have a pretty good idea of what ojas is, but for those of you who are just joining us for the first time, I'll give you a very brief description. And you will hear it unpacked in future modules as well because it's a core principle that we're going to talk about. Ojas is the foundation of immunity at the nutritional essence level. In other words, there's an aspect of our immunity that is very deep, it is related to the quality of our nutrition, and it is the core energy at the level of fluid essences.

 On the other hand, the aromatic herbs and the essential oils represent a different level of immune protection. They also can be classified as strengthening to the wei chi, but more specifically, if we translate their functions into Ayurvedic terms, what we see is that they have more to do with the prana, the life force of the respiratory system. So now we can combine these ideas, and we can see that what we're doing is layering different types of herbs with different flavors, and we are actually increasing our respiratory immunity, increasing our resistance to external pathogens and toxins by building both the fluid essence of the ojas, the core immunity of the fluid system, as well as increasing the energetic protection of the respiratory system and specifically the life force of the breath or the prana.

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 Now let's discuss two more herbs that are in a different therapeutic category, and these are Echinacea and elderberry. Both of these are very common, they're very well known at this point, and they have different effects than the herbs that we've discussed so far. Specifically, these two herbs are what we call immunostimulant. The aromatic herbs have some immunostimulant functions, but they're working more at the level of decongesting the respiratory system or at the antimicrobial level especially in the atmosphere with essential oils. Herbs like astragalus and licorice are immune-building, but they are a little bit more in the category, especially licorice, of immunomodulating. Meaning that when the immune system is low, the herb brings the function up, whereas if the immune system is overstimulated in the case of allergies, it brings the reactivity level down, and that's particularly the case with licorice.

 Now, an immunostimulant herb has the unique properties of activating the functions of the immune system so that they become more aggressive and more effective. We can see a very good example of this with Echinacea. Echinacea is a very interesting herb. It has a long history of use by the Native American people in their ethnobotanical tradition, and they used it primarily as an anti-venom herb. However, now we are using it for different functions primarily as an immunostimulant for upper respiratory infections. Echinacea is best used as a tincture, and that is because the compounds in the root tend to degrade rather quickly. It is possible to get fresh Echinacea root if you grow it yourself. You just dig it up. And if you chew on the fresh Echinacea root, it's incredibly powerful. It will numb your mouth, it will make you salivate, it's a very, very strong herb and you don't need very much of it if you have it like that. But the compounds do become weaker after the herb has become dried and capsulated, especially if it's sitting on the shelf for a while. So for that reason, the Echinacea tincture is really the most effective way of using it.

 I will, however, give several sources for different preparations because you may not get along without alcohol. You can get the glycerin extract, but I don't think that that's as good as the alcohol extract if you can use it. A lot of people asked this specific question about using alcohol-free extracts which are based primarily on glycerin. And I don't think glycerin is a particularly good substance to be consuming. I think that it is questionable in terms of its origins, meaning that a lot of glycerin probably comes from GMO sources. It's also somewhat of a synthetic product in how it's manufactured. So it's not something that I'm a big fan of personally, but I will give several sources for good Echinacea products. We should think of the use of the aromatic herbs and spices and the essential oils in the diffuser as more of an ongoing practice. We should think of the use of the herbs like astragalus and licorice more as a building program, and then we should think of the use of Echinacea and elderberry specifically to fight something when it is starting to attack us. So Echinacea has an excellent reputation both in folk medicine and getting a lot of acknowledgement from modern research as well, which is showing that it is indeed a very potent therapeutic agent. It is used pacifically for infections of the upper respiratory tract. And that includes colds and flus, cough of various types, inflammation of the throat. It attacks both viruses and bacteria and so it can also be used for sinusitis and for low immunity at the respiratory level. So it's an excellent herb to include in our discussion about protecting the respiratory system. The major thing that we see when using Echinacea is that it decreases the severity and the length of time of respiratory infections. That's the primary outcome that you will see.

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 Now, the way to use Echinacea is for a relatively short period of time at a higher dose. In other words, we want to just hit the pathogens, the wind heat or wind cold as they say in TCM as effectively as possible to expel it as quickly as possible. Therefore, you would like to use the Echinacea tincture several times a day. An exact dose on this is a little bit hard to determine because there are several constitutional factors that we have to consider. First of all, Echinacea has a definite stimulant effect and it also has a definite drying effect. Therefore, there is a likelihood that if you start taking three droppers of Echinacea per day, one dropper three times a day, that you could feel definite benefits with no side effects. But on the other hand, if you go up to six droppers per day and you do that for two to three days, you may start to notice some significant overstimulation and dryness starting to happen. And that could manifest as restlessness, insomnia, anxiety, dizziness, and it can also be upsetting to the stomach. So this is an herb that we would say in Ayurvedic medicine has a tendency to increase the Vata. You can soften the effect of that if you put the Echinacea tincture in licorice tea. On the other hand, you can also potentize the effects of the Echinacea if you take it with ginger and tulsi.

 So as a general concept, we don't use immunostimulant herbs when the immune system is already overstimulated and that makes sense. We would want to avoid Echinacea then in cases of allergies or autoimmune inflammation. But there does seem to be a little bit of conflicting information about this, but for now let's just use Echinacea for its very specific purpose of activating the macrophages, activating the phagocytic activity of the white blood cells so that our immune system at the white blood cell level becomes increasingly aggressive against the microbial invaders. That's the best way to think about it. If you would like to do a little visualization, whenever you take your Echinacea tincture, you can feel it physically giving you energy and boosting your system and you can visualize that the immune system is responding at the white blood cell level. That's a nice way to increase the potency of any type of herb actually is to understand what it is doing and to visualize and to concentrate on the body sensations of that happening when you take it. So I hope that gives you a good overview of the general functions of Echinacea and now let's talk about one of everybody's favorites, the elderberry. Elderberry is an immunostimulant, and it is highly effective and very safe. It's a very good remedy for children. I will also give a few links to some children's products for protecting the respiratory system. And you will see that elderberry and Echinacea are frequently found in children's formulas. I don't have to take a lot of time with the elderberry because it's very simple to use. The most common form that it comes in is a syrup, and I would say the only primary concern with that is that you want to find a syrup that has high quality ingredients, not too much sugar, and of course that's a little bit of a problem for those who have blood sugar problems and for diabetics. But you can find it without any sweeteners at all, just in a pure concentrated form, and that's how I would suggest that you use it.

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 Elderberry has very significant antiviral powers. That's the main thing that we can consider when we take it. And because it is immunostimulant, we would like to take it when we are starting to feel the first stages of getting run down, first touch of a little sore throat coming in, first signs of the wind attacking. So the way elderberry works is primarily through its nutritive compound, specifically through flavonoids. It's a great-tasting, easy-to-take mild type of remedy that is definitely highly effective. Elderberry will mix very nicely with some of the other herbs that we have mentioned. For example, you could put the concentrate into astragalus tea, astragalus-licorice tea, astragalus-licorice-ginger tea and so forth. It's pretty flexible how you blend these together because these are all really food-grade herbs. I would say the strongest herb that we have talked about really is the Echinacea as far as its stimulant properties, and all of those combinations of course go very nicely with the essential oils in the diffuser.

 Unfortunately, we have run out of time. We still have several major points to cover actually in Module 1, but that's okay. We took a little extra time for introduction, orientation at the beginning, and so we'll just continue with this next week. We will finish subjects such as the use of the medicinal mushrooms for protecting the lungs and some protocols of using herbs and essential oils to help stop smoking. Snd some herbs that can regulate the terrain of the mucous membranes of the respiratory system. So constitutionally, we don't have a tendency towards too much dryness or congestion or inflammation, all of which can lead to an underlying susceptibility to external pathogens and toxins. I'll just mention additionally that even after we finish the major points of this module in the first part of next week's class that we will continue to meet herbs that are beneficial for the respiratory system as we go along through other modules as well. For example, in this module, we met a few herbs that I mentioned are going to be helpful for protecting other systems, for example, the licorice for protecting the liver. Likewise, as we go through the different modules, we will also be hearing about herbs that can be classified as major protectant herbs for each specific module, but a lot of those herbs will also refer back to protecting the lungs as well. So in this way, you will learn how to see the herbs in a more multidimensional kind of way. It's not simply this herb does this. Herbs do a lot of different things. So hopefully by the time the course is over you will have a very holistic understanding of a wide range of herbs and where they overlap in terms of their functions with different organ systems and where they have specialized targeted types of activities as well.

 I would like to bring your attention now to the file on the sources. If you go back to the course page and click on Module 1, you'll see where the files are that we've already taken a look at and you'll see the specific file now for sources. The way that I organized this was according to the flow of the lecture where we go herb by herb, and with each herb there are multiple sources that are listed. Now, my choices for these products are based on a few simple criteria. First of all, quality, and in my opinion, quality means organic, but it also means sustainable. So we would also like to support companies that are doing good work in the world. Companies that are preserving ecosystems through ecological agricultural practices and giving people work in a sustainable nontoxic industry. Many of these companies that are listed here are doing that. So I feel good about referring these particular people and these projects and these products to you. Several of these companies are places that I've been working with now for many years in my clinical practice, and there are also a lot of new places that are coming. I also invite you to post on the webcast your favorite sources as well as this, and this will be an ongoing project. I keep learning about more and more good places for good herbs.

**[1:35:00]**

So hopefully this file should be helpful for everybody especially for those people who are not familiar with where to get high-quality herbal products. For those of you who do have good sources already, you can now increase the number of places that you know about, which is very nice. I think this is a very important resource that we should be developing and know where to get more and more of our medicines for our home pharmacy. You will also see on this file for sources that I have listed Floracopeia as your possible source for high quality essential oils. And I'll mention that the students in this course will receive a 20% discount if you use the discount code PROTECTION17. So that discount is available to all of you for the duration of the course. It will good for the next three months. The way to use that is to go down to the bottom of the course page and you'll see a link that will take you to that page for using that discount code. That code applies also for the student tester kit which you might be interested in. So your homework assignment is quite simple. Just go ahead and review this material, listen to the audio again, read the transcript because there's a lot of information that went by very quickly, and take a look at how you can start to build your pharmacy. If some of these herbs sound like they are the right thing for you, go ahead and order them or find them locally. For the aromatic plants, that's relatively simple because a lot of these can be found at farmers' markets, can be found even in large grocery stores. And these are things that I would also encourage everybody to think about bringing in to community gardens around you and into your own backyard. So let's think in terms of starting to grow our medicines as well as being able to shop for them online. With that, we will conclude this module and we will shift over now to our question and answer session. Before we do that, however, I just want to mention that I have a normal routine that I do. A lot of times there are so many questions that come in on the webcast that there's not enough time to answer everybody's question or discuss them and there's not enough time for the phone calls either. So what I do is I will post a file every week that answers all the webcast questions. So if we don't get to your webcast question, don't worry, look in the files next week, I'll have an answer for you. And if you don't get your call answered, then please post your question or your comments or your testimonials, which are always nice to hear about, on the webcast. You can do this during the week. You don't have to wait until the live class. You can put in your questions or comments anytime on the webcast. So with that, now let's go ahead and go to the question and answer session.

Colleen: Wonderful, David. Thank you so, so much. This is awesome. I just want to let everyone know how they can ask the question. If you've called in, you're on Maestro. Please press 1 on your telephone keypad to raise your hand. If you're on the webphone, of course, you'll have a telephone keypad that is on your screen, so press 1 on that. And as well, keep sending in your questions and comments on the webcast. We have our first caller, David, and this is [Participant]. Go ahead please, [Participant]. You have the mic.

Participant: Okay. So you mentioned astragalus was not good to use if you've already developed an infection or with a high fever and phlegm. So I'm just curious as to why that is.

David: Well, it's a general principle in Chinese and Ayurvedic medicine that when you have a condition of excess and heat that you use herbs that are more clearing and reducing as opposed to building. In general, that seems to hold true. We're basing our statement here on empirical evidence. I would say that astragalus is a very, very helpful, benign, widely used herb that's going to build the immune system on many, many levels. But it is commonly regarded amongst herbalists that if you do have a full excess heat condition that that's not the time for building the immunity. It's a time for clearing the heat and detoxification. So it basically represents two completely different therapeutic approaches. So since astragalus is really more of an immune builder, it is not thought of as a primary herb when there is congestion and heat. There are lots of other herbs that are considered first for that particular purpose.

Participant: Okay, thank you.

David: Okay, thanks. Good question though. All right, why don't we just alternate back and forth here for a few minutes and I'll just go ahead and take some of these questions from the webcast. We have another good question here. I'll just start at the bottom. We have a very, very long list of questions on the webcast, and thank you very much for all these questions. I'm glad to see people so engaged. Don't worry, like I said, you're going to see everything answered. Next week will be a full file for all the things I can't answer here. So here's a good question to cure a recurring lung problem, don't we need to address things like toxicity, like the liver system and other organs like the spleen and stomach and the kidney and also emotional issues, grief, loneliness and so forth? And what would be the most important to address and how with essential oils and body work? If a person is currently coming down with a lung infection, possibly pneumonia, how should we proceed? Okay, that's a whole lot of questions all at once, and so I'm going to just unpack these slowly and start at the top. What I would say is that in a certain way, yes. If you have a reoccurring lung problem, you do need to address various kinds of symptoms. The reason for that is because there may very well be some underlying deficiency that is leading to it, but there might not be. It could be that the recurring lung problem is really just because of something in the lungs or it could definitely be related to something in the digestive system.

 Now, what you're going to see and learn as we go module by module is that things are presented according to different organ systems. And as we go, we're also going to be studying not just how to protect the organ systems and what to protect them from, but we're also going to be learning the relationship between the organ systems and how when you protect one system you protect another. So in Module 2, we are going into protecting the digestive system, and you have already started to learn that the respiratory system is very much affected by the digestive system. So when we come to the digestive system and how to protect the digestive system, we are also protecting the lungs. It could be that in some cases that people's immunological weakness at the respiratory level is really coming from a digestive weakness. That's very common actually. There's a digestive weakness, a cold constitution and phlegm is building up and so forth.

 So that's something that is correct, but we now go to the second part of the question, how do you address it first if you are coming down with a lung infection? Well, that's really diagnostic medicine, and that's really outside the scope of this course. Because what we're talking about here is a course on preventive medicine, and yes, it overlaps into some specific treatments. For example, the things that were given in this particular module, for example, in between the respiratory infections that there's a cycle where it's reoccurring, in between the infections, that's the good time to take astragalus. When the infection is starting to come on, that's a good time to start dosing with Echinacea and elderberry. It depends partly on the cycle of what is this recurring respiratory kind of problem and when you might want to use certain herbs. But in order to determine that, you need to have a good medical diagnosis and that's when the consulting email comes in, and a lot of times many, many questions come in these modules that are medical in nature. As long as they are on topic and beneficial for everyone to discuss, then we can open them up either on the webcast live or on the file or whatever. But a lot of times people are asking very specific diagnostic questions, what do I do for possible pneumonia? That's a medical question and it's really outside the scope of this particular module other than mentioning that strengthening different systems can indeed strengthen the respiratory system. And strengthening the respiratory system can indeed help to protect against reoccurring lung infections. Absolutely. Beyond that, that's really a question for the consulting email, but very, very good question and it really does address a lot of things that I think are relevant for the course.

**[1:45:23]**

 So Colleen, I'll turn it back to you. We're out of time, but I like to just go on and on, so let's take one more call and then maybe one more quick question from the webcast.

Colleen: Okay, thanks so much, David. This is wonderful. We have [Participant] on the line. Go ahead, [Participant]. You have the microphone.

Participant: Thank you. Hi, David.

David: Hi, [Participant].

Participant: Hi. I'm still here. What would your primary suggestion be for protecting lungs and respiratory system specifically from carbon monoxide pollution, car exhaust, leaf blower exhaust, that kind of stuff?

David: Well, this is a completely different topic, and we still have Module 2 to unpack a lot of these things. This is one of the things that we're looking at in Module 2 because the way we're going to start that module is by acknowledging that there are things that we can protect ourselves and then there are things that we cannot protect ourselves from. And then there are things that we can sometimes under certain conditions protect ourselves from. So in this particular case, everything that was presented in this particular module can be particularly helpful, especially the essential oils in the diffuser because they have atmospheric purifying types of properties. So in general, when we use the conifer oils to protect from smoke in the environment and things like that, they are going to be very supportive. It's not only that they actually attack pathogens in the atmosphere. That is known and documented. It's not only that, but they are also working on the terrain of the respiratory system to help strengthen it as well. The real issue with your question is we should just stay away as much as possible. Whenever we do have any kind of control over things like that, then it's better. So when it comes to carbon monoxide, if possible, this is something that should absolutely just be kept out of the house. When it comes to guys coming around with their blowers, I don't know that that's carbon monoxide, that's probably gas fumes, that's a practical thing to just close the windows. Then after they are gone, just get some ventilation going. There's a lot of these things to protect ourselves environmentally. The herbs will help us at the immunological level, and we want to build ourselves up and there's absolutely no doubt about it that they can be very helpful. But then a lot of times there are just certain things we have to take actual mechanical steps to avoid. If you are traveling in a big city in India, for example, you may actually need to wear a respiratory mask and you could put a couple of drops of essential oils in there to filter it out a little bit more. You may have to put a scarf around. There are places in the world where the air pollution is so extreme now that people have to take actual measures to get an air purifier in the house and all these types of things. It's not just the herbs. The herbs can help, but we have to take further steps as well. That's a big subject. We'll unpack it and cover it a bit in the class next week also. But good question. Thank you.

Participant: All right, thanks, David.

David: Okay. So let's see here. So many questions and unfortunately we've run out of time. What I'm going to do, since I always answer everybody's question, is post a file next week with extensive answers for everybody. Lots of good questions here. So I just want to say thank you again to everybody, both on the webcast and the phone. Thank you, everybody, for joining the course. I know that it's a big investment of time, energy and money to do it, and I hope that you found the first class beneficial. Keep in mind that there's lots and lots of information about protecting the respiratory system that will be coming not just in the next module but layer by layer by layer. It's a layered course in that sense.

**[1:50:02]**

Okay. So at this point, we turn it back to Colleen. I will invite everybody to take advantage also of the breakout groups. That's another resource that's available for you, and that's a great place to meet your fellow students and to talk about questions like what was the most important thing that you learned in this particular module. And maybe you have some additional information about some good sources or a testimonial about how you have experienced these herbs. Maybe some further questions. But it's a great resource. It's a great place to interact with other students who frequently have a tremendous amount of information to share as well. So I'll just invite everybody to move into the breakout groups, and I'll say thank you again and have a wonderful week. I'll talk to you in a week and we will continue with this topic and then move into the digestive module. So Colleen, I'll turn it back to you.

Colleen: Thank you. Much gratitude, David, from all of us here listening now and the ones that will be listening in the future. Thank you so, so much. It was a great session. Perfectly timed for this season.

**[1:51:16] End of Audio**

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