



Webcast Questions & Comments

Session 1 - 01/12/17

Could you please explain the differences between immunostimulant and immunomodulating herbs

Immunostimulants activate a more aggressive immunological reaction to pathogens; immunomodulators balance immunological functions, raising hypo and decreasing hyper functioning.

This is my third course with you David in one year. Good to hear your voice again. Thank you!

Thank you for joining so many courses, much appreciated!

Hi David, I wonder how you would use Rock Rose/ Cistus incanus. I hear that it has quite some power against viruses and bacteria, can stop respiratory tract infections and even cure Lyme disease.

This is used mostly as an essential oil, and all essential oils have significant antimicrobial powers. The problem with claims about the antimicrobial powers of oils is that they are almost always based on in vitro research, which cannot be translated into in vivo applications. For respiratory infections the essential oils are very reliable because their vapors and molecules come directly in contact with the respiratory mucous membrane, but for infection in the tissues and blood such as Lyme's a long term herbal program is needed, and claims that an essential oil can be taken internally to cure it are false.

Wonderful first class, thank you.

Thank you, you are most welcome.

I have encountered a lot of conflicting information in regards to the safety of using chamomile either topically or internally during pregnancy, I was wondering what your option is on this topic.

Essential oil or herb? The use of the essential oil properly diluted is generally safe for

purposes such as massage or bath after the first trimester; essential oils should never be taken internally, especially during pregnancy. As a tea, chamomile is consumed by millions of people daily, so I would consider it low risk, unless the mother is highly allergic to the ragweed family of plants.

When using EO in difussers is using the lamps with candles good or not to use?

Not good...poor diffusion, they make a sticky mess, the residue can ignite, etc.

-1h 49m 2s - Which of these herbs do we need to be careful if the person has kidney disease and has to stay away from potassium intake.

Licorice is the only one in module 1.

How do you feel about adding stevia to herbal concoctions? I'm noticing this in new comer brands. Likely best to avoid. Do you agree?

Yes, best to just use the pure herbs.

Do you have any recommendations on herbs for altitude sickness?

Reishi mushroom extract and coca tea are the best.

Will you please elaborate on the effects of the low cost culinary herbs in relation to the respiratory system which you quickly mentioned in the beginning of the module?

The aromatic herbs and spices support digestive function, are carminative and digestant, anti-inflammatory, antioxidant, antimicrobial, expectorant, decongestant, immunostimulant, circulatory enhancing and so on.

We discussed astragalus as powerful for recovering from illness, chemo etc. Any dangers to be aware of?

Don't use it if you are on immune-suppressant drugs for an organ transplant, or if you have a high fever with a lot of lung congestion. Otherwise it is a very safe herb.

So happy to be here for my 4th class taught by you! How long do roots retain their health benefits? Can they be frozen to keep even longer?

4th class? That's real dedication, thank you!

It depends on the roots, and how they are stored. If they are dried well without heat damaging them, and stored properly, most should retain their active compounds for at least a few years.

Hi David. Do you know if the herbs mentioned in this module be safely combined with kombucha? The reason I ask is because I love making kombucha and feel

like it is quite medicinal for me, and would love to make varieties of it using herbs as well. Many thanks

Yes, you could experiment with that. I don't know anything about how the active ingredients would come out of the plant material or how they would interact with the fermentation, but since herbs are extracted routinely with both alcohol and vinegar I imagine they would be fine.

mountain rose herbs, as a supplier. thoughts?

Good basic supplies.

Can you please comment about salt pipe inhalers combined with essential oil (peppermint). I used it couple times, but discontinued because when inhaling the cool essential oil in the pipe it actually felt like burning sensation throat. Thank you.

Inhaling any essential oil directly into the lungs in concentrated form is potentially damaging to the mucous membrane of the lungs; peppermint is especially dangerous. In extremely diluted form I have heard that some oils such as eucalyptus can benefit cases of more severe respiratory problems, but it should be considered a clinical level of treatment that carries some risk.

Is it important to use only organic oils in the diffuser, if one is dealing with a serious medical condition?

Only pure essential oils should be used at all times, in all forms of application, for all medical or preventive purposes. Unfortunately, the industry is widely affected with adulteration and contamination of the oils.

can you please elaborate on the actions of tulsi in regards to the respiratory system.

The essential oil in a diffuser is purifying to the atmosphere, immune supporting for the lungs, and supportive for mental energy. The tea is adaptogenic, immune enhancing, supportive to the digest, respiratory and nervous systems, antimicrobial and anti-inflammatory, good for colds, flus and fevers, and many other functions.

Hi David, Very glad to be here and looking forward to this course very much. I have a question regarding young children. When you have young children and babies can you still use essential oils in diffusers for the air?

Normal use of a diffuser in the home using safe essential oils as the ones I have mentioned are generally fine for children after age two, unless they have extreme allergic or immunological issues that might react to oils. For infants it is best to keep

exposure to a diffuser minimal.

Is there a reason why you started with the respiratory system? Thank you

The first several modules are based on what we are protecting, and rest are what we are protecting against. The first module is the most superficial, the lungs, and we are working our way into deeper levels into the liver, heart and brain. The later modules will cover herbs that work systemically rather than on a specific organ system.

I am very excited and anxious to start what I think is going to be a very interesting course for me.

Thank you. I hope you are pleased so far.

what is the difference between a diffuser and a nebulizer for essential oils

There are two common types of diffusers. The first is based on ionizing water.