



## **Webcast Questions & Comments**

### **Session 1 - 01/19/17**

**Hi David, I am a palliative care Nurse. I am interested if you have experience using herbs for symptom relief in patients who are dying. Patients experience breathlessness, thick secretions, constipation and dry mouth. Could herbs be helpful during this process?**

I have limited experience with hospice treatments, and most of those are working with the “sacred scents” of aromatherapy, such as frankincense, sandalwood, palo santo, and agarwood, for meditational and spiritual uses, for anointing, diffusers, massage oils and so on...these are very helpful for the state of mind. However, many herbs could be helpful for alleviating such symptoms, as long as they are able to drink simple herbal teas...I would suggest things that are mild, aromatic and sweet, such as peppermint, tulsi, linden flower, rose petals and chamomile.

**Is it ok to experiment with these receipes and take these herbs if we are not suffering from any condition. Just for experimental purposes, and they taste so good**

Yes, the primary purpose of this course is learning to use herbs to protect ourselves, which means preventive purposes. Of course, what we are learning is also therapeutic for many common problems, and that is also a primary purpose of a home pharmacy. Many of the uses of the preventive uses of the herbs will not be to treat anything specifically, but to enhance function and resistance of various systems.

**I particularly like the mentioning where things come from - such as lichens on birch bark in north America. Can you include more of that? Thank you!**

Sure, my pleasure.

**I am aware you sell your own essential oils, I wonder if you can share your opinion of Young Living oils and possibly compare their philosophies and attention to sustainability with your own oils**

The primary difference is that my background is clinical, so my emphasis is on safe use of oils, rather than marketing without medical education, which has created an epidemic of adverse reactions, many very serious. The other primary difference is that we are a smaller company that imports directly from artisan distillers, which is not possible for larger companies to do because of their inventory needs, thereby requiring that they purchase from brokers, which in turn leads to complex quality control problems of supply chains.

**Do you have any information to share on mycotoxins? can you connect that into herbs and how they are processed?**

I'm not clear on the question...do you mean "can herbs be contaminated with mycotoxins during processing?" If so, yes, they can be contaminated with many things, including pesticides, radionuclides from Fukushima, heavy metals from being transported on dirty roads, industrial waste from nearby factories, etc. The compounds can also be degraded from high heat during grinding, oxidation, and other factors. It's even more complicated with essential oil quality control issues. This is why we should only get herbs from reliable sources, and even better, produce them ourselves.

**Echinacea not advised for people with folks who have RA?**

In general Echinacea is best avoided with RA.

**Can I use bitters if my gallbladder has been removed.**

My experience is that people who have had their gallbladder removed have a wide range of possible long term reactions, from having relatively no symptoms to having chronic and serious digestive problems. Because of that, I would say that it is very individual, and would require some careful experimentation with low doses to see if those herbs were beneficial. They will still be activating to the Hcl and digestive secretions in the small intestine, but since there is no gallbladder they won't have the chologogue effect of stimulating bile flow. Whether this helps with symptoms or aggravates them will depend on the sensitivity and overall condition of each individual. I would recommend approaching this holistically and treating the individual condition with whatever types of herbs are best.

**can you eat to much protein?**

Sure, we can eat too much of any type of nutrient. How much is too much is individual, however, and depends on the type of protein. Gluten is a protein, and for a lot of people even a small amount is too much. The same is true for any of the other dietary sources of protein, and whether a person has sensitivities to it or not. Eating a lot of protein while neglecting other types of foods and nutrients is also not balanced and will cause

numerous disturbances...think of living on eggs or cheese alone.

**Is there a protocol for Hpylori bacteria? Am concerned about taking the double antibiotics, hoping for something more beneficial to the entire body.**

Almost everyone has H. pylori; the question is whether the infection is medically significant enough to warrant the heavy antibiotics that are recommended, or whether we can peacefully coexist without symptoms. The effectiveness of antibiotic therapy seems to be questionable, and the side effects can be severe; therefore I advise working with diet and herbs to get symptoms under control if needed, as a first resort, and using the antibiotics only as a last resort. Unfortunately, many people have told me that they regretted the courses of medications, and that it only made the recovery harder. Everything we have talked about so far in module two to support digestion, and everything we will talk about in module 3 for treating digestive infections have some relevance according to the individual case.

**Would bitters help with the feeling of heaviness in the stomach?**

Yes, that is one of its primary indications, especially when combined with aromatics. However, that sensation can come from many things, and if it is not responsive to simple herbal treatments with bitters and aromatics it needs to be diagnosed and treated more specifically.

**You have mentioned many herbs and medicinal mushrooms to strengthen immunity and prevent issues. Are there times in your life where you find you don't need any herbs? Or do you always take mushrooms and herbs to maintain your general health and wellbeing.**

There are many ways to build immunity and strengthen protection, but the nutrients and compounds from our diet and medicinal plants is one of the best. We can also do it with yoga and meditation, hydrotherapies and mineral baths, acupuncture and shirodhara and many other ways. In general we all need to be doing something to counteract the influences of stress and increasing toxicity in the world. However, the primary goal of this course is not to have everyone taking a lot of herbs all the time, but having a pharmacy that one knows how to use, both intellectually and intuitively, so that you can use the herbs that you need on a rotating basis when and at whatever dose is best.

**Where did you learn the Gathering the jade juice? From what teacher or tradition?**

It is a qigong technique, although yogic traditions know about these things also. I learned it so many decades ago I don't remember where. I did a quick google search to see if anything came up, and was surprised to discover that I had unknowingly given everyone a rather secret teaching.

**Is there a role for using bitters & aromatics in kombucha?**

Possibly, but the combination of sour from the kombucha and bitter flavor might be a little disturbing to the digestion, depending on the recipe and final result, as kombucha recipes vary quite a lot and individual reactions are also variable.

**Thanks for another wonderful lecture. I'm happy to be studying with you again, David.**

Thank you!

**If one is on a regime of sodium bicarbonate in water (just a little) for alkalinity issues, and also as a protocol for some cancer-prevention or eradication, will it interfere with production of good stomach acid? How can we balance this alkaline protocol?**

Yes, taking sodium bicarbonate repeatedly will weaken Hcl functions. The stomach needs to be acidic for good digestion, which is why it is called “digestive fire.” The system of healing by making the body more alkaline has some valid points, primarily getting people to eat a cleaner plant based diet, but a lot of the science and physiology behind the system is erroneous and can cause health problems if done in an imbalanced way.

**I'm taking a herbal supplement with Ginseng and Astragalus (sold under Golden Flower Chinese Herbs) that my acupuncturist recommended to boost my immune system. Do you know this company and would you recommend it? It's called Bu Zhong Yi Qi Tang in Chinese romanji. Thanks for your thoughts!**

Yes, this is an important formula for boosting digestive function and supporting the immune system. It doesn't have ginseng in it, however, because it is too expensive, and what is used instead is codonopsis, called “the poor man's ginseng.” It's better that way anyway, because codonopsis is less problematic than ginseng for people with cardiac issues. Yes, I know the company; the problem is not the companies per se, but the fact that we don't actually know the source of the herbs, which is an issue in China. Fortunately, you can duplicate this formula almost entirely with organic herbs from local sources.

**Can you use activated charcoal to protect digestive tract...are their conterindications?**

It can be used as part of an anti-toxin treatment in cases of food poisoning or other intestinal infections, but it should not be taken for an extended time.

**please spell the oil from china**

Bupleurum

**Could you please explain the major points to be aware of regarding marijuana in the sense of general concerns/precautions besides higher vulnerability to environmental pathogens via the lungs. Thanks!**

1. Potential for increased anxiety or panic from overdose, especially with stronger strains and extracts
2. General addictive potential, habituation to higher doses, and withdrawal symptoms
3. Toxicity affecting brain and liver, resulting in mental dullness and liver stagnation for a period of time after using
4. Tendency to spiritual and karmic inertia
5. It is a phytoestrogen, which may be concern for people with estrogen stimulated cancers

Having said that, I would personally add that legalization represents a huge step toward sanity in our culture, and that the correct use of the plant as a medicine is extremely beneficial and beneficent.

**Do you have any safe, effective botanical medicine sources for the UK and Europe?**

I added a few sources in the new file.

**i was wondering about your stance on rock rose (cistus incanus) and its healing properties regarding the flu and even lyme disease.**

I addressed this in the webcast file that is posted in module 2.

**Which essential oil benefits itching, inflammation, and lumps on the armpit?**

If it was only itching and inflammation I could give a simple answer. Since there are lumps, I would advise that you have them examined by an MD, as they could be significant and require medical attention.

**Thank you David for this very practical and in depth presentation to the medicinal plants. I have a question concerning an aromatic herb that is said to be beneficial for protection of the respiratory system and that is Levisticum officinale (garden lovage ), which I heard is good for inhaling by coughs, I haven't tried it yet since I have been using thyme to inhale but I would be interested to hear your knowledge on this herb. Also, I have used Plantago lanceolata (narrow-leaf Plantain) for healing of coughing, which has worked very well for me. I used a**

non-alcoholic, unsweetened juice (Presssaft it is called in German, I can't find a translation:

<http://www.salus.de/produktdetails/extension/produkte/ansicht/details/produkt/spitzwegerichnaturreiner-heilpflanzensaft.html>) gained by squeezing the juice out of the plants and preserving by short heating and bottling. Again, much thanks for your wonderful presentations. Stefanie, Berlin, Germany

I know of lovage, but it is not an herb I have experience with. I am much more familiar with plantain, and yes, it is an excellent herb for many conditions, including respiratory. Thank you for the link, although I can't read it, but maybe it will be a helpful source for that and other products for people in Germany.