

David Crow - Botanical Antivirals 2022

What You'll Discover in These 5 Modules

In this 5-part transformational intensive, David will guide you through the fundamental skills and competencies you'll need to successfully use herbal remedies and clinical-level formulas to address viral conditions and create your healthiest life.

This course will feature teachings, training sessions, and experiential practices with David. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to understand — like you're your very own clinical herbalist — herbs that provide protection from viral conditions.

Module 1: The Fragrant Pharmacy — Antiviral Powers of Aromatic Herbs & Spices

Botanical antivirals are not necessarily rare species known only to herbalists. Some of the most potent compounds are found in common culinary herbs and spices.

Knowing how to use these plants in your diet for protection against viral infections is only the beginning of utilizing their powers.

As you'll discover, they can also be used in a variety of targeted and highly therapeutic ways to treat both acute and chronic conditions caused by a variety of virus species.

In this module, you'll explore:

- Scientific research that validates the healing effects of antiviral herbs within the human body
- The difference between in-vitro and in-vivo research, and what's relevant and applicable in scientific studies on antiviral herbs
- **Antiviral herbs that should be used in your daily diet** for both protection and treatment
- Herbs that you likely have in your kitchen right now — with known antiviral powers
- The important antiviral compounds found in **common herbs and spices**, such as Rosmarinic acid in rosemary, mint, and lemon balm
- Traditional uses of herbs such as **thyme, tulsi, sages, and ginger for contagious respiratory conditions**, and the modern research confirming their antiviral powers
- Key differences between botanical antivirals and antiviral drugs
- An overview of the antiviral mechanisms of botanical species
- How classical Chinese medicine and Ayurvedic medicine view viral infections and their treatments

Module 2: Nourishing the Essence — Immune Boosting & Antiviral Powers of Adaptogens

Adaptogenic herbs are gaining more and more recognition and popularity for their abilities to nourish, balance, and strengthen the immune, nervous, and endocrine systems, thereby **increasing vitality and resistance to stress and toxins**.

These herbs also possess significant antiviral powers and are therefore of primary importance for not only **boosting immunity against contagious viral infections**, but also speeding recovery from acute infections, and overcoming the weakening effects of chronic infections

In this module, you'll explore:

- How adaptogens are used by medical herbalists to treat virus species such as herpes and Epstein Barr, and viral conditions such as influenza and hepatitis
- **The antiviral activities and mechanisms of adaptogenic herbs** such as licorice, rhodiola, and astragalus against various viral species
- Preparation methods, correct dosages, and safe, effective combinations of adaptogens and other antiviral herbs
- Major species of accessible **medicinal mushrooms known for their antiviral effects**, such as chaga, maitake, and turkey tail
- Scientific research studies confirming the powers of botanical antiviral herbs

Module 3: The Power of Bitter — Alkaloid-Based Botanicals With Antiviral Properties

Some of the strongest antiviral herbs are those that contain berberine and other alkaloids. These herbs have broad-spectrum antimicrobial powers, and they can be targeted to specific organs, as needed, through herbal combinations.

Because of their potency and possible adverse reactions if taken for too long or in higher dosages, these species are the most challenging to use clinically. Skillful formulation and consideration of the individual's constitution and digestive power is required.

When carefully used, **these herbs can be as effective or more so than antiviral drugs, and in some cases are gaining recognition** as being able to inhibit and eradicate multidrug resistance strains of microbes.

In this module, you'll explore:

- Secrets to **combining immune-boosting and antiviral herbs** — for holistic treatment and protection
- How to safely use potent antiviral herbs such as **neem, coptis, and goldenseal**
- Emerging multidrug resistance and the use of antiviral herbs to support and potentize medications
- Overview of the major viral species
- Formulas for supporting **detoxification from viral inflammation**

Module 4: Protecting the Lungs — Herbs & Essential Oils With Antiviral Powers for the Respiratory System

There are numerous herbs and essential oils with antiviral powers that are used for treating respiratory infections. As with other categories of botanical antivirals, **modern research is confirming what classical medicine has known for centuries**, while also revealing the biological and cellular mechanisms responsible for their actions.

The classical formulas of Chinese and Ayurvedic medicine, combined with contemporary aromatherapy, are a rich repository of valuable knowledge. **Applying this knowledge for clinical level self-care is more relevant than ever for protecting ourselves from**

microbial contagion, lessening the severity of infections, and speeding the healing processes.

In this module, you'll explore:

- Emerging research of botanical species showing **proven or potential powers against viruses**, and how this can be applied for clinical-level self-care
- Modern applications and scientific confirmation of classical Chinese herbal formulas for contagious respiratory diseases
- The mechanisms of how essential oils work against viruses
- **Highly effective aromatherapy treatments** for respiratory viral infections
- How to create antiviral formulas for the respiratory system using herbs such as andrographis, osha, yerba santa, self-heal, and myrrh

Module 5: Clinical Pearls — Lesser-Known Antiviral Herbs Used in Clinical Herbology

Many species of botanical antivirals are not generally found outside of the clinical practices of medical herbalists. Many of these species are **underappreciated local plants that are widely available**, and therefore represent an easily accessible addition to your home pharmacy.

Unlike the culinary herbs and adaptogens that can be used for extended times as part of the diet, these herbs tend to be more potent and therefore require a greater level of knowledge to be used safely and effectively. These herbs are often found in Asian medicine, and are also emerging through modern research as important sources of antiviral compounds.

In this module, you'll explore:

- Old European herbal remedies with modern antiviral applications
- How to create a home pharmacy of **lesser-known antiviral herbs that can be easily cultivated and wildcrafted**
- Major antiviral herbs for your home pharmacy including houttuynia, isatis, red root, and others
- How classical Chinese medicine and Ayurvedic medicine view viral infections and their treatments
- New science in herb-drug interactions: the future of antiviral treatment using combined allopathic and herbal medicines

The *Botanical Antivirals* Bonus Collection

(Valued at Over \$350.00!)

In addition to David's transformative 5-part virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course and promise to take your understanding and practice to an even deeper level.

Combining Herbs & Essential Oils

Full 17-Part Audio Course From David Crow

Get the science, protocols, and do's and don'ts of integrating herbs and essential oils to treat respiratory conditions, reduce anxiety, and improve sleep, digestion, pain, and more. This in-depth bonus course includes TWO teachings on the respiratory system and over **400 formulas for a variety of conditions — completely spelled out!**

You'll discover:

- How to use herbs and oils to improve your ability to cope with stress
- The therapeutic categories of herbs for respiratory conditions + which oils they combine with most effectively
- Herbs and oils for baths and chest compresses
- Safe and pleasant ways to combine herbs and essential oils for relaxation
- The best essential oils for digestive treatments
- The cognitive-enhancing effects of aromatherapy
- Inflammation-reducing herbs and oils to relieve musculoskeletal pain
- The most important herbs for common female hormonal complaints, including PMS and menopause
- Pediatric (and adult) treatments for colds, flus, and respiratory immunity
- And MUCH more

Understanding & Effectively Using the Antimicrobial Powers of Essential Oils

Audio Dialogue With Kurt Schnaubelt; Hosted by David Crow

Essential oils have their antimicrobial qualities as a result of biological evolution. Join Kurt Schnaubelt as he explains how understanding this makes it **easy to formulate efficient anti-infectious essential oil** compositions.

During this eye-opening session, you'll discover:

- Why essential oils are effective against bacteria, yeasts, and virus particles
- How practically all essential oils have antiviral properties
- Methods for conceptualizing effective antimicrobial blends

Kurt Schnaubelt received his PhD in chemistry from the Technical University of Munich. He's the author of numerous books on aromatherapy, including the classic *Advanced Aromatherapy*. His latest is *The Healing Intelligence of Essential Oils*. He's the founder (in 1983) and scientific director of the Pacific Institute of Aromatherapy (PIA), the first American research institution fully dedicated to aromatherapy.

Gardens & Grassroots Healthcare

Audio Dialogue With David Crow; Hosted by K. Ruby Blume

Individuals and communities CAN create **affordable, nontoxic, plant-based healthcare systems**, using numerous opportunities and resources that are currently available. In this overview of grassroots healthcare, David shares many successful models and components of integrated community-supported medicine — including the role of natural health practitioners, self-education and self-care, herbalists and apothecaries, gardeners and gardens, and local farms and farmers markets.

K. Ruby Blume is an educator, gardener, beekeeper, author, artist, and activist. With a background in studying native plants, botany, pollination ecology, soil ecology, and microbiology, she founded the Institute of Urban Homesteading in 2008 and is the co-author of *Urban Homesteading: Heirloom Skills for Sustainable Living*.