

Todd Caldecott, Dip. Cl.H.

RH(AHG), CAP(NAMA)

Todd Caldecott has been a medical herbalist and practitioner of Ayurveda for more than 20 years. He is author/editor of several books including Food As Medicine. In 2014 he was the Visiting Mitchell Scholar at Bastyr University.

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Shortly before we began the Ayurveda in Nepal program in February, details on what was initially called the Wuhan virus were just beginning to emerge, and I began to receive a lot of questions about what people should do to prepare for it. Given that I've been so busy in the Nepal program I haven't had much time to write anything on the subject. Now that the program is over and I'm spending a few days at the beach in Kerala, I have a little more time to share my thoughts on COVID-19. Part of my hesitation is that there has been so much written on the subject that I really didn't want to play into the whole "disaster porn" narrative that is so prevalent. Now, as more facts have emerged, I feel it's probably a good time to share my thoughts on the subject. <https://dogwoodbotanical.com/herbal-medicine-covid-19/>

