

Using Essential Oils to combat 'Superbugs'

Living an Holistic Life with Essential Oils

October 25, 2007

Aromatherapy for 'Superbugs'!

The newspapers have been full of recent incidents of schools and other public areas being infected by MRSA, the staphylococcus aureus 'superbug' that is resistant to treatment by most antibiotics. I know a few moms who are extremely concerned about their children's health and potential exposure to MRSA.

The fact that this staph bacteria has been around for many years, but appears to be increasing in being successful at causing infections can be a cause for concern. Experts are recommending frequent hand-washing as the first line of defense.

The GOOD news is that aromatherapy offers us additional options! Several essential oils have been shown to be effective in combating other prevalent staph infections. **Cinnamon bark, clove bud, oregano, savory and thyme** all have significant anti-staph infectious properties. I base these statements on the work of Dr. Paul Belaiche, who published *Traite de Phytotherapie et d'Aromatherapie* in 1979. Dr. Belaiche developed what he named an Aromatic Index—a scientific analysis of the sensitivity and effectiveness of 40 different essential oils against a number infectious agents, including staphylococcus alba and s. aureus. Oils of oregano, cinnamon bark, savory, thyme and clove were categorized as having **strong germicidal effects** against a broad range of microbes. Specifically, against s. aureus, **oregano and cinnamon bark scored highest with savory and clove coming in next.**

No evidence of resistance to essential oils

Interestingly, there is no evidence that bacteria, viruses or fungi develop a resistance to essential oils. There are many theories about why this may be: since essential oils are derived from living plants, they contain a 'life force' that lab-created antibiotics can never hope to capture. In essence, we are using one form of nature to control another. My own theory is that plants, who live in the same world we and the 'bugs' do, are better able to keep up with the 'infectious disease arms race' than we are. For one reason, most of the plants listed above have a much shorter life-span than we do—enabling them to mutate to adjust to changes in bacterial, viral or fungal mutations that would make them drug-resistant.

Carrier Oils as Infection Fighters

In addition, at least two carrier (vegetable) oils have been used by indigenous peoples successfully against all types of infection, from acne to malaria, gangrene and leprosy! **Neem oil** (*azadica indica*) is native to the Indian subcontinent. Its history as a medicinal tree goes back as far as 2000 to 4000 BC. Ayurvedic medicine calls the neem tree the 'curer of all ailments' because each part of the tree is used medicinally. From the seeds, we get a cold-pressed oil/wax mixture that has been used topically to combat every known kind of ailment. Considered anti-bacterial, anti-viral, antifungal, antiseptic and anti-parasitic, neem oil also is high in vitamin E and essential fatty acids. It is cooling and anti-inflammatory as well. Neem oil has a distinctive scent which is why I often use essential oils and dilute the neem with another carrier oil (olive).

Continued, in attachment



Special this Month!

5% of all October Sales will be donated to Susan G. Komen For the Cure foundation!

Oils and Blends Mentioned in this Email:

- Anti-Infectious Blend 5ml \$12
- Nausea Relief 5ml \$12
- Cinnamon Bark 5ml \$18
- Clove Bud 5ml \$7
- Geranium, Rose 5ml \$7
- Lavender 5ml \$7
- Oregano 5ml \$7
- Savory 5ml \$15
- Thyme Linalol \$14
- Thyme Thujanol 5ml \$15

- Neem 1 oz \$5
- Tamanu 1oz \$7.50

Recipes and more ideas....See Page 2!



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Using Essential Oils to combat 'Superbugs', cont'd

Another carrier oil with anti-microbial properties is **Tamanu oil** (*calophyllum tacamaca* or *calophyllum inophyllum*). Tamanu is native to South East Asia and Polynesia. It has been used medicinally for hundreds of years by the indigenous peoples to treat all sorts of skin ailments as well as shingles and leprosy. Tamanu is considered to have pain-relieving properties as well.

These oils have also been proven to help **boost our immune function**—another critical component, especially this time of year!

Holistic Approaches to Using Essential Oils to combat 'Superbugs'

Here are some simple and inexpensive approaches to keeping our families healthy this Autumn:

Make your own Anti-Infectious Hand Soap

I make my own liquid hand soap to boost its anti-microbial properties. My 13 year old son washes his hands, but not as thoroughly as I'd like, which is of concern since he is the most likely to encounter the microbes and bring them home!

Making your own hand soap is easy:

8 oz castile soap (plain) available at most health food stores

5 ml **Anti-Infectious** blend (containing oregano, thyme thujanol, cinnamon bark and bay laurel essential oils) or your own blend of essential oils

1 teaspoon **neem** oil

1 teaspoon **tamanu** oil

Blend all the ingredients together and fill a plastic pump container to place by the sink.

Have an Anti-Infectious Blend of essential oils on-hand

I've also blended a small amount of oils to use as an antiseptic for cuts, scrapes and other skin breaks. I have this on-hand just in case any of us needs it.

For this purpose, I use oils that are not as irritating to the skin as oregano, cinnamon bark or thyme thujanol. I recommend a blend of the following oils: **thyme linalool** (more easily tolerated by the skin), **lavender and geranium** (both of which have anti-septic and some antibacterial properties).

I blend these with a teaspoon each of **neem** and **tamanu** oil, then dilute in an ounce of olive oil (just to make it easier to apply).

Have another Anti-Infectious Blend of essential oils available to use if there are any signs of infection.

I have a bottle of my **Anti-Infectious blend** sitting on my kitchen counter these days. My son came home from school a few weeks ago with a stomach virus (nausea and diarrhea). I applied a couple of drops to the soles of his feet. I also applied my **Nausea Relief** blend to his stomach to ease the stomach pains and intestinal cramps. He felt better with in a few minutes!

