

MAKE YOUR OWN COLD & FLU REMEDIES

- > Recent news releases have questioned not only the efficacy but the safety of over-the-counter medicines, particularly for young children!
- > Easy to make, take only a few minutes and cost only pennies!
- > They work!!!!

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HOLISTIC APPROACHES TO COLDS & FLU

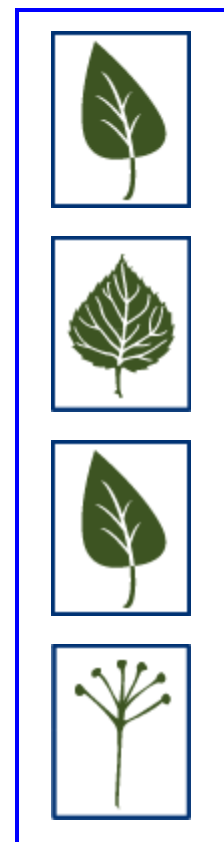
In last month's newsletter, I promised to cover hand-made creams and lotions, but in the intervening weeks, so many friends and family members have been sick with colds, flu, sinus infections and strep throats, I thought maybe the universe was telling me something!

Concurrently, the news has been full of warnings regarding the use of over-the-counter preparations to treat colds and flu in younger children. The accounts have shared that not only are the 'medicines' potentially harmful, but they are also ineffective at providing relief!

So, I've pulled out my recipe book of home-made remedies and added some new information about the efficacy of some tried-and-true ingredients.

Some of the recipes were given to me from my dad, who was a pediatrician for over 35 years. Sometimes new approaches aren't always better than traditional ones.

- Karen Reilly, RA, NCMT
owner, OmnEssence LLC



MY VERY FIRST 'HOLISTIC' RECIPE—SALT & SODA NOSE DROPS!

This recipe comes from my dad and is the very first holistic recipe I ever used. It can be used without essential oils for younger children.

Salt & Soda Nose Drops

Ingredients:

1/4 tsp. salt
Pinch of baking soda

- 5-10 drops essential oil blend (optional)
 - 8 oz distilled water (see sidebar on page 3)
 - Glass bottle (sterilized)
 - Disposable droppers
1. Warm the distilled water and add the salt and baking soda.
 2. Seal the bottle and shake gently to blend until the salt and baking soda have completely dissolved.
 3. Use disposable dropper to place a few drops in each nostril.

Note: increase salt to 1/2 tsp for older children and adults.

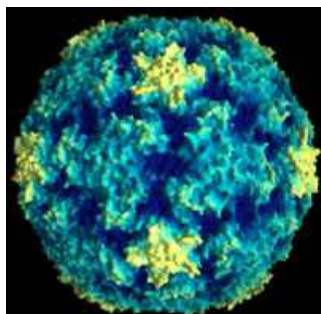
Use prepared blends!

If making your own essential oil blend is too much, then use your favorite prepared blend in your recipe. Some suggestions:

- **Cold Care AM**
- **Cold Care PM**
- **Sinus Relief**
- **Immune Boost**
- **Flu Fighter**

Allergy Relief II is wonderful for healing raw nasal passages.

Deficient Earth blend is great for nausea and vomiting.



The common rhinovirus

Why Distilled Water?

Distilled water is water that has been boiled and therefore is free of any microbes that may lurk in tap, spring or well water. Using distilled water is important particularly when preparing nose drops or other preparations for infants or children under 2 years old. Babies' immune systems are still very immature and so we need to be cautious about introducing microbes to their systems.

Likewise, when prepping for an infant, I recommend sterilizing all containers and utensils you will use.

HONEY—A SUPER FOOD AND MEDICINE!

Honey has been in the news of late and for good reasons! Nick-named 'nature's antibiotic', honey's medicinal use can be traced back to the Egyptians who applied it over open wounds. More recently, honey's antiseptic and antibacterial properties have been lauded by hospitals that are using 'medi-honey' dressings to treat infected incisions and wounds when traditional antibiotics have

failed, particularly for MRSA infections!

While all honey has some mild antiseptic properties, **manuka honey**, made from the pollen of the manuka tree (native to New Zealand) is considered to be much more potent. In addition to treating a host of skin ailments (more on this in later newsletters), honey is now recommended in place of over-the-counter cough syrups, particularly

for children under 6 years of age. **Honey is NOT recommended for children under 2 years of age.** For older children, I recommend a 1/4 tsp to 1/2 tsp taken either undiluted or in a tea (see below).

For more information on manuka honey, I've posted an article from the Washington Post on the website:

www.omn essence.com

CHAMOMILE TEA GARGLE FOR SORE THROATS

If you make the tea without the vinegar, it is wonderful for sipping to ease a sore throat.

Ingredients:

- 1/2 c chamomile tea**
- 1 tbs. apple cider vinegar**
- 1 tbs. manuka honey**

Essential oil blend 4-5 drops of your blend or try:

- 2 drops geranium oil**
- 1 drop lemon oil**
- 1 drop hyssop oil**
- 1 drop tea tree oil**

Place essential oil blend into honey. Stir honey and vinegar into the chamomile tea. Warm blend and gargle.

Tips:

I use Sinus Relief or Cold Care Am blends in the tea to help open congested nasal passages in the mornings.

A drop of peppermint oil will help open the sinuses and will also help reduce fever!

WARM SALT WATER GARGLE WITH ESSENTIAL OILS

This is another recipe handed down from my father. Simple to make, you can use it with or without essential oils:

Ingredients:

- 4 oz water**
- 1 tsp salt**
- 2-3 drops essential oils drinking glass**

1. Place salt in drinking glass.

2. Add essential oils to salt in glass.
3. Add water to the salt. I warm the water a bit before adding—it helps dissolve the salt faster and feels better as a gargle on my throat.
4. Gargle!

Tips:

Essential oils to consider using include:

- Eucalyptus radiata or smithii (for young children),
- Lemon (young children like the lemon scent/taste), or
- Cold Care AM/PM blend.

CHEST BALMS—MAKE YOUR OWN!

I can remember my mom rubbing a decongesting balm over my chest when I was a young child. Somehow this always feels so nurturing and healing to me and so, last week, when my son was so ill with the flu, I made a number of balms to help him. Even though he is 13 and definitely into the 'adolescence attitude' thing, he didn't complain when I rubbed the various balms over his chest. In

fact, towards the end of the week, when he was feeling better, he asked for the rubs!

For the balm:

8 oz carrier oils (I used safflower, canola, olive oils)

1/4 c organic unbleached beeswax pellets (see Resources)

Essential oil blends (see tips)

1. Into a heat-resistant

glass measuring cup, blend the carrier oils and beeswax.

2. Place into a shallow pot with water and warm over moderate heat until the beeswax has melted completely.
3. Pour into glass jars (baby food or jelly jars work nicely).
4. Before the balm has set completely, stir in essential oils

STEAM BATHS/INHALATIONS

When I have the flu, nothing works better to relieve the aches, pains and fever than a warm bath. I add essential oils to the bath and allow the bathroom to steam up to help open my congested sinuses at the same time.

I usually don't feel well enough to make my milk-bath recipe (see December's newsletter), so I want

something VERY simple and easy. Nothing is easier than using a 1/4 c of milk or table salt!

Ingredients:

1/4 c milk or salt

10 drops essential oil blend

Pour essential oils into milk or salt. Pour milk/salt under running water in the bath.

Tips:

I use oils such as eucalyptus radiata, hyssop, bergamot, cedar or pine. You can also pick a blend like Stress Relief to make the bath that much more relaxing!

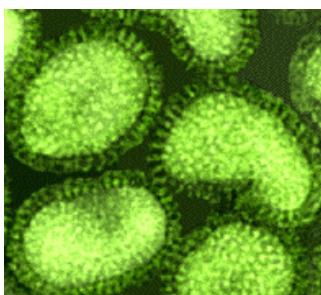
Once in the bath, I use a wash cloth that has been dampened with the water from the bath. I place it over my sinuses! Enjoy!

A DIFFUSER IN EVERY KITCHEN...

Having a diffuser in your kitchen is a great way to keep germs at bay! I have one that I fill with my anti-infectious blend and diffuse 24/7. The kitchen is the perfect place because we tend to spend a fair amount of time there together, plus we're accustomed to the scents that normally come from cook-

ing.

I will sometimes place a diffuser in my son's bedroom at night to increase his exposure to the oils. I will diffuse decongesting blends of oils (sinus relief, cold care am/pm) or allergy relief blends during seasonal allergy times.



> **Flu viruses look beautiful but are difficult to treat.**

Tips for Making Chest Balms

This recipe makes a little over 9 oz of balm. I divided the balm into 5 containers of about 2 oz each (baby food jars are perfect for this!)

This gave me 5 different balms.

- Flu Fighter blend to support the immune system. I rubbed this in the arm pits (where the lymph nodes are located).
- Sinus Relief balm—we used over the chest to clear congestion.
- Cold Care PM—we rubbed over the chest before bedtime.
- Allergy Relief II—we used to soothe his sore nose.
- Anti Infectious Blend—we used over his throat area or over his feet.
- I used 2mls of blend per 2oz of balm. I would use less (1ml) for very young children and infants and more for adults.
- If you find you need to add more essential oils, just return the balm to the warm water bath to have it re-melt. Add your essential oils and let the balm re-set.
- See December's newsletter for more tips on making salves/balms.

Don't Like Baths? Using Essential Oils in a Shower....

My son is not a bather and so I've had to come up with solutions for using essential oils in the shower. Here are a couple of ideas for you to try:

1. Use any chest rub (above) on the chest and back, but use an extra amount just before entering the shower. The oils will release as the warm water hits the chest.
2. Place salt and essential oils in a plastic bowl (no glass in the shower) under the running water of the shower. The oils will release and the steam of the shower will help open the sinuses.

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Resources:

Most are for larger quantities, so if you'd like to have smaller amounts, call me!
Below are some the resources we've found on the web:

Manuka Honey: www.thewildbee.com or check your local health food store.

Beeswax: www.stakich.com or check your local health food store.

Bottles, jars:

www.sks-bottle.com

www.acmevial.com

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DILUTIONS—EASY TABLE TO DETERMINE HOW MUCH ESSENTIAL OIL TO USE

Many aromatherapy books will give recommended dilutions for essential oils. This often stumps us, so below is a table that gives us the amount of oils to be used to make certain dilutions. For example, to make a 2% dilution of a chest balm of 2 oz total, I want to add 30 drops total of essential oils to the 2 ounces of balm!

NOTE: One 'ml' is roughly 25 drops of essential oils.

	1%	2%	3%	5%
1 oz total	8 drops	16 drops	24 drops (~ 1ml)	40 drops
2 oz total	15 drops	30 drops	45 drops	75 drops
4oz total	30 drops	60 drops	90 drops	150 drops (6 mls)
8 oz total	2 1/2 mls	5 ml	7 1/2 mls	12 mls

