



essential oils & infectious disease

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“Essential oils can offer an effective—yet safer and gentler—alternative to antibiotics. With the rise of antibiotic-resistant bacteria (MRSA) and new and stronger viruses (H5N1) which we call “super germs,” health practitioners in many countries have turned to essential oils for treatment of their patients. While many drugs have only one, two or three active ingredients, an essential oil may have several hundred compounds; Rose damascena has over 350 identified compounds along with many others that have yet to be identified. The complexity of the natural essential oil compounds is what renders their active ingredients safe when used according to aromatherapeutic guidelines and what prevents the super germs from becoming resistant.

“While essential oils have proven themselves through scientific examination to be effective with infectious diseases, one of their finest uses may be found in their ability to slow or render inactive pathogens, thus preventing a full-blown infectious condition. We will look first at how we can use essential oils to protect ourselves and our families.”

– Alexandria Brighton

Disclaimer: This material is for educational purposes only to make people aware of the coming threat of the Swine Flu and other drug-resistant infectious diseases. It does not constitute a medical recommendation. If you believe you are sick or about to become sick you should consult a professional health care provider. Preferably one who is familiar with nutrition and aromatherapy.

PREVENTION

- **Wash hands vigorously and thoroughly** with soap and water for at least 1 minute every 2-3 hours during flu season. Avoid commercial antibacterial soaps, as they destroy good bacteria as well as the bad, which causes the virus to mutate and become more resistant. To 1 bottle of *Silk Hand and Body Wash*, add 20-30 drops of *Guardian* blend. This will supercharge the Silk, giving it antibacterial, antiviral, and antifungal properties. Carry a smaller size of this mixture in purse or pocket and use often when away from home.
- **Create an antibacterial, antiviral disinfectant spray** for use on toilet seats, doorknobs, shopping carts, and other areas where many other hands have made contact. Add 20-30 drops of *Guardian* to 4 oz. of distilled water in a cobalt blue glass spray bottle. Shake well before each use. Carry a 2 oz. bottle with you to spray when away from home.
- **Make a disinfectant hand lotion** to replace commercial antibacterial hand cleaners, which also destroy beneficial bacteria. To a 4 oz. bottle of unscented (if possible) hand lotion or *Balance Gel*, add 10 drops *Eucalyptus radiata*, 10 drops *Tea Tree*, and 4 drops *Peppermint*. Shake or mix well.
- **Add *Guardian* to your washing machine and dishwasher** to prevent germs from being passed between family members. In the washing machine, add 10-12 drops as it is filling. In the dishwasher, add 5-6 drops to the detergent just before running it.
- **Use *Eucalyptus globulus* or *Eucalyptus radiata* with your household cleaners** to disinfect garbage pails, mop floors, clean sinks and counters, and other cleaning projects. To a mop bucket, add 10-12 drops as you add the water. For other cleaning projects, add 10-12 drops per gallon of water.
- **Diffuse *Lemon* for 15 minutes, 2 or 3 times a day.** *Lemon* is extremely effective against airborne pathogens. You can substitute *Kids' Wellness blend* for the *Lemon*, if you desire. It contains *Lemon* and other antibacterial and antiviral oils. (Keep cats out of the room or make sure they have access to non-diffused air; they cannot metabolize oils the way dogs and humans do, and it can quickly become toxic to them.)
- **Build your immune system during flu season.** Use *Defense* on your feet (or *Kids' Wellness* for children) when getting dressed in the morning, and again when preparing for bed. For adults, use 3-4 drops of *Defense* on the bottoms of each foot. For children under 2, use 1 drop on each foot; for 2-year-old, use 2 drops. For children age 3-10—and the elderly or those with liver conditions—use 3 drops on each foot.

IF YOU OR A FAMILY MEMBER BECOME ILL

- **At first sign of throat infection**, use Dr. Pénnoël's *Tea Tree Lick*. Place 1 drop *Tea Tree* on little finger and lick it off, swish around to mix with saliva, and swallow. Repeat as necessary every 5 minutes up to 5 times. For children 3 years and younger, apply topically to throat and gland area; dilute 3-4 drops in 1 tsp. *Message Oil*.
- **Use a good nebulizing diffuser** for inhalation therapy and place it within 1-2 feet of the exposed person. (Use care to avoid getting it into eyes.) At first indication of flu, add 10 drops *Ravensara* and 5 drops each of *Lemon* and *Lavender* to the diffuser. Diffuse for up to 10 minutes. Repeat 3-4 times daily.
 - Alternate the above with 15-20 drops *Exchange* added to a quart of water in a cold water vaporizing diffuser. Use between applications of nebulizing diffuser. You can also add *Exchange* to vaporizer at night while sleeping.
- **Apply *Ravensara* to soles of feet.** For adults, use 3-6 drops on each foot; reapply every hour until you see improvement, then 4 times daily until symptoms disappear. For children, apply 3-4 times daily. If under 2 years, use 1 drop per foot; for 2-year-olds, use 2 drops; for children 3-10, use 3 drops.
- **Create a chest rub** by diluting 6-10 drops *Exchange* in 1 T. *Message Oil*. Apply to chest and back over lung area, then apply warm moist towel to area. For children under 6 years dilute 3-6 drops *Exchange* in 1 T. *Message Oil*. For children under 3 (and the elderly or infirm), in place of *Exchange*, use 1 drop each of *Ravensara* and *Eucalyptus radiata* diluted in 1 T. *Message Oil*.
- **When symptoms first appear**, apply *Spice of Life* to soles of feet to boost immunity. Adults: 3-4 drops on each foot every 15 min. for 1 hour; thereafter, every half hour for 1 hour, then every hour during waking hours for a total of 10-15 applications. This application can be used directly after the *Ravensara* foot application.
 - For children, use *Kids' Wellness blend* on soles of the feet instead of *Spice of Life*. Under 2 years: 1 drop; 2 years: 2 drops; ages 3-10: 3 drops. Repeat every hour up to 5 hours, then every 4 hours while awake. This can follow application of *Ravensara*. Children under 6 months: Instead of *Kids' Wellness*, use 1 drop *Ravensara*.
- **For fever**, use *Eucalyptus radiata* in a sponge bath. Add 10-12 drops to a quart jar of room-temperature (or slightly cooler, but not cold) distilled water. Shake well and pour into bowl. Soak washcloth and bathe the individual.

The 1,8 cineol in the oil helps keep the body from exceeding a safe temperature. Monitor the person closely, as *Eucalyptus* can cool them quickly; you do not want them to become chilled.

- **If patient is in serious condition or not responding quickly enough**, internal use of essential oils may be necessary.
 - **Adults** (with no history of liver problems): make up capsules with essential oils diluted in olive oil. Use size “00” veggie caps (available at health food stores) and fill bottom section 3/4 full of olive oil. Add 2 drops *Spice of Life* and replace cap. Take 1-2 capsules 3-4 times daily with food. If stomach irritation occurs, reduce *Spice of Life* to 1 drop per capsule. Do not make up more than 2-3 days’ worth of capsules, as they can deteriorate or dissolve. (These capsules can also be used as suppositories; use 1 capsule every hour for 4 hours, then every 2 hours for 4 applications.)
 - **Children**: dilute essential oil with *Message Oil* and add it to applesauce. Age 3-10: mix 1 drop each of *Tea Tree*, *Ravensara*, and *Eucalyptus radiata* with 1 tsp. olive oil. Add 1-2 drops of this mixture to 1 T. applesauce and give to child 3 times daily. Children under 3: do not use essential oils internally; use on feet.
- **Address depression and anxiety**, if needed, by applying *TLC* to a tissue and slip inside pillowcase. *TLC* or *Bergamot* can also be diffused (when not diffusing other oils). *Geranium* is also an excellent balancing and antidepressive oil; diffuse or apply to a tissue. *Lavender*, a natural relaxer, can be blended with *Roman Chamomile* for added effectiveness; add 1 drop *Roman Chamomile* to 9 drops *Lavender*.
- **Make sure you are eating a healthy diet**, particularly during flu season. Eliminate fast foods, sugar, and highly-processed foods, all of which compromise the immune system. Supplement your diet with essential nutrients which the body requires for proper function. *FrequenSea* is an easy and excellent way to provide these nutrients.

PROFILES OF RECOMMENDED ESSENTIAL OILS

Bergamot. Antidepressant, antiseptic (lungs), relieves cough. Excellent air purifier. Powerful aid in restoring emotional balance, assists with depression and anxiety-related conditions. Calming and grounding to those nervous and over-stimulated; uplifting to those who are depressed. Diffuse or use in the bath with *Dead Sea Salt*.

Defense. This blend has been specifically formulated with essential oils that are known to boost immunity and/or are antibacterial and antiviral. *Defense* blend should be your number one choice when you notice the first indications of a cold or flu. It is also effective for recurring and chronic infectious conditions. *Defense* is most commonly used on the soles of the feet. (It is not recommended for undiluted use on the skin.) Ingredients: Cinnamon Bark, Clove Bud, Eucalyptus radiata, Oregano, Palmarosa, Peppermint, Ravensara, Tea Tree, Thyme ct. linalool.

Eucalyptus globulus. Antiseptic, antiviral, decongestant, expectorant, fever reducer. Disinfects the air; reduces fever; loosens mucus congestion in chronic coughs, bacterial infections, colds and flu. Diffuse, use in vaporizer, or add to *Dead Sea Salt* in the bath.

Eucalyptus radiata. Antiseptic, antiviral, decongestant, expectorant, fever reducer. Excellent respiratory oil supportive to entire respiratory system; more easily tolerated by children than *Eucalyptus globulus*. Extremely effective in elimination of viruses; high 1,8 cineole content aids with controlling fever. Diffuse (blends well with *Tea Tree*), use in sponge bath to control fever, apply to soles of the foot.

Exchange. Excellent decongestive effects; helps make mucus more fluid. Primary active molecule in this blend is 1,8 cineole, an overall booster of the respiratory system; provides powerful antiseptic action and supports immune system. In cases involving fever, it helps keep the body from exceeding a safe temperature. Diffuse, use in vaporizer, apply neat to lung and sinus reflex points of feet. Ingredients: Bay Laurel, Cypress, Eucalyptus citriodora, Eucalyptus globulus, Eucalyptus radiata, Lemon, Peppermint, Ravensara, Rosemary ct. 1,8 cineole, Scotch Pine, Sweet Marjoram.

FrequenSea. Ionic whole-food tonic containing Marine Phytoplankton, a food source with a nutritional analysis second to none. Marine Phytoplankton contain over 200 sea vegetables, are a major oxygen source for the Earth, and have 400 times the energy of any known plant. Experts call *FrequenSea* a superfood, as it includes all the elements necessary to sustain a healthy life. With added rose, astaxanthin, ginger, aloe vera and frankincense.

Geranium. Antidepressant, antidiarrheal, antiseptic, fungicide, sedative, adrenal stimulant. Phenomenal for its antidepressant ability; balancing and uplifting; excellent tonic for nervous exhaustion, anxiety, stress-related conditions. Purifies air. Diffuse, use with *Dead Sea Salt* for bathing, apply neat to reflex points of the feet.

Guardian. This is a great blend to use in a mist and/or diffuser for clearing the environment. Guardian is a heavy-duty antiseptic and powerful energetic cleanser, and is specific for accumulated negative or stagnant energy. (Use Dragon's Fire when dealing with negative energies resulting from trauma or abuse.) **Guardian** is also particularly helpful in clearing up and preventing mold and fungus. Use **Guardian** in the washing machine and dishwasher to prevent the spread of germs between family members. It's great for travel as an antibacterial cleanser. Ingredients: Black Spruce, Cypress, Eucalyptus citriodora, Eucalyptus globulus, Frankincense, Jojoba, Juniper Berry, Lemon, Lemongrass, Ocean Pine, Sage, Tea Tree, Thyme ct. linalool.

Kids' Wellness. Formulated to help keep your child healthy during cold and flu season, **Kids' Wellness** is a blend of monoterpene alcohols which are non-toxic and yet known to be antiviral and antibacterial. It can be diffused, applied to the bottoms of the feet, or dissolved in a handful of **Dead Sea Salt** and mixed into a warm bath. Ingredients: Eucalyptus radiata, Lemon, Ravensara, Tea Tree, Thyme ct. linalool.

Lavender. Antidepressant, antimicrobial, antiseptic, sedative. Extremely versatile; antimicrobial, antiseptic, soothing and relaxing. Calming to nervous conditions; helps reduce stress, tension, anxiety, and hysteria. Helps promote sleep when used in small quantities. Purifies air when diffused. Great for children and adults. Diffuse, apply neat, dissolve in **Dead Sea Salt** for bathing, use in massage with **Message Oil**. Blends well with **Roman Chamomile**.

Lemon. Antiseptic, antimicrobial, bactericide, digestive, immunostimulant, purifying. Powerful cleanser, disinfectant and purifier; antiviral and anti-infectious. Excellent for respiratory issues, immune stimulant, fever reducer. Uplifting; mental stimulant. Add to drinking water to purify water and boost immune system; use to clean and disinfect kitchen and other household surfaces; add to laundry or dishwasher; diffuse. (*Caution: Remove cats from area when diffusing, or allow them access to undiffused air; they cannot metabolize oils as humans and dogs do, and it can quickly become toxic to them.*)

Peppermint. Antibacterial, antiseptic, antiviral, expectorant, fever reducer. Cooling and soothing to headaches and fever; excellent for respiratory conditions; mental and physical stimulant; pain reliever; excellent for digestive issues including diarrhea, nausea, and vomiting. Oxygenating to blood. Diffuse for short periods (may be irritating to eyes), apply neat topically, mix with **Message Oil** for massage, use with **Dead Sea Salt** for bathing, add to drinking water.

Ravensara. Antibiotic, antiseptic, antiviral, antibacterial, decongestant, expectorant, fever reducer, preventative, stimulant. Highly versatile and indispensable oil: superior antiviral, effective nerve tonic, mental and physical stimulant, revitalizing. Extremely gentle; can be used on newborns, the elderly, and the infirm. Works rapidly and effectively. Particular affinity for pneumonia and other respiratory conditions including colds and flu; can quickly raise blood oxygen levels. Apply neat to feet, dilute with **Message Oil** for massage, diffuse.

Roman Chamomile. Analgesic, anti-inflammatory, antiseptic, antibacterial, calming, digestive, sedative. Very relaxing and calming to children and adults; aids with pain and digestive issues. Use in massage with **Message Oil**, add to **Dead Sea Salt** for bathing. Combine with **Lavender** for a blend that is relaxing and calming, aids with insomnia, and can be used topically on skin for rashes and inflammation.

Silk Hand & Body Wash. All-natural pH-balanced body wash for hands, face, body, and bath. Enhanced with essential oils, ionic sea minerals, and green and white tea.

Spice of Life. Powerful blend based on an ancient formula used by spice traders to boost immunity during times of plague; contains essential oils known to have antibacterial and antiviral properties. Can be used at first sign of flu, cold, or other infection. Ingredients: Cinnamon Bark, Clove Bud, Thyme ct. Thymol.

Tea Tree. Anti-infectious, antiseptic, antiviral, bactericidal, fungicidal, immunostimulant. Powerful immune stimulant; effective in fighting bacterial, viral, and fungal infections (targets only pathogenic bacteria). Excellent for sore throat and upper respiratory infections, as well as digestive and urinary infections. Significantly lowers risk of fungal infections when antibiotics are necessary. Diffuse (blends well with **Eucalyptus radiata** for respiratory issues); use topically neat; mix with **Message Oil** for massage; can be used internally.

TLC. Extremely relaxing blend, particularly to children, especially if over-stimulated and unable to sleep. Has direct and almost immediate response on the brain; most effective when inhaled. Helps calm nerves and supports a person emotionally. Diffuse into a room or inhale from a tissue. Ingredients: Orange, Pink Grapefruit, Rose damascena, Rosewood, Tanacetum annuum, Tangerine, Ylang Ylang.

HOW TO USE ESSENTIAL OILS TO DEAL WITH INFECTIOUS DISEASE

by Alexandria Brighton

How contagious is the flu? How can you stop its spread?

The flu virus is extremely contagious. **It can remain infectious for quite sometime. Not** hours, but days. Touching contaminated surfaces may lead to infection as well. Whether at work or at home, surfaces shared by others, such as desks, countertops, computer keypads, and telephones, should be disinfected at the start and the end of each day.

The prevention of seasonal flu requires **fastidious personal hygiene**. Avoiding contamination by the secretions of an infected individual requires frequent hand cleaning.

A good procedure is to **vigorously wash your hands with soap (containing Guardian) and water** for at least 1 minute every two to three hours during flu season. Soaps, by definition, dissolve lipid-bearing components of the viral surface. This disrupts the virus and makes it non-infectious.

Avoid close contact with obviously ill persons – with a radius of at least 6 feet. Hugging, kissing, and other intimate contact should be deferred until the period of contagion is over. If it is necessary to care for a family member with the flu, a face mask and eye protection (such as Johnson & Johnson Barrier Protective Goggles or Centurion Splash Goggles) will certainly reduce the risk of infection. An adequate supply of hand disinfectant, tissues (not cloth handkerchiefs), and a closed container for used tissues should be readily accessible.

The most infectious particles are those that remain suspended in the air for long periods of time. These particles are usually in the range of 20 microns in diameter, and if inhaled by a healthy person can reach the lower depths of the lung.

- Many people like to use humidifiers; however, by adding small water droplets in the air, these may provide aerosol carriers for more efficient spreading of the influenza virus. Generally speaking, humidifiers are not recommended.
- Instead you can use a diffuser; run it for 15 minutes every 2 to 4 hours. Some come with a 24-hour timer which will make this much easier to accomplish.

When you have the flu, one of the most dangerous things you can do is go to work and spread the infection. In a pandemic situation it is imperative that you do not leave home for 5 to 6 days after you get sick. If you must leave home for a doctor's visit, a face mask is particularly helpful in reducing the risk to those around you.

Face Masks – The N95 mask is the most common, and comes in three sizes with the smallest used for children. It is important that the mask make a tight seal and fit properly in order to be effective. The material of the mask must filter all inhaled air into the nose and mouth – which means that absolutely no air gets in through the space between the mask and the skin of the face. Beards and moustaches pose special problems here, so they should be shaved off.

Pandemic Flu Health Crisis Overview

To sum up what we know so far of this predicted and long-overdue flu pandemic, **we know the developing Swine Flu is the most deadly threat our country and world have seen since the Spanish Flu of 1918** which killed thousands upon thousands of people worldwide.

We know that with today's airplane travel, which was not available in 1918, **the flu will spread worldwide within the first 1 to 2 weeks.** This will create a global shortage of medical supplies and proper medical care.

Our supply of medicine thought to be effective against this particular strain of flu virus, Tamiflu, is inadequate and it could be sometime before we could get more. **There will be no effective vaccine available** during most of the duration of this pandemic.

Because of the ability of viruses to mutate, what has been effective treatment Tamiflu (which has already become ineffective for the seasonal flu) may not be as effective on the mutated strain which up until now has become stronger as it progresses.

We know that it affects the lungs, going deep into the lung tissue causing fluid and blood to fill the lungs, and it is a very fast acting and extremely deadly virus.

We know, and Hurricane Katrina clearly demonstrated, that in a major national disaster, **you cannot count on the government to step in and save you.** You may well be on your own through some, most, or all of the crisis. Hospitals and clinics which will become no more than holding stations for the dying will not be able to offer you or your family a good chance at survival.

Through thousands of years of use and most recently, through scientific study, **we know that essential oils do have a strong effect on viruses and infectious diseases** and may offer us all the best chance at prevention and survival when this pandemic reaches its tipping point and goes worldwide.

Essential oils and aromatic medicine:

An effective alternative for the prevention and treatment of infectious diseases and pneumonia

Essential oils can offer an effective, yet safer and gentler, alternative to antibiotics. With the rise of antibiotic-resistant bacteria (MRSA) and new and stronger viruses (Swine Flu H₁N₁ and Avian Flu H₅N₁), which we call “super germs,” health practitioners in many countries have turned to essential oils for treatment of their patients. While many drugs have only one, two or three active ingredients, an essential oil may have several hundred compounds; Rose damascena has over 350 identified compounds along with many others that have yet to be identified. The complexity of the natural essential oil compounds is what renders their active ingredients safe when used according to aromatherapeutic guidelines and what prevents the super germs from becoming resistant.

While essential oils have proven themselves through scientific examination to be effective in infectious diseases, **one of their finest uses may be found in their ability to slow the growth of (or render inactive) pathogens**, thus preventing a full-blown infectious condition. We will look first at how we can use essential oils to protect ourselves and our families.

Prevention:

What steps you can take to avoid becoming infected?

Our first line of defense is to **prevent contamination at point of contact with the flu or other infectious germs.** According to the statement by Laurie Garrett, coming in contact with items touched by those infected with the flu such as doorknobs, shopping carts, or shaking hands will spread the flu virus. We have several ways in which to protect ourselves from picking up germs:

First and foremost, **wash your hands frequently with disinfectant soap and water.** Do not use commercial antibacterial soaps; they only kill the weak germs and thus are helping to create the stronger, resistant germs. To your liquid hand soap (such as *Silk* from ForeverGreen) you can add 20 to 30 drops of **Guardian** to make it antibacterial, antiviral, and antifungal. Use this often when you are out in public places or in contact with anyone who has symptoms of cold or flu. Carry a smaller size of this soap in your purse or in your pocket so you can use it in public restrooms. Keep in mind this is a place where you are very likely to come in contact with germs.

In addition to the above hand cleanser, you can **make an antibacterial, antiviral disinfectant spray** that can be used on toilet seats, doorknobs, shopping carts and other areas where you touch items that other people have touched. To make the spray, add 20 to 30 drops of **Guardian** to 4 oz. of distilled water in a blue glass bottle with a fine sprayer. Shake well and spray onto items you want to disinfect. You may want to make up a 2 oz size to carry with you or for travel. Use 10 to 15 drops of **Guardian** to 2 oz of distilled water in 2 oz size blue spray bottle; shake well before each use. It is important to start with distilled water if possible, as most waters have various contaminants.

To make a **disinfectant hand lotion** (unscented, if possible) you can add a mixture of 10 drops each of **Eucalyptus radiata** and **Tea Tree** and 5 drops **Peppermint** to 4 oz of hand lotion. This is a good anti-infection hand lotion that is cooling and pleasant smelling, and can be used in place of the waterless antibacterial hand cleaners that are sold in stores.

Use Guardian in your washing machine and dishwasher to prevent germs from being passed between family members. To your washing machine add 10 to 12 drops when you start the water. To the dishwasher put 5 to 6 drops in with the soap before starting.

Use Eucalyptus globulus with your household cleansers to disinfect garbage pails, clean floors and other household cleaning projects. For a mop bucket you can add 10 to 12 drops when adding the water. For other cleaning projects add 10 to 12 drops per gallon of water used.

To kill germs in the air, diffuse **Lemon** essential oil, which has been proven to be the most effective against airborne pathogens. Use a good electric diffuser (such as the ForeverGreen Ultrasonic Diffuser), for 15 minutes 2 or 3 times a day. You could also alternate or substitute **Kids' Wellness** blend for **Lemon** if you desire. Make sure to keep your **Lemon** oil in a cool place away from heat. Do not leave the lid off for extended periods of time. If your **Lemon** oil oxidizes it will not be as effective as you expect.

During periods of colds and flu, **protect yourself and your family by building your immune system**. Use **Defense** on your feet or **Kids' Wellness** for children when getting dressed in the morning and again when preparing for bed. For adults, use 3 to 4 drops of **Defense** on the bottoms of each foot. With children, use **Kids Wellness blend** and apply 1 drop (1 year olds), 2 drops (2 year olds), or 3 drops (3 years old to age 10) to the soles of each foot (use this also for the elderly or those with liver conditions).

At the first sign of throat infection or sore throat, use Dr. Péroël's **Tea Tree** Lick. Place one drop of **Tea Tree** on your little finger lick it off, swish around to mix with saliva and swallow. Can repeat as necessary every 5 minutes, up to 5 applications. Most people get results after 3 or 4 applications, and usually the sore throat does not return. For children 3 years and younger, apply to the throat and gland area topically by diluting 3 to 4 drops **Tea Tree** in a teaspoon of **Grapeseed Message Oil**.

Fighting an infectious disease:

What to do if you or someone you know comes down with the Swine Flu, Avian flu, MRSA, or other flu or serious infection

The first consideration with a viral or bacterial infection, particularly ones as lethal as Swine or Bird Flu and MRSA, is to realize the rapid rate at which the pathogens multiply and take over the body. **The best treatment will be what I call the "French Intensive" method** of applying essential oils as recommended by Dr. Péroël. That is to apply essential oils frequently and intensively until you see results. As a serious flu seems to target the lungs and cause death through a type of pneumonia, we will look at that area first.

You will need a good nebulizing diffuser for inhalation therapy that can deliver a medicinal dose of essential oils into the air in very close proximity to the person infected (approximately 1 to 2 feet away, being careful not to get in the eyes). At the first indication of the flu, begin diffusing a blend of 10 drops Ravensara, 5 drops Lemon and 5 drops Lavender. Diffuse until oil is gone or up to 10 minutes. Repeat this application 3 to 4 times a day. Ravensara oil is specific for pneumonia, Lemon kills germs, and Lavender helps to heal the lung tissue.

- Alternate the above application with 15 to 20 drops of **Exchange** added to a quart of water in a cold water vaporizer diffuser. Use between applications of the nebulizing diffuser. You may also wish to vaporize **Exchange** at night while the person is sleeping.

Ravensara can also be applied to the soles of the feet. Use 3 to 6 drops on each foot for adults and reapply every hour until you see results, then 4 times a day until symptoms are gone. Apply 1 drop on each foot for children 1 year old or less (Ravensara is safe at this application amount for newborns), 2 drops for 2 year olds, and 3 drops for children 3-10 years old. For children, apply 3 to 4 times a day. As I stated before, **Ravensara** is very effective and has an affinity for pneumonia-type conditions; it is especially effective with application through the feet.

Use Exchange as a rub on the chest and back (over the lung area); dilute 6 to 10 drops in a tablespoon of **Grapeseed Message Oil**, then immediately apply a warm, moist towel (or other warmth-holding fabric) to the area. For children under the age of 6, use 3 to 6 drops **Exchange** in a tablespoon of **Grapeseed Message Oil**. Children under 3 years of age: use 1 drop each of **Ravensara** and **Eucalyptus radiata** to 1 tablespoon of **Grapeseed Message Oil** and use in place of the **Exchange**.

At the first indication of onset of flu, apply **Spice of Life** to the soles of the feet to boost the immune response. For adults, apply 3 to 4 drops to the soles of each foot every 15 minutes for 1 hour, then every half hour for 1 hour, then every hour during waking hours for up to 10 to 15 applications. You may use this application directly after the **Ravensara** foot application.

For children, apply Kids' Wellness blend to the soles of the feet to boost immune response (instead of **Defense**). Use 1 drop on soles of each foot for children 1 year of age; 2 drops for children 2 years of age; and 3 drops for ages 3-10. Repeat every hour for up to 5 hours, then every 4 hours if they are still awake. This application can follow directly after

the application of *Ravensara* to the feet. For children under the age of 6 months, use 1 drop *Ravensara* instead of *Kids' Wellness blend*. This recommendation is slightly different than what we had for prevention, as it is to be used more intensely because it delivers more essential oil to the bloodstream.

To help control fever, add *Eucalyptus radiata* to water and use in a sponge bath to help control fever. Add 10 to 12 drops to a quart jar of room temperature to slightly cool (but not cold) distilled water, shake it up well and pour into a bowl. If desired, add a tablespoon of *Dead Sea Salt*, which will also assist in reducing fever. Soak a wash cloth and wipe down the body of the person with the fever to reduce their temperature. The oil's 1,8 cineole content will help keep the body from exceeding a safe temperature. Make sure to monitor the person, as Eucalyptus can cool very quickly and they can become chilled.

While fever itself is seldom dangerous, **temperatures in adults over 106 degrees** can damage essential proteins and enzymes and disrupt normal biological functions. Monitoring a temperature is best accomplished rectally, or with the use of a digital ear probe. (If you are administering Tylenol, Advil, or other fever medication, please note: aspirin is contraindicated in children because of the possibility of a serious complication called Reye's Syndrome.)

Note: A seriously ill person will lose excessive amounts of fluid – up to one liter for degree of elevation of body temperature. Fluids are also lost through respiration, especially in patients breathing at excessive rates. Dehydration is a very serious complication of influenza. As the blood volume diminishes due to lost fluids, the blood pressure begins to fail. To preserve adequate blood flow to the vital organs, such as the brain and heart, blood vessels to other organs close down. Kidney and liver failure then ensue, and shock and death are not far behind.

Severe cases:

When an infection becomes serious or is not responding to treatment

If the patient is in serious condition or is not responding quickly enough, they may need to take essential oils internally. For adults, you can make up capsules of essential oils diluted in olive oil. For children, dilute the essential oil and then add it to applesauce. The following essential oils or essential oil blends are on the GRAS list as "generally regarded as safe" for consumption. Still keep in mind that phenols found in essential oils such as *Spice of Life* can irritate mucus membranes. Do not swallow these oils without containing them inside a capsule to protect the tissue of the esophagus.

For adults who do not have a history of liver problems (phenols are hard on the liver and *Spice of Life* is a phenol blend), take a large "00" gelatin capsule (sold at health food stores), remove the top, and fill the large bottom section 3/4 full of olive oil. Add 2 drops of *Spice of Life* and replace the cap. Take 1 to 2 capsules 3 to 4 times a day with food. If you experience stomach irritation, reduce *Spice of Life* to 1 drop for each capsule. Do not make up more capsules than you can use in 2 to 3 days as they may deteriorate or dissolve. (These can also be used as suppositories; use 1 capsule every hour for 4 hours, then every 2 hours for 4 applications.)

For children 3 years and older, mix 1 drop each of *Tea Tree*, *Ravensara* and *Eucalyptus radiata* into 1 teaspoon of olive oil. From this diluted mixture, add 1 to 2 drops of oil mixture to a tablespoon of applesauce and give to the child 3 times a day. With children under age 3, do not give them essential oils internally; use on the feet. The children's oils are non-toxic as recommended.

Along with the above protocol, **you may need to address depression and anxiety** caused when people experience severe traumatic situations and loss. To assist with sleep and physical relaxation, apply *TLC* to a tissue and slip inside pillowcase of the person when they are in bed. *TLC* or *Bergamot* can also be diffused when you are not diffusing other oils.

Geranium is a good balancing and anti-depressive essential oil and can also be diffused or applied to a tissue. The same is true of *Lavender*, or a blend of *Lavender* and *Roman Chamomile* (9 drops of *Lavender* to 1 drop of *Roman Chamomile*); both are known to be natural relaxers.

To conclude: There are a couple additional recommendations I have for combating the flu. First and foremost, **eliminate fast foods, sugar and highly-processed foods from your diet**, as they deplete the immune system and the body. Secondly, **supplement your diet with all the essential nutrients** that your body requires for proper function. *FrequenSea* is an easy and excellent way to acquire these nutrients.

Warning Signs:

How to determine who needs immediate attention

Influenza kills mainly by impairing the body's ability to exchange oxygen from the air with carbon dioxide in the blood. The lungs are the organs that achieve this function, so the dreaded signs of severe influenza relate to respiratory failure.

1. Normal breathing rate is 12 to 16 breaths per minute. A rapid breathing rate, called tachypnea, may be much higher, with 20 to 40 breaths a minute. This indicates the brain is sensing a need for more oxygen. Tachypnea also occurs when the body is stressed with high fever. Reduce the fever and then check respiration rate again.
2. Another way the body copes with early respiratory failure is to breathe more deeply, which is called hyperpnea. You have probably experienced this after vigorous exercise.

A person in early respiratory failure will be using muscles other than the diaphragm to help with the breathing process, so the accessory respiratory muscles of the neck and the abdomen will be called into action. This is called "pulling". A person struggling to exchange air will be using the neck muscles to tug on the collarbones and upper ribs, and the upper abdominal muscles to pull down on the lower ribs, thereby creating a bellows action on the chest wall. Such sustained use of accessory muscles is a critical warning sign of impending respiratory failure.

3. Bubbling or crackling sounds of the chest, wheezing or tactile vibrations during an intake of breath are signs that fluid is accumulating in the lung tissue.
4. At a later stage of respiratory failure, oxygen levels fall and heliotrope cyanosis develops. This is a blue or purplish hue, seen earliest in the nail beds and around the lips, but later all over the face and body.

Urgent medical attention in an emergency room is indicated as soon as any of the above signs or symptoms appear.

Getting ready for a pandemic

Aside from getting your house in order and stockpiling supplies, in truth there's very little you can do, physically, if there is a pandemic.

Emotionally, you can stave off worries by educating yourself about how to treat the flu to minimize its spread; accept the fact that life as you know it will be severely curtailed during a pandemic; and stay informed about the flu's spread in birds or swine by reading and watching reputable news reports.

There will be some warnings. If it mutates, it's likely to hit one person here and another person there, before clusters begin to emerge. If a pandemic is indeed starting to unfold, we'll go first through WHO Stage 5 (new virus causes human cases, with evidence of significant human-to-human transmission) before we hit Stage 6 (a full-blown pandemic with efficient and sustained human-to-human transmission). However, this could happen quite rapidly.

If there is a pandemic, chances are high that an attempt to impose a regional and/or national quarantine will be enacted for a period of time. Open spaces will obviously be a lot safer than being in a small, closed office, room, or house, or wherever sick people are. People will be told to stay home rather than evacuate to minimize exposure to those who are ill.

It may take time for local officials to bring relief to areas overwhelmed by illness. Most likely, people will be afraid to leave the house unless the need is dire. A high percentage of businesses would temporarily close or curtail their activities, as most of the workforce would be ill or caring for family members who are.

For this reason, you should have essential supplies on hand. You should have a minimum of everything you need for a week, though a quarantine could last from one to a few months. Store as much as you can. This is good advice anyway, with natural disasters and other threats to be concerned about.

Disclaimer: This material is for educational purposes only to make people aware of the coming threat of the Swine Flu and other drug-resistant infectious diseases. It does not constitute a medical recommendation. If you believe you are sick or about to become sick you should consult a profession health care provider. Preferably one who is familiar with nutrition and aromatherapy.