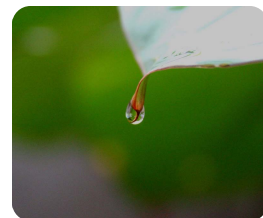


Essential Oils

Then & Now Newsletter

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EUCALYPTUS OIL - 'ELLO, MATE

Walkabout, the Outback, Tasmania, the Land Down Under, Aborigines, Kangaroos, Crocodiles - Mick Dundee? Here Koala Bears live and mate high in some of the tallest trees of the world, eating about one and one-half pounds a day of the leathery leaves of the Eucalyptus. Though there are at least 600 species of Eucalyptus, the Koala Bears prefer only the leaves of about 3 dozen of the varieties. Today I will touch on the basics of one of them.

E. globules is the best-known Eucalyptus. The disinfecting leaves were used for centuries by Australian Aborigines to treat and cover wounds, and fumigated or smoked for asthma and for fevers. French botanist De Labillardiere is credited with "discovering" the Blue Gum Tree and called it "the fever tree." Eucalyptus Oil usage began in 1778 with the arrival of Surgeon-General John White to Australia. He reported the fragrance of the oil and sent a sample to England where its ability to alleviate colicky complaints was recognized. Distillation of Eucalyptus oil began then by Dr White and Dr Dennis Cossiden for its use in treating chest problems and colic. It was Baron Ferdinand von Muller, the German explorer and botanist and Director of the Botanical Gardens in Melbourne, who made the properties of Eucalyptus oil known. Doctors Cole and Homeyer published the first works of the antiseptic and bacterial properties of this oil in Germany. They classified it as being "studorific, a stimulant, anticatarrhal and astringent." It was prescribed for all respiratory conditions. The collaboration of Baron Ferdinand Von Muller and Joseph Bosisto led to the beginning of the Eucalyptus industry in 1852.

All Eucalyptus trees originated in Australia, but have been successfully planted in Southern Europe, Algeria, Egypt, Tahiti, South Africa, Brazil, India and Southern California. Five years after planting it in the most marshy and unhealthy districts of Algiers, its astringent properties made the land healthy and dry. Because of this, Eucalyptus are cultivated in many temperate regions in order to eliminate mosquitoes and prevent malaria.

Jean Valnet, MD who used essential oils to treat soldiers in WWII when the antibiotics ran out, reported that a solution of 2% Eucalyptus sprayed into the air will kill 70% of airborne staph bacteria. Diffused, Eucalyptus forms ozone upon exposure to air. Ozone destroys bacteria and kills fungus and yeasts.

Although Eucalyptus is primarily known for respiratory conditions of all kinds and for muscle aches and pains, it is also effective for headaches, shingles, measles, cystitis, endometriosis, allergies, arthritis, vaginitis, leukorrhea, diabetes, and both types of herpes. It eradicates lice and fleas. It gives energy.

For the Soul, it encourages emotional balance, concentration, counteracts mood swings and cluttered thoughts. It dispels melancholy and revives the spirits, working to restore vitality, a positive outlook, a sense of well-being and a wider perspective on life. Purifying, cleansing, penetrating, Eucalyptus dispels the half-conscious, stagnating feelings that can keep us bound to a limiting environment. Inwardly, it gives us "Room to Breathe."

Happy Thanksgiving!

Joanna