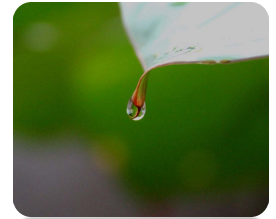


# Essential Oils

## Than & Now Newsletter

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January 2007

### RAVENSARA - BREATHE EASY

In the Indian Ocean east from Mozambique southern Africa is the intriguing country of Madagascar. It is the 4<sup>th</sup> largest island on earth and a botanical paradise. It harbors over 13,000 plants, 85% of which are found nowhere else. Its history includes seventh century Arabian trading posts on the northwestern side of this continent-sized island to the 17<sup>th</sup> century French trading posts on the eastern coastline. From 1774 to 1824, it was a favorite haunt for pirates, including Americans, one of whom brought Malagasy rice to South Carolina. Today, its climate, soil, altitudes, rainfall, warmth and sunshine make it perfect for the cultivation of a great number of essential oils. Many of the aromatic plants were transported there from other countries for this very reason. YL imports their ravensara, cinnamon, clove, mandarin, and black pepper. Black pepper oil? Sure. I'll tell you about it someday.

The people of Madagascar describe Ravensara as "the oil that heals." Though it's mild enough for children, it is HIGHLY antiviral and especially good for INFLUENZA. If you particularly like information overload check the internet for Avianflu.gov or Pandemicflu.gov regarding the preparations world-wide in hospitals and schools for the possible Bird Flu global epidemic. Outbreaks in humans currently in Asia, Europe, and Africa are generally from contact with infected domestic poultry. The concern is since viruses are particularly adept at mutating and becoming resistant to drugs and vaccines and because the bird flu viruses are uncommon to humans, we have little or no immune protection against them. The advantage of essential oils is that every batch is different due to varied climate conditions each year even in different parts of the same field or picked for harvest at different times of day. It's hard for viruses to become resistant to them.

Whether a devastatingly pandemic flu or the more common seasonal flu, the best treatment is prevention. Viruses (and bacteria and fungi) cannot live in the presence of many essential oils especially those that contain phenols, carvacol, thymol, and terpenes. All these components are contained in the Raindrop Technique done in our office. Those using essential oils are less likely to contract infectious diseases and if they do they tend to recover quickly. A monthly Raindrop or daily use of the Young Living oil blends "Thieves" and "ImmunePower" on the soles of the feet is very protective. If illness does occur both blends and/or Ravensara are capable of inspiring the body to heal. ImmunePower contains Ravensara. Ravensara used intensively in massage, baths (mix with sea salt first), and inhalation (or with a vaporizer) often stops the flu in one day.

Ravensara is also effective for shingles, cold sores, genital herpes, throat and lung infections, pneumonia, sinusitis, mononucleosis, insomnia, hepatitis, and cancer. It's a muscle relaxant and analgesic, effective for joint pain and muscular tension especially if due to anxiety. Ravensara is mentally and physically supportive for those who are overtired or depressed and lethargic. High frequency - 134 MHz

Wishing you a healthy 2007

*Joanna*