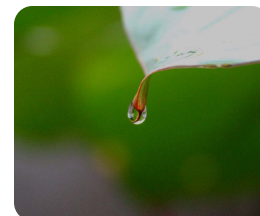


Essential Oils

Therapy & Now Newsletter

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November 2007

Time for Thyme

Fall began with an influx of clients with respiratory ailments and I quickly ran out of my usual respiratory oils. Fortunately, I discovered the always-in-stock Raindrop oils like wintergreen, great for joints, is also beneficial for Asthma. Thyme (*Thymus vulgaris*), used in Raindrop for its highly anti-negative-microbial actions, is also a tonic effective for congestion and/or infection of the lungs, catarrhal, coughs and bronchitis.

Thyme's history dates back 3500 years with the Sumerians who needed thyme for fumigating. Ancient Egyptians used thyme in their embalming process. Greeks and Romans used it for courage. Crusaders of the Middle Ages wove sprigs of thyme into their scarves. Before refrigeration, thyme was used to delay the putrefaction of meat. Twelfth century Europe got into the oil production particularly in their monasteries and abbeys cultivating their own aromatic plants as well as administering herbs, spices and oils from the Far East. Then sadly much of that knowledge was lost until the late 1800's.

Thyme destroys *E. coli*, typhus bacillus, streptococcus, diphtheria, tuberculosis and staphylococcus. According to the World Health Organization, a new superbug is appearing every year now. MRSA (methicillin-resistant *Staphylococcus aureus*) is one of these superbugs and it is almost epidemic today in our hospitals, football teams, prisons, etc. MRSA, born in hospitals, has been cultured from door knobs, elevator buttons, bedclothes, doctors ties, stethoscopes, sinks, even on the walls including in OR's. Since bacteria and viruses can mutate, antibiotics are becoming or have become ineffective. Some people carry MRSA nasally and have no symptoms. Alternatively, there are essential oils. Since every crop is different because the seasons vary from year to year even from one part of the crop to another, bacteria and viruses can't mutate fast enough to become resistant. Properly distilled therapeutic-grade thyme is optimal as it has more chemical variations than almost any other plant and still maintains the healing life force able to repair every cell of the body.

Thyme supports the energy of the heart, strengthening the heartbeat and improving circulation. It's a urinary antiseptic and a diuretic. It fortifies the immune system by stimulating the production of white corpuscles and is one of the oils used in the treatment of HIV-related diseases. Destroys scabies and lice. Essential oils participate with the entire endocrine system safely balancing and stabilizing in a way that is consistent with the system's own efforts to create and maintain homeostasis. This harmonizing effect helps when you need to be wakeful, but also helps when you need to go to sleep. Despite its diuretic effect it can raise low blood pressure yet is never problematic to those treated for hypertension.

Thyme is invigorating for the brain - mental and emotional. Historically, a remedy for melancholy, benefiting depressive states characterized by withdrawal, pessimism, and self-doubt. It instills courage and valor and strengthens the will. Beneficial for poor-self confidence, apathy, and fear. Restoring morale at the very deepest level, thyme seeks to imbue both spiritual fortitude and bodily vigor. Whether demoralized, apprehensive or alienated, consider reaching for Thyme's warm and virile strength.

Thankful for these gentle powerful oils,

Joanna