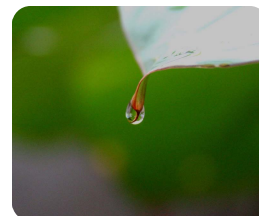


# Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



June 2009

## Swine Flu?

Called an a-typical flu, a never-before-seen “strange brew” of swine, human, and avian viruses. Weaponized Flu Pandemic? Such mixtures do not occur by themselves but in laboratories, as will the swine flu vaccinations currently being concocted to be required (perhaps imposed?) on individuals world-wide. Why is this called a pandemic when the typical seasonal flu kills between 250,000 and 500,000 people globally a year? Who might benefit from a “pandemic”?

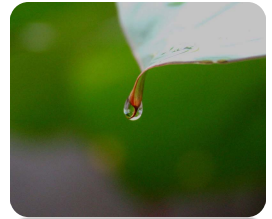
The Egyptians killed 300,000 pigs to avoid the swine flu. The better way is to build our immune systems. We know about the importance of clean water (drink ½ your body weight in ounces), clean air, sunshine, nutritious foods, exercise, enough sleep, less stress, an alkaline body environment, positive thinking (can't afford the luxury of a negative thought), someone to love and be loved by, giving, a right relationship with God, and prayer. Sometimes we do everything right and still get sick. Fortunately, we have herbs, supplements, and the therapeutic essential oils. Raindrop massages, diffusing, ingesting, and applying – but which oils? All true essential oils will build the immune system and, used with prayer, increase our and the oils megahertz (See past issues on our website about megahertz). Blending certain oils together increases their anti-microbial effectiveness, for example: 12 drops of rose geranium (or thieves), 6 drops of oregano and 2 drops of frankincense to diffuse, or in capsules or in bottle to apply to feet. And/or 3 drops of clove, 3 drops of oregano and 3 drops of any citrus oil in a spray bottle mostly full of water. Shake and spritz in the air to kill airborne negative microbes and increase the helpful negative ions.

I suppose it's important to state that the information I've written past, present and future, is for educational purposes only and is not intended as diagnosis, treatment or prescription of any kind. The decision to use or not use any information is the sole responsibility of the reader. This disclaimer is made to protect this writer from the wrath of pharmaceutical and medical cartels protected by regulatory law. For what it's worth, essential oils related recipes predate the American Medical Association and Food and Drug Administration by at least 6000 years.

We are responsible for our own health and the health of our family, not the AMA, FDA, the World Health Organization, or our physicians. If your physician prescribes a drug for “treatment,” ask him or her about known side-effects. Consider if the proposed gain is really worth the risk. 106,000 deaths occur every year from properly taking prescribed

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drugs! Dr Julian Whitaker, M.D., Medical Editor for “Health and Healing,” estimates 18 million more have survived toxic effects from the drugs prescribed by their physicians – over 2 million needed to be hospitalized in 1994 alone. How many more since then? Know anyone hospitalized or killed with therapeutic grade essential oils? Any “side effects” are detoxification reactions and are mild and short lived. The up-coming Swine Flu Vaccine...?

That’s up to you,

*Joanna*