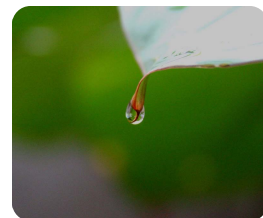


Essential Oils Then & Now Newsletter

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WHEN PIGS FLY (A.K.A. SWINE FLU)

In the United States, Influenza characteristically occurs between October and May with the peak of the season falling between late December and March. Rumor has it that another breakout will occur in January. How do you know if you have a cold or the flu?

Fever is rare in a cold but occurs in about 80% of all flu cases.

A hacking mucous producing cough is often present in a cold; non-mucous producing cough occurs with the flu.

Slight body aches and pains can be part of a cold. Severe aches and pains are common with the flu.

A stuffy nose that resolves itself in about a week is common in a cold but infrequent in the flu.

Chills are uncommon with a cold but are present in 60% of people with the flu.

Tiredness is fairly mild with a cold but moderate to severe with the flu.

Life happens and even the healthiest of people with healthiest life styles get sick. One day after attending a wedding and reception I suddenly felt very tired and began shivering. I had planned to make chicken soup but felt too tired. "I don't feel good," I said to Mer and went to bed. "God, I don't have time to be sick!" I applied **oregano**, **thyme** and **thieves** on my feet and thieves on my neck and chest. I continued shivering for quite awhile and felt my temperature rise until I was very hot. I was too tired to get the thermometer. I slept and every time I woke up I put the oils on again. Late that night Mer came in and said I was burning up. I had taken aspirin with no effect. Then, DUH, I remembered **peppermint** oil brings down fever. I applied it on my forehead, temples, neck, arm pits, under breasts and on the feet. In less than ½ hour the fever was gone. I was impressed. The next day was Sunday and I was still tired and didn't want to pass along any "germs" so opted to stay home. All that day when I woke up I continued to apply the essential oils of oregano, thyme and thieves. Monday I was well.

Thieves is a blend of highly antiviral, antiseptic, antibacterial, and anti-infectious oils – **clove**, one of the most antimicrobial oils and also antifungal; **lemon**, antiseptic-like, contains properties that amplify immunity, promotes circulation, leukocyte formation and lymphatic function; **cinnamon bark** –one of the most powerful antiseptics known, strongly antibacterial, antiviral, and antifungal; **eucalyptus radiata**, antibacterial, antiviral, anti-infectious, and anti-inflammatory; and **rosemary**, antiseptic and anti-microbial.

Oregano is anti-aging, powerful antiviral, antibacterial, antifungal, antiparasitic, anti-inflammatory, immune stimulant, and creates a feeling of security.

Thyme is one of my most favorite oils as it has more constituents that almost any other oil which makes it effective on many levels with the same actions like oregano, plus beneficial in helping to overcome fatigue and exhaustion after illness.