

Don't Blame Me if you get the Flu! (You know Grandma, Aunt Betty, the baby cousin Josh, etc)

Ever notice how after the gathering of families at the Holidays – you and others get sick?

There are plenty of factors at play. First is the mixture and exchange of viruses from across the country that now get mixed into the air during the family 'gathering'.

Also everyone has stress that contributes to your body's immune system and its eventual breakdown. Of course this is where you will then seem to 'catch' every ill 'bug' that comes near you.

So please don't blame your relatives for you getting ill. Most of the time if you have been getting plenty of rest, eating right, diffusing essential oil and trying to keep stressful situations to a minimum you won't be too affected after the Holiday gatherings.

But what else can you do to help PREVENT or minimize the inevitable? Simple little things are all it takes.

Of course use essential oils! The holiday scents of [Cinnamon](#), [Orange](#) and [Clove](#) are great anti viral and antibacterial essential oils. [Diffusing them in the air](#) is so simple and a pleasantry this time of year. Not to mention they are so reminiscent of this time of year.

If you start diffusing these as soon as possible and continue throughout the month of January, there is a good chance you can 'nip' any virus in the 'bud' before it even gets a chance to gets its grip on you.

Our favorites this time of year are [Winters Warmth, Celebration](#) and of course others like [Conifer](#). When we know we are going to be exposed to possibly ill folk we will diffuse [Four Robbers and Pure Cleansing](#). Several of our customers like [The Cleaner](#) and [Protect me](#). Just about all essential oils have anti-viral properties to varying degrees.

The above blends all have several of the best essential oils for combating viruses. They have [Cinnamon](#), [Thyme](#), [Eucalyptus](#), [Clove bud](#), [Rosemary](#), [Lemon](#), [Orange](#), [Grapefruit](#), [Spruce Needle](#), [Pine Needle](#), [Oregano](#), [Ravensara](#), [Ravintsara](#), [Peppermint](#) and more!

Prevention is still the best defense to avoid coming down with something NOW and AFTER the holidays. [Diffuse essential oils](#) that are good to clean the air of viruses, wash your hands frequently, get plenty of rest, eat good nourishing foods and did I mention diffuse essential oils that help you handle stress. Diffuse your favorites to help you feel happy and content as they help keep you healthy too!

Enjoy the Holidays!

By the Way – The same information applies to folks that ask – Why do I always get sick when I'm going on vacation, on vacation or just getting finished with vacation? You get a release of stress and are usually in contact with folks you have or rarely have been around previously!

PS. If you do get the 'flu bug' Check our website and use our "Search Box" as we have suggestions of essential oils you can use to relieve your symptoms too.

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2010 Penny Keay

Visit us on the web at: www.birchhillhappenings.com/aroma1.htm