

Is it just a Tickle or is it a Sore Throat or Worse?

This is a question that only time can define. But this time of year, once school is back in session, the outside temps begin to get very chilly you may not be sure what is happening especially with everyone now in close contact.

Most of us can tell that something isn't right when we feel that tell tale burning sensation that usually is the first sign of a sore throat, cold or worse yet the flu.

No matter which one it might be NOW is the time to take action. Once you begin to feel something that is just not right when you swallow or breathe. It is NOW that you have to start your own health care.

If you can get your essential oils out and start to inhale them or gargle you can often times nip this whole thing in the bud and lessen or reduce the duration of things to come.

BUT you have to get into action immediately! No, you can't wait until you get home 4 hours or more from the first sign. You have to take action now! The longer you wait the more the germs can get a grip on you.

Be prepared!! This is a good motto to live by, the Boy Scouts do! And well we are old 'Scouts'.

It is easy and simple to be prepared. In your purse or pocket carry a [Personal inhaler](#) that has any number of essential oils or blends in it. Most folks have a locker or a desk at work so even if you don't need to use the inhaler often it can be really accessible.

Essential oils in blends are usually more effective at the onset of this 'tickle' and burn but if you don't have a blend, using a single oil will help too.

Our favorite to use is [Four Robbers](#) and [Pure Cleansing](#). Yep, we add them both to a nasal Inhaler. The Personal Inhaler with the elegant sleek style has a tightly fitting cap and once the essential oils are placed inside and sealed they can last for 6 months or more depending on how often you open it.

The [personal inhaler](#) is very discreet and can be used anywhere and anytime. Most people around you won't know that you are inhaling these powerful plant essences. They will think you are applying lip balm or lip coloring.

Oh my, what about your children? Some school districts don't or won't allow any type of inhaler as they may consider it medicine. Simply have your son or daughter wear a [Terra cotta Pendant](#) or [other pendant](#). Just apply 1-2 drops on the cotton pad or on the [terra cotta](#) itself.

You can apply the essential oil on the pad prior to them heading off to school. Remember just about all essential oils have anti-viral and anti-bacterial properties. [Four Robbers](#) smells 'Cinnamony' or you can use peppermint too. Of course they might get accused of chewing gum or eating candy. Oh well, you and your child will know the real cause of the smell!

Use your favorite blend which might include [Four Robbers](#), [Protect Me](#) or [Mint Energizing](#). For congestion you might want to use [Easy Breathe](#) or [Pure Cleansing](#). There are many of our blends that smell great and have wonderful properties for fighting off the onset of a sore throat, cold or flu.

Be Prepared, be healthy! Sniff away!

See our [Personal Inhalers](#) here <http://www.birchhillhappenings.com/inhaler.htm>

For Families we have a [ten pack of plastic disposable inhalers](#) – simply label one for every member!

Visit us for shopping at: birchhillhappenings.com/aroma1.htm

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