

## Aromatherapy Tip of the Week - #65

### "Swine Flu", Influenza and Essential oils

April 29, 2009

The flurry and anxiety the news media are causing about the possible outbreak of "Swine Flu" makes everyone very excited, uneasy and concerned and asking what they should do.

Of course, you and I have been exposed to flu viruses before and will undoubtedly be again. The number one question we have been asked the past few days is What essential oils should we be using? Next we are seeing: What can you do now before exposure? And what should we do once the "flu" has been reported in your area? And What to do once you have actually been exposed?

First you must remember it is a virus and there are several essential oils that have, in the past, been shown to work against viruses. You might ask will they work specifically against the Swine Flu virus? Well, we can't answer that as we don't know. All we can go by is what has worked in the past for other upper respiratory infections caused by flu viruses.

Number one is PREVENTION. So to be sure you are washing your hands frequently and avoid touching your face while out in public. Any soap will kill germs and viruses and of course will reduce the number of germs on your skin.

The following essential oils have been helpful against upper respiratory viral infections:

Most common: Eucalyptus oils - just about all of them with the following being the most effective. E. Globulus, E. Polybractea and E. Radiata. Oregano, Thyme (c.t. linalool and others), Cinnamon leaf. The next group: Bay Laurel, Clove Bud, Naiouli, Ravensara, Rosemary, and Sage. Others to lesser degrees include: not in any specific order - Lemon, Lime, Melissa, Palmarosa, Tea tree, Peppermint, Patchouli, Rose, Rosewood, Tarragon, Myrrh, Coriander, Basil, Cajuput and Hyssop.

Several of these oils work better against specific virus types but many of them work against the majority of viruses to varying degrees. We personally have seen many of them work against "flus" and colds and related viral infections. These same oils are found in many of our popular blends used for such ailments- such as our Four Robbers Blend, Pure Cleansing Blend, Easy Breathe Blend and Protect Me! Blend. Also for symptomatic relief folks are using Respiratory blend.

Our suggestion as prevention is to start now by diffusing either Four Robbers or Pure Cleansing Blends. You can of course diffuse any of the singly listed oils from above but some of the better ones for use against viruses just don't smell very pleasant. The Four Robbers and Pure Cleansing Blends have nice scents that are not too medicinal in nature.

At work you may want to carry a personal inhaler filled with Four Robbers and Pure Cleansing - yes you can mix the two blends. You'll have an even more powerful synergy blend. Simply inhale a few times every couple hours. Simple as that.

Now, at the first sign of a cold or flu, diffusing our Four Robbers Blend and our Pure Cleansing blends which contain a significant blend of the essential oils known to be effective against viruses can often times nip the infections in the bud or help reduce the severity of the condition. Of course any of the single oils from the list above, especially the Eucalyptus oils, Oregano, Thyme and Cinnamon Leaf are very good to diffuse too.

Please read a few of our past Tips of the Week or Past Newsletters for symptomatic relief of aches and pains in muscles and headache relief, chest and nasal congestion, coughing and more. You will most likely find you have several oils on hand that at least can help you feel better. There are also suggestions for disinfecting surfaces too.

Tips of the Week index is <http://birchhillhappenings.com/aromatip/aromatip.htm>

Past Newsletter Index is <http://birchhillhappenings.com/news.htm>

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As we discover more information that might help should the Swine Flu become an actual epidemic or worse yet Pandemic, we will try to keep you updated on our website.

In the meantime, if you feel like you might be getting ill, stay home, get plenty of rest, drink lots of fluids and remember to diffuse and use your Essential oils safely!

Please, if you have found you have a confirmed case of Swine Flu and use essential oils to fight the infection, please share with us and we'll post it on our site too. But let us hope no one gets sick. ☺ If you do, hope for a speedy recovery!!

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