

## What's all this Sneezing and Coughing? A Spring Cold?

Have you ever gone shopping and hear folks all around you sneezing and coughing? And well you get home from shopping and a day or two later - dog gone it - now you have that same spring cold.

You are congested in the head. You are congested in the chest. Your nose is all stuffy and you feel miserable.

Now the old remedy of eating chicken soup is a good one. The steam from the soup and the extra fluids will help to get the mucous flowing. At least you hope so. The warm soup doesn't feel too bad on the throat - right?

When you were a kid your mother probably used "Vick's Vaporub" on you. There are other versions of this same 'rub' made by Metholatum, and my mothers favorite was "Medicated Ointment" by the Rawleigh Company which we still use on occasion. (Rawleigh is a company also known for its spices and extracts. They have some of the best ground cinnamon for baking - at least I think so! As I used to bake some of the best Cinnamon and Carmel rolls in the county!!)

These 'rubs' to me, smelled awful when you could smell them but when you were feeling under the weather they weren't too bad. They made things easier to breathe and helped with the sore throat and tickle that made you keep coughing.

I always knew when I was getting over the cold as I didn't want her to rub that 'stinky' sticky stuff on me any more. Mostly I think it wasn't so much the smell that I didn't like, but the stickiness that the ointment left on my skin.

This past week we had one of our good customers ask if we could help with a recipe to mimic the smell of Vicks. So I did a little research to find out what some of the main ingredients are in Vick's vaporub and Rawleigh's Medicated ointment.

Well, both of these have a combination of various naturally derived essences. Both have a type of camphorous essential oil, Eucalyptus, Peppermint (menthol) and several other essential oils.

So here is Penny's version of a combination of these, made as a diffuser blend - not as a sticky messy ointment that feels too gross. It smells close to the Medicated Ointment as I still have that in my cabinet. My recipe will be called:

### Better than My Mom's Remedy when you have a cold!

Rosemary - 80 drops ( or 4 mL)  
Eucalyptus Radiata- 40 drops ( or 2mL)  
Eucalyptus Globulus - 40 drops (or 2mL)  
Peppermint - 20 drops (or 1mL)  
Cedarwood - 5 drops  
Nutmeg - 5 drops  
Thyme Linalol - 5 drops  
Pine Needle - 5 drops

Blend all in an amber bottle. Mix well then use in any diffuser or a personal nasal inhaler. This blend can also be mixed with a lotion or carrier oil and applied to the skin. Mix no more than 36 drops per 2 ounces of carrier oil (Your choice of carrier oil - suggestions would be fractionated coconut oil or jojoba.) The 36 drops in 2 ounces of carrier is about a 3% dilution. If you will be using it on children between 5-12 years dilute it to about 20 drops per 2 ounces of carrier oil. Apply just a few drops of the carrier oil/essential oil mix to the chest. You won't need to use a ton - like you do of that sticky ointment!

**Caution:** Due to the Eucalyptus and Peppermint in this blend do not use as a massage oil on children or infants under 2 - especially on their chest. Eucalyptus and Peppermint cooling vapors can cause young children to have a spasm occur that may block their airway. Also if used in young child's room - only diffuse a small amount - do not saturate the air. Remember more is not better when it comes to the use of essential oils.

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