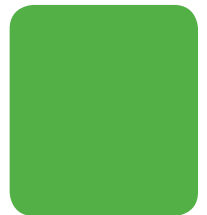
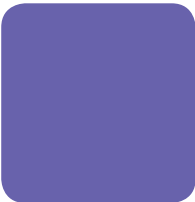


# AROMATHERAPY

## Infectious Disease

by Alexandria

Brighton



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Original Aromatherapy & Infectious Diseases Text  
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## Introduction

The French, who are leading the world in the area of medical aromatherapy, use Essential Oils extensively for treating infections.

There, medical schools offer courses in medical use of Essential Oils and how they are applied for general infections along with respiratory, digestive, urinary, reproductive, and skin infections.

Essential Oils are often used as the primary treatment modality, or, depending on the patient and their circumstances, they may be used in conjunction with standard antibiotic and other medical treatments.

Natural plant medicines, Essential Oils and herbal remedies are safe, comparatively inexpensive, practical to use, quick acting, and effective against infection.

The use of Essential Oils to combat infections is well documented in medical and scientific literature. The French and other European countries have been researching medical uses of Essential Oils since the 1950's.

***The method of using Essential Oils presented in this material is the French medical method.***

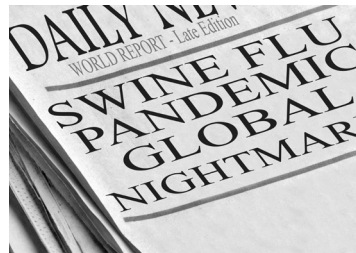


***Disclaimer:*** This material is for educational purposes only to make people aware of the coming threat of the Avian Flu and other drug-resistant infectious diseases. It does not constitute a medical recommendation. If you believe you are sick or about to become sick, you should consult a professional health care provider, preferably one who is familiar with nutrition and aromatherapy.

### Infectious Diseases On The Rise

Most people still believe that infectious diseases and the threat of epidemics are a thing of the past. Since the discovery of penicillin during World War II, the world made steady progress toward the elimination of many of the common infectious diseases such as tuberculosis, malaria, and smallpox. As recently as 1996, the World Health Organization projected dramatic reductions in the incidence of infectious diseases.

Today, infectious diseases are on the rise again. Not only have several diseases thought to be eradicated or controlled resurfaced, but since 1973, at least 30 new, previously unknown disease-causing microbes have been identified. These include HIV, Ebola, Hepatitis C, and Nipa virus; diseases for which no cures are available.



In addition, reports about drug-resistant germs are more numerous than ever before. According to an article in the February 2002 National Geographic Magazine, "at least 20 major maladies have reemerged in novel, more deadly, or drug-resistant forms in the past 25 years."

***With the increase of drug-resistant germs, the likelihood of a global pandemic also increases.***

Today, with our massive urban populations and close contact between peoples as a result of international travel, the prospect of a new pandemic "is not a matter of if, but when." The government has recognized this problem and is taking it very seriously. In 1999, the Central Intelligence Agency conducted a study of the global infectious disease threat and its implications to the security of the United States.

The CIA examined major risk factors posed by infectious diseases over the next 20 years and then projected three different scenarios. The first scenario, labeled "*steady progress*," in the fight against infectious diseases, was considered the least likely to occur.

In this scenario, economic development and advances in healthcare would produce major breakthroughs leading to the effective control of disease outbreaks.

This scenario was considered unlikely to happen because of global social and economic challenges, the increase in drug-resistant germs, and “because related models have already underestimated the force of major killers such as HIV/AIDS, TB, and malaria.”

The second scenario, labeled “*progress stymied*,” was more pessimistic but also more plausible than the first.

Under this scenario, drug-resistant strains of TB, malaria, and other infectious diseases appear more rapidly than new drugs or vaccines, creating widespread havoc. In addition, the incidence of HIV/AIDS increases catastrophically in Latin America, India, China, and the former Soviet Union.

Although judged more likely to occur than the first scenario, the second scenario was deemed unlikely because of economic development, international collaboration, and advances in medicine. These trends can slow the spread of at least some of the diseases.

The third and final scenario was labeled “*deterioration, then limited improvement*.”

According to CIA estimates, this scenario was most likely to occur, “barring the appearance of a deadly and highly infectious new disease, a catastrophic upward lurch of HIV/AIDS, or the release of a highly contagious biological agent.”

This scenario foresees deterioration in world health conditions caused by infectious diseases during the next decade, followed by gradual improvements.

These improvements would come about as a result of demographic changes, e.g. a low birth rate, social and economic changes, better surveillance and response systems, and medical advances.



With the continuing growth and mutation of the H5N1 Avian flu virus, we may already be witnessing the beginnings of a new highly contagious disease which would put some form of scenario two as the most likely outcome.

As we have seen in the past, the United States is ill-prepared for any infectious disease outbreak or epidemic. Hospitals in the US operate at near maximum capacity on a daily basis.

Any increase would put them beyond their capacity to provide adequate medical care. And with the increase in drug-resistant microbes, we may not have adequate or effective drugs to fight or control such a scenario.

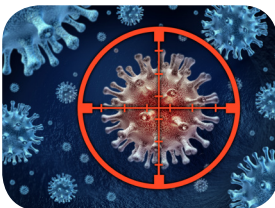
### Antibiotic Crisis, Antibiotic Alternatives

Our overuse and over-dependence on antibiotics has led to an antibiotic crisis in which we have weakened our immune systems, destroyed the friendly bacteria in the digestive tract, and in doing so, contributed to the high level of drug-resistant germs that we now face.



According to Dr. Leon Chaitow, author of *Antibiotic Crisis, Antibiotic Alternatives*, over-use of antibiotics has been linked to such health problems as elevated cholesterol levels, menopausal symptoms, osteoporosis, gynecological symptoms, liver disease, irritable bowel and chronic digestive problems, increased risk of bladder infection, and arthritis problems.

***Essential Oils may offer an answer to this crisis.***



*As we know from the work by French medical doctors and other researchers, Essential Oils are effective bactericides (they kill bacteria) as well as bacteriostatics (they inhibit bacterial growth).*

### French Medical Aromatherapy

In 1995, a meeting was held by the Royal Society of Medicine in London where methods used by French doctors to treat infections were demonstrated.

Of great interest to those present was the ability of certain Essential Oils to clear up infections caused by MRSA; mecithilin-resistant *Staphylococcus aureus* (mecithilin is an antibiotic used to treat staph infection).

An estimated 80,000 people per year get MRSA infections in the United States. Up to 90% of all MRSA strains are resistant to commonly used antibiotics. Some strains are resistant to almost all antibiotics except those that are also toxic to the human body.

Drug-resistant *Streptococcus Pneumonia* (DRSP) is another illness caused by drug-resistant germs. DRSP has been increasing steadily in the U.S. since 1987. Of more than 100,000 hospitalizations per year for pneumonia, 40% are thought to be caused by DRSP.

Those most at risk are people in nursing homes, extended-care facilities, child-care centers, or hospitals and clinics. DRSP is spread through person-to-person contact.

### Essential Oils Are Potent And Effective Germ Killers

When researchers tested antibiotics and Essential Oils against germs such as *E. coli* and *Staphylococcus aureus*, their conclusion was that the Essential Oils were comparable in antimicrobial strength to the antibiotics used in the experiment.



One of the main contributing factors to their effectiveness and why they are being considered as antibiotic replacements in certain cases is that germs cannot develop resistance to them.

Essential oils contain many hundreds of chemical compounds which make them extremely complex substances.

Because of this complexity, germs are not able to build up resistance like they can to drugs which are single ingredient or very simple formulas.

### How Essential Oils Are Different Than Drugs

Unlike antibiotics that kill all bacteria, good or bad, Essential Oils are natural substances created by nature to work with little or no side-effects for the overall benefit of the body.

They can benefit the body in these important ways:

- Certain Essential Oils have immune stimulating properties, thus supporting the immune system to take action against invading germs.

This makes the body a less hospitable place for germs to live and multiply.

- Essential Oils alter the body's chemistry; the pH balance.

If the body's chemistry is out of balance, e.g. too acidic or alkaline, other systems of the body have to attempt to compensate.

- Essential Oils act on the body's governing systems, the endocrine system and the nervous system.

These systems control all body functions. When faced with illness or injury, the governing systems act to maintain homeostasis and ensure the body's survival.

- The Essential Oils can also act like the immune cells of the body by killing germs and preventing them from being able to take up residence in the body or being able to multiply and mount a full scale attack on the body.

### Antibiotic Essential Oils

**Oregano** (*Origanum vulgare*) should not be confused with the kitchen spice or the ingredient commonly found in pizza. **Oregano** Essential Oil is obtained from a wild plant variety found in Spain and Turkey. The plant is rich in carvacrol, which is a natural bactericide.



**Oregano** Essential Oil also has antiviral and antifungal properties. Dr. Kurt Schnaubelt writes the Essential Oil of **Oregano** is “aromatherapy’s heavy artillery” against bacterial infections. It has a wide range of medical uses. Most commonly, it is used for viral infections such as colds, flu, bronchitis, and pneumonia. It is effective for all respiratory conditions, including pulmonary tuberculosis and whooping cough.

Applied to the skin, the oil can be used against chronic fungal infections, such as nail fungus and athlete’s foot. **Oregano** burns the skin and must be diluted with carrier oil, or use the goDésana **Oregano Lavender** blend.

**Cinnamon Bark** (*Cinnamomum zylanicum*) is one of the oldest known spices. The tree is cultivated in India, Sri Lanke, Mauritius, and the Seychelles. The bark is removed from 6 to 8 year old trees, then cut into strips and left to dry in the sun. The Essential Oil is steam distilled from the sun-dried bark.



**Cinnamon Bark** Oil is an effective stimulant for the circulatory system and an analgesic for treating muscle aches and pain. It has strong antiviral, antifungal, and antibacterial properties due to its main chemical constituent, cinnamaldehyde.

In their clinical studies, Lapraz and Duraffourd successfully used **Cinnamon Bark** Essential Oil to treat skin infections, infections of the respiratory system, digestive tract infections, and foremost, bacterial bladder infections.

**Clove Bud** (*Syzygium aromaticum*) is an Essential Oil with strong antiviral, antiseptic, and antibacterial properties.

During the sixteenth century, cloves were used with pomanders to ward off the plague.

Another traditional use of cloves is as a toothache remedy. Cloves are native to the Mollucan Islands of Indonesia but are now cultivated in many tropical countries.



**Clove Bud** Essential Oil is an analgesic used to alleviate skeletal and muscle pain. Taken internally in small doses, it can remove intestinal parasites, worms, and their eggs. Diluted **Clove Bud** Essential Oil can be used for skin and hair conditions such as measles, scabies, athlete's foot, and lice.

**Thyme ct. thymol** (*Thymus vulgaris*) is a valuable natural disinfectant. Thyme is used extensively in commercial mouthwashes, gargles, toothpastes, cough drops, after shave lotion, soap, and toiletries.



The Essential Oil is obtained either from the fresh herb, a small, 18-inch high evergreen shrub found in the Mediterranean, or from the partly dried leaves and flowering tops.

Due to its antiseptic properties, **Thyme** Essential Oil may be used to treat infections in all body systems, especially the respiratory system. It is excellent for bronchitis, coughs, and flu. It can also expel worms from the digestive tract.

**Thyme** Essential Oil is warming, stimulating, and fortifying; it stimulates the brain, increases metabolism, and aids the nervous system in coping with stress.

**Tea Tree** (*Melaleuca alternifolia*) and **Eucalyptus globulus** (*Eucalyptus globulus*) are Essential Oils from Australia.

The aboriginal people of Australia were familiar with their use, and early European settlers learned about them from the natives. During colonial times, **Tea Tree** Essential Oil was considered a “bush remedy” for all types of infection.



Beginning in the 1920's, **Tea Tree** Oil began to attract the attention of Australian scientists and researchers. Its reputation spread, and soon it was considered a “miracle remedy.” **Tea Tree** Oil was issued to Australian soldiers during World War II in their first aid kits.

Today, both **Tea Tree** and **Eucalyptus globulus** Essential Oils are widely used for their bacterial, antifungal, and antiviral properties. Many research studies have been done that confirm **Tea Tree** oil's traditional use as an antiseptic.





Everyone has experienced an infection at one time or another. Infections are the most common form of human disease.

### Bacterial Infections

Bacteria are primitive, single-cell organisms without a nucleus that produce disease in various ways. They can excrete toxic substances that damage human tissues, they may become parasites within human cells, or they may form colonies in the human body that disrupt normal processes. They can only reproduce in other living cells.

Examples of bacteria include *Pseudomonas aeruginosa*, a rod-shaped bacteria that can be found in water, soil, and vegetation; *Escherichia coli*, an organism found in the intestines of humans and animals; and *Staphylococcus aureus*, a microbe found in the air, in water, in food, and in the bodies of humans and animals.



Bacteria cause common illnesses including abscesses, anthrax, botulism, cholera, conjunctivitis, dental caries, diphtheria, gastroenteritis, gonorrhea, “legionnaires” disease, Lyme disease, meningitis, parrot fever, pneumonia, rheumatic fever, Rocky Mountain spotted fever, syphilis, tetanus, toxic shock syndrome, typhoid fever, and whooping cough.

### Viral Infections

A virus is a microscopic, parasitic entity smaller than a cell. It consists of a nucleic acid molecule bound by a protein coat and sometimes a lipoprotein envelope. Viruses are the smallest of all disease-causing microbes. They invade healthy cells and insert their own genetic code into the host’s genetic code. This causes the cell to produce viral DNA or RNA. They can then produce more virus particles.

Examples of viruses include Epstein-Barr virus, Influenza A, B, or C; and Herpes simplex 1 and 2.

Among the most common viral infections there are HIV/AIDS, chicken pox, the common cold, fever blisters and herpes, hepatitis, infectious mononucleosis, measles, mumps, polio, rabies, German measles (rubella), viral encephalitis, and warts.

Antibiotics are usually not effective against viruses, but now scientists are also producing antiviral drugs. They can do that when the chemical structure of the virus is known.

Antiviral drugs do not kill viruses. They inhibit the reproduction of viruses, slowing the disease down. Commonly used antiviral drugs are acyclovir (ACV) for herpes and azidothymidine (AZT) for HIV/AIDS.

### Fungal Infections

A fungus is an organism similar to a plant, but it lacks chlorophyll. For this reason, it cannot produce its own food. It must consume other organisms or act as a parasite.



Many fungi attack tissue on or near the skin, or in a mucous membrane. Examples include athlete's foot and vaginal yeast infection.

Some types of fungi are systemic, spreading throughout the body. Candida albicans is a prominent example.

Fungal infections must be treated using an “inside out” approach.

The internal body chemistry must be altered at the same time that topical applications are used on the outside of the body.



### Parasites, Protozoa, Or Pathogenic Animal Infections

A parasite is an organism that lives in or on another organism in order to obtain its nutrients. Parasites include protozoa (single cell organisms larger than bacteria) and pathogenic animals such as nematodes, insects, worms, flukes, and snails.

Parasites infest human fluids and body cavities and can cause disease by infesting cells or directly destroying them.

These cause common illnesses including amebiasis and amoebic dysentery, giardiasis, malaria, trichomoniasis, roundworm infestation, pinworms, tapeworms, liver flukes, snail fever, and threadworm infestation.

In natural medicine, Essential Oils and herbal tinctures are usually taken internally to expel parasites and worms from the body. These are called anthelmintic or vermifuge Essential Oils and herbs.

### Symptoms Of An Infection

There are five basic symptoms that typically occur during an infection:

- **Dolor** or pain, especially when the infection is confined to a body cavity and pressure builds up, causing pain. The amount of pain you feel depends on the extent and virulence, or strength of the infection.
- **Calor** or heat, as when you develop a fever. Even minor infections can result in an elevated body temperature.
- **Rubor** or redness. The term discoloration is more accurate, because in advanced infections the color to be seen is actually more blue or grey. In some illnesses, such as tuberculosis, the lesions turn white. If the infection is on the skin, for example from a pin prick, you can sometimes see a red streak from where the prick occurred.
- **Tumor** or swelling. Swelling is usually not evident when the infection is deep within your body, but becomes more apparent near the surface.
- **Functio laesa**, diminished or disordered body function. This depends entirely on the body part affected and on the virulence of the disease.

These symptoms may be confined to a specific area, as in a local infection, or they may be systemic (coursing through the whole body), as in a fever.

What makes infections dangerous is that the amount of damage done often seems out of proportion to the extent of the actual injury. Many deaths have followed from seemingly minor occurrences such as a small laceration or cut, a bone splinter, or an infection from the bristles of a brush.

### How Infections Spread

We have all experienced infections and are well aware that infections can be spread in many different ways.



Contagious infections spread when pathogenic organisms are expelled from an infected person's lungs, mouth, or nose, becoming airborne.

Any time someone with an infection coughs or sneezes, they expel droplets of infectious material into the air. These droplets settle on our clothing, walls, and floors, from which they can spread to others.

Infections can be passed by contact; when we kiss someone or eat with utensils handled by someone who has an infection. STDs (sexually transmitted diseases) fall into this category. Drug users risk infection when sharing needles with others.

Some infections are passed directly or indirectly through carriers including household pets, flies, insects, or farm animals. An animal host that spreads infection is called a vector.

Infectious organisms can be found in food and water. Salad vegetables may carry bacteria from the soil or from manure used as fertilizer. Canned foods may contain the toxins that cause botulism. The bacteria that cause colds or sore throat are habitually present in our mouths.

## Stages Of An Infection

Every infectious illness runs its own course, and each stage of illness requires appropriate treatment. An infection usually begins with a **latent period**, or **period of incubation**.

During this stage, the body has been exposed to an invading organism, and if the body is susceptible, the microbe begins to grow (if the body is not susceptible, the microbe will not be permitted to grow).

During the latency period, there are no illness symptoms. However, depending on the type of illness involved, the latency period can vary greatly. Influenza can take several days before the onset of symptoms, gonorrhea can take several weeks, and rabies can take up to three months. Some infections, such as hepatitis C, can take years to develop.

If the infection happens to be contagious, the **contagious period** begins during the stage of latency. You can spread the illness to others until the contagious period passes.

***Ebola, a highly contagious and lethal infectious disease that occurs in tropical Africa, is actually difficult to spread person-to-person because the Ebola microbe evolves so quickly in the host that the contagious period passes rapidly.***

At the onset of symptoms, or eruption, the body's normal defense mechanisms kick in and the typical infection symptoms (described above) manifest themselves.

This is when many patients first see a doctor to find out what type of infection is involved and what treatment measures are needed.



In the case of a sore throat, doctors may take a throat culture to find out if you have a bacterial infection. If the answer is positive, they may then prescribe antibiotics to treat the infection.

The **acme** is the period of greatest intensity during the course of disease. Illness symptoms are the most stressful and severe. Essential Oils and herbals are very effective during this time to relieve symptoms, but if any of the following occur, you should seek immediate medical care:

- Abdominal pain accompanied by continuous vomiting
- Temperatures higher than 102° in adults and 103° in children
- Seizures
- Bloody vomiting or diarrhea, if either lasts more than 24 hours in adults or 12 hours in children.
- Difficulty breathing or any other type of trouble with an organ or system
- A stiff neck (a neck that is painful to move) accompanied by flu-like symptoms
- An eye infection
- Severe pain when urinating, accompanied by pain in the back or flank
- Rashes if they look like small bleeding spots beneath the skin and are accompanied by high fever or sleepiness, or if they occur inside the eye or mouth



Under normal circumstances the infectious illness runs its course and symptoms gradually improve. After a period of bed rest, the patient begins to feel better. A period of **convalescence** then follows which can last several weeks or months. Patients often discontinue their therapeutic treatments during this time, but this is a mistake. It is important to support the body during the time of recovery, and natural plant medicines are excellent to use.

Although most infectious illness are self-limiting, there are often times when **complications** develop and patients get worse instead of better. If the immune system has been compromised, bacteria, viruses, or other microbes may cause **superinfections**.

These are new infections usually unrelated to the original microorganism that first caused the illness.

Complications can lead to rapidly deteriorating health. Doctors may choose to administer a round of antibiotic drugs, but in the case of viral illnesses or illnesses caused by drug-resistant germs, these will not be effective.

**Chronic infections** are recurring illnesses where the illness itself has become a way of life for the patient. Chronic infections are characterized by periods of relative inactivity which then alternate with periods of illness.

If a patient has a chronic infection, the immune system is not working properly. The frequent and continual use of antibiotics, over-the-counter remedies, lack of exercise, a poor diet, exposure to harmful chemicals in our food and personal care products, pollution, stress, or the presence of parasites and worms in our bodies all contribute to a low immune response and chronic infections.

An **allergy** is chronic illness characterized by an abnormal reaction of the body against certain substances such as exhaust fumes, petrochemicals, pollen, or food. The immune system identifies these substances as dangerous invaders and activates antibodies against them. An allergy begins when the body is exposed to the offending substance and becomes sensitized. There are no symptoms at the time, but subsequent exposures produce antibodies and symptoms.

Allergies are representative of a class of diseases call autoimmune disorders. Although autoimmune disorders are not infections, both types of illness provoke a defensive reaction indicating that the immune system has been compromised.



## Using Essential Oils To Deal With Infectious Disease

How contagious is the flu? How can you stop its spread?

The flu virus is extremely contagious. It can remain infectious for quite some time. Not hours, but days. Touching contaminated surfaces may lead to infection as well.

Whether at work or at home, surfaces shared by others such as desks, countertops, computer keypads, and telephones, should be disinfected at the start of, and the end of, each day.

The prevention of seasonal flu requires fastidious personal hygiene. Avoiding contamination from the secretions of an infected individual requires frequent hand cleaning.

A good procedure is to vigorously wash your hands with soap containing **Protector** and water for at least 1 minute every two to three hours during flu season. Soaps, by definition, dissolve lipid-bearing components of the viral surface. This disrupts the virus and makes it non-infectious.

Avoid close contact with obviously ill persons; maintain a radius of at least 6 feet. Hugging, kissing, and other intimate contact should be deferred until the period of contagion is over.

If it is necessary to care for a family member with the flu, a face mask and eye protection (Johnson & Johnson Barrier Protective Goggles or Centurion Splash Goggles, for example) will certainly reduce the risk of infection. An adequate supply of hand disinfectant, tissues (not cloth handkerchiefs), and a closed container for used tissues should be readily accessible.

The most infectious particles are those that remain suspended in the air for long periods of time. These particles are usually in the range of 20 microns in diameter, and if inhaled by a healthy person can reach the lower depths of the lung.



Many people like to use humidifiers, however, by adding small water droplets in the air, these may provide aerosol carriers for more efficient spreading of the influenza virus.

***Generally speaking, humidifiers are not recommended.***

Instead, you can use a diffuser and run it for 15 minutes every 2 to 4 hours. Some come with a 24 hour timer which will make this much easier to accomplish.



When you have the flu, one of the most dangerous things you can do is go to work and spread the infection.

In a pandemic situation it is imperative that you do not leave home for 5 to 6 days after you get sick.

If you must leave home for a doctor's visit, a face mask is particularly helpful in reducing the risk to those around you.

The N95 mask is the most common; it comes in three sizes with the smallest used for children.



It is important that the mask make a tight seal and fit properly in order to be effective.

The material of the mask must filter all inhaled air into the nose and mouth; which means that absolutely no air gets in through the space between the mask and the skin of the face.

Beards and moustaches pose special problems here, so they should be shaved off.

### Pandemic Flu Health Crisis Overview

To sum up what we know so far of this predicted and long overdue avian flu pandemic, we know the developing H5N1 avian flu is the most deadly threat our country and world have seen since the Spanish Flu of 1918 which killed thousands upon thousands of people worldwide.

We know that with today's airplane travel, which was not available in 1918, the flu will spread worldwide within the first 1 to 2 weeks. This will create a global shortage of medical supplies and proper medical care.

Our supply of medicine thought to be effective against this particular strain of flu virus, Tamiflu\*, is inadequate and it could be some time before more is available. There will be no effective vaccine available during most of the duration of this pandemic.

Because of the ability of viruses to mutate, previously effective treatments like Tamiflu may not be as effective on the mutated strain, which up until now has become stronger as it progresses.

We know that it affects the lungs, going deep into the lung tissue causing fluid and blood to fill the lungs, and it is a very fast acting and extremely deadly virus.

We know, and Hurricane Katrina clearly demonstrated, that in a major national disaster you cannot count on the government to step in and save you.

You may well be on your own through some, most, or all of the crisis. Hospitals and clinics that will become no more than holding stations for the dying will not be able to offer you or your family a good chance at survival.

***Through thousands of years of use, and most recently through scientific study, we know that Essential Oils do have a strong effect on viruses and infectious diseases and may offer us all the best chance at prevention and survival when this pandemic reaches its tipping point and goes worldwide.***

\*Since this content was originally authored, Tamiflu has become ineffective against flu strains.



### Essential Oils - An Effective Alternative

Essential Oils can offer an effective and yet safer and gentler alternative to antibiotics. With the rise of antibiotic resistant bacteria (MRSA) and new and stronger viruses (H5N1) which we call “super germs,” health practitioners in many countries have turned to Essential Oils for treatment of their patients.

While many drugs have only one, two, or three active ingredients, an Essential Oil may have several hundred compounds; Rose damascena has over 350 identified compounds along with many others that have yet to be identified. The complexity of the natural Essential Oil compounds is what renders their active ingredients safe when used according to aromatherapeutic guidelines, and what prevents the super germs from becoming resistant.

While Essential Oils have proven themselves through scientific examination to be effective against infectious diseases, one of their finest uses may be found in their ability to slow or render inactive pathogens and thus prevent a full blown infectious condition.

We will look first at how we can use Essential Oils to protect ourselves and our families.

### Steps You Can Take To Prevent Infection

Our first line of defense is to prevent contamination at point of contact with the flu or other infectious germs. According to the statement by Laurie Garrett, coming in contact with items touched by those infected with the flu such as doorknobs, shopping carts, or shaking hands will spread the flu virus. We have several ways in which to protect ourselves from picking up germs.



First and foremost, **wash your hands frequently with disinfectant soap** and water. Don't use commercial antibacterial soaps as they only kill the weak germs, and are thus helping to create the strong resistant germs.

## Essential Oils An Effective Alternative

To your liquid hand soap you can add 20 to 30 drops of **Protector Blend** to make it antibacterial, antiviral, and antifungal.

Use this often when you are out in public places or in contact with anyone who has symptoms of a cold or flu.

Carry a smaller size of this soap in your purse or in your pocket so you can use it in public restrooms. Keep in mind this is a place where you are very likely to come in contact with germs.

In addition to the above hand cleanser, you can make an antibacterial, antiviral, disinfectant spray that can be used on toilet seats, doorknobs, shopping carts, and other areas where you touch items that other people have touched.

To make the spray add 20 to 30 drops of **Protector Blend** to 4 ounces of distilled water in a cobalt blue glass bottle with a fine sprayer. Shake well and spray onto items you want to disinfect.

You may want to make up a 2 ounce size to carry with you or for travel. Use 10 to 15 drops of **Protector Blend** to 2 ounces of distilled water in a cobalt blue spray bottle; shake well.



***It is important to start with distilled water if possible, as most waters have various contaminants.***

To make a disinfectant hand lotion (unscented if possible) you can add a mixture of 10 drops **Eucalyptus radiata**, 10 drops **Tea Tree**, and 5 drops **Peppermint** to 4 ounces of your favorite hand lotion.

This is a good anti-infection hand lotion that is cooling, pleasant smelling, and can be used in place of the waterless antibacterial hand cleaners that are sold in stores.

## Essential Oils An Effective Alternative

To prevent germs from being passed between family members, use **Protector** in your washing machine and dishwasher. Add 10 to 12 drops to your washing machine when you start the water. For dishwashers, add 5 to 6 drops in with the soap before starting the cycle.

Use **Eucalyptus globulus** as an addition to your household cleansers to disinfect garbage pails, to clean floors, and for other household cleaning projects. For a mop bucket you can add 10 to 12 drops when adding the water. For other cleaning projects add 10 to 12 drops per gallon of water used.

To kill germs that are in the air, diffused **Lemon Essential Oil** has been proven to be the most effective for airborne pathogens. Diffuse into the air with a good Essential Oil diffuser for 15 minutes 2 or 3 times per day.

You could also alternate or substitute **Wellness For Kids & Elderly blend** for **Lemon** if you desire.

Make sure to keep your **Lemon Essential Oil** in a cool place away from heat. Do not leave the lid off for extended periods of time; if your **Lemon Essential Oil** oxidizes it will not be as effective as you expect.

*During periods of colds and flu, protect yourself and your family by building your immune system.*

Use **Wellness For Adults** or **Wellness For Kids & Elderly** on your feet when getting dressed in the morning, and again when preparing for bed.

Three to four drops of **Wellness For Adults** on the bottom of each foot for adults. With **Wellness For Kids & Elderly** use 1 drop (1 year olds), 2 drops (2 year olds), or 3 drops (3 years to 10 years old) on each foot for children, the elderly, or those with liver conditions.



At the first sign of throat infection or sore throat, use Dr. Penoel's **Tea Tree** Lick.

Place one drop of **Tea Tree** on your little finger, lick it off, swish around to mix with saliva, and swallow. This can be repeated every 5 minutes as necessary, up to 5 times. Most people get results by 3 to 4 times and usually the sore throat does not return.

For children 3 years and younger apply to the throat and gland area topically, dilute 3 to 4 drops **Tea Tree** in a teaspoon of **Grape Seed Oil**.

### What To Do If You Or Someone You Know Comes Down With The Flu, H5N1 Avian Flu, MRSA, Or Other Serious Infection

*The first consideration with a viral or bacterial infection, particularly those as lethal as H5N1 or MRSA, is to realize the rapid rate at which the pathogens multiply and take over the body.*

The best treatment will be what I call the “French Intensive” method of applying Essential Oils as recommended by Dr. Daniel Penoel; that is to apply Essential Oils frequently and intensively until you see results.

As a serious flu seems to target the lungs and cause death through a kind of pneumonia, we will look at that area first.



For inhalation therapy, you will need a good nebulizer type diffuser that can deliver a medicinal dose of Essential Oils into the air in very close proximity to the person infected (approximately 1 to 2 feet, being careful not to get in the eyes).

At the first indication of the flu, begin diffusing 10 drops **Ravensara**, 5 drops **Lemon**, and 5 drops **Lavender** mixed together in the diffuser. Diffuse until oil is gone, or up to 10 minutes; repeat this application 3 to 4 times per day.

## Essential Oils An Effective Alternative

**Ravensara Essential Oil** is specific for pneumonia, **Lemon** kills germs, and **Lavender** helps to heal the lung tissue.

Alternate the above application with 15 to 20 drops of **Breathe** in a cold water vaporizer diffuser. Use between applications of the nebulizing diffuser.

**Breathe** can also be vaporized at night while the person is sleeping.

**Ravensara** can also be applied to the soles of the feet; 3 to 6 drops on each foot for adults can be reapplied every hour until you see results, then 4 times per day until symptoms are gone.

One drop on each foot for children 1 year old or less (**Ravensara** is safe at this application amount for newborns), 2 drops for 2 year olds, and 3 drops for children 3 to 10 years old. For children apply 3 to 4 times per day.

*As stated previously, Ravensara is very potent, has an affinity for pneumonia type conditions, and has been very effective with application through the feet.*

**Breathe** can be diluted 6 to 10 drops in a tablespoon of **Grape Seed Oil** and used as a rub on the chest and back over the lung area, and then covered with a warm towel or other warmth holding fabric.

For children under the age of 6, use 3 to 6 drops **Breathe** in a tablespoon of **Grape Seed Oil**.

With children under 3 years of age, use 1 drop of **Ravensara** and 1 drop of **Eucalyptus radiata** to 1 tablespoon of **Grape Seed Oil** in place of the **Breathe**.



**Tri Remedy** can be applied to the soles of the feet to boost the immune response.

For adults, apply 3 to 4 drops on the sole of each foot every 15 minutes for an hour, then every half hour for one hour, then every hour during the time you are awake for up to 10 to 15 applications when you first begin to come down with the flu. This application can be used immediately after the **Ravensara** foot application.

For children use **4-PD, 10** applied to the soles of the feet to boost immune response in the following dosages: one drop on the sole of each foot for children aged 1 year, 2 drops for those aged 2 years, and 3 drops for ages 3 to 10 years every hour for up to 5 hours, then every 4 hours if they are still awake.

This application can follow directly after the application of **Ravensara** to the feet.



For children under the age of 6 months, use 1 drop of **Ravensara** instead of **4-PD, 10**.

*This recommendation is slightly different than the one for prevention as it is to be used more intensively, thereby delivering more Essential Oil to the bloodstream.*

**Eucalyptus radiata** can be added to water and used as a sponge bath to help control fever.

You can add 10 to 12 drops of **Eucalyptus radiata** to a quart jar of room temperature to slightly cool but not cold distilled water, shake it up well and pour into a bowl. Soak a wash cloth and wipe down the body of the person with the fever to reduce their temperature. The content of 1,8 cineole will help the body not to exceed a safe temperature.

Make sure to monitor the person as Eucalyptus can cool a person very quickly and make them chill.



While fever itself is seldom dangerous, temperatures over 106° in adults can damage essential proteins and enzymes and disrupt normal biological functions. Monitoring a temperature is best accomplished rectally, or with the use of a digital ear probe.



*If you are administering Tylenol, Advil, or other fever medication please note; aspirin is contraindicated in children due to the possibility of a serious complication called Reye's Syndrome.*

**Note:** A seriously ill person will lose excessive amounts of fluid; up to one liter for degree of elevation in body temperature. Fluids are also lost through respiration, especially in patients breathing at excessive rates.

Dehydration is a very serious complication of influenza. As the blood volume diminishes due to lost fluids, the blood pressure begins to fail.

To preserve adequate blood flow to vital organs such as the brain and heart, blood vessels to other organs close down. Kidney and liver failure then ensue, and shock and death are not far behind.

### When An Infection Turns Serious Or Doesn't Respond To Treatment

If the patient is in serious condition or is not responding quickly enough, they may need to take GRAS ("Generally Recognized As Safe") certified Essential Oils internally.

For adults, you can make up capsules of Essential Oils diluted in olive oil, and for children you can dilute the Essential Oil and then add it to applesauce. Keep in mind that phenols found in Essential Oils such as **Tri Remedy** can irritate mucus membranes. Do not swallow these oils without containing them inside a capsule to protect the tissue of the esophagus.

## Essential Oils An Effective Alternative

For adults who do not have a history of liver problems (phenols are hard on the liver and **Tri Remedy** is a phenol blend), you may take the large 00 gelatin capsules sold at health food stores, remove the top, and fill the large bottom section  $\frac{3}{4}$  full of olive oil. Next, add 2 drops of **Tri Remedy** and replace the cap.

Take 1 to 2 capsules 3 to 4 times per day with food. If you experience stomach irritation, dilute the **Tri Remedy** to 1 drop for each capsule. Do not make up more capsules than you can use in 2 to 3 days as they may deteriorate or dissolve. Can also be used as suppository; 1 capsule every hour for 4 hours then every 2 hours for 4 applications.

For children 3 years and older you may mix 1 drop of **Tea Tree**, 1 drop of **Ravensara**, and 1 drop of **Eucalyptus radiata** into 1 teaspoon of olive oil. From this diluted mixture you can add 1 to 2 drops to a tablespoon of applesauce and give to the child 3 times per day.



***For children under age 3, do not give Essential Oils internally; apply on the soles of the feet. The children's oils are non-toxic as recommended here.***

Along with the above protocol, you may need to address depression and anxiety caused when people experience severe traumatic situations and loss. To help sleep and physical relaxation, you can apply **Calm** to a tissue and slip it inside the pillow case of the person when they are in bed. **Calm** or **Bergamot** can also be diffused when you are not diffusing something else.

**Geranium, rose, Lavender, or Lavender Chamomile Blend** are good balancing and anti-depressive Essential Oils that could also be diffused or applied to a tissue.

Additional recommendations for combating the flu include eliminating fast foods, sugar, and highly processed foods from your diet as they deplete the immune system and the body, and supplementing your diet with the essential nutrients required for proper body function. It would be beneficial for anyone to add Green Vitality and other goDésana nutritional supplements to their diet.



### How To Determine Who Will Recover On His Or Her Own, And Who Needs Immediate Attention

Influenza kills mainly by impairing the body's ability to exchange oxygen from the air with carbon dioxide in the blood. The lungs are the organs that achieve this function, so the dread signs of severe influenza relate to respiratory failure.

Here are the warning signs:

- Normal breathing rate is 12 to 16 breaths per minute. A rapid breathing rate, called tachynea, may be much higher, with 20 to 40 breaths a minute. This indicates the brain is sensing a need for more oxygen. Tachynea also occurs when the body is stressed with high fever. Reduce the fever and then check respiration rate again.
- Another way the body copes with early respiratory failure is to breathe more deeply, which is called hypernea. You have probably experienced this after vigorous exercise. A person in early respiratory failure will be using muscles other than the diaphragm to help with the breathing process, so the accessory respiratory muscles of the neck and the abdomen will be called into action. This is called “pulling”. A person struggling to exchange air will be using the neck muscles to tug on the collarbones and upper ribs, and the upper abdominal muscles to pull down on the lower ribs, thereby creating a bellows action on the chest wall. Such sustained use of accessory muscles is a critical warning sign of impending respiratory failure.
- Bubbling or crackling sounds of the chest, wheezing or tactile vibrations during an intake of breath are signs that fluid is accumulating in the lung tissue.
- At a later stage of respiratory failure, oxygen levels fall and heliotrope cyanosis develops. This is a blue or purplish hue, seen earliest in the nail beds and around the lips, but later all over the face and body.

***Urgent medical attention in an emergency room is indicated as soon as any of these signs or symptoms appear.***

## Getting Ready For A Pandemic

Aside from getting your house in order and stockpiling supplies, in truth, there's very little you can do physically if there is a pandemic. Emotionally, you can stave off worries by educating yourself about how to treat the flu to minimize its spread; accept the fact that life as you know it will be severely curtailed during a pandemic; and stay informed about H5N1's spread in birds by reading and watching reputable news reports.

There will be some warnings. If it mutates, it's likely to hit one person here and another person there before clusters begin to emerge. If a pandemic is indeed starting to unfold, we'll go first through WHO Stage 5 (new virus causes human cases, with evidence of significant human to human transmission) before we hit Stage 6, (a full-blown pandemic with efficient and sustained human to human transmission). However, this could happen quite rapidly.

If there is a pandemic, chances are high that an attempt to impose regional and national quarantines will be enacted for a period of time. Open spaces will obviously be a lot safer than being in an enclosed office, room, house, or wherever sick people are. People will be told to stay home rather than evacuate to minimize exposure to sick people.



It may take time for local officials to bring relief to areas overwhelmed by illness. Most likely people will be afraid to leave the house unless the need is dire. A high percentage of businesses would temporarily close or curtail their activities, as most of the workforce would be ill or caring for family members who are ill.

For this reason, you should have essential supplies on hand. You should have a minimum of everything you need for a week, though a quarantine could last from one to a few months. Store as much as you can. This is good advice anyway, with natural disasters and other threats to be concerned about.



# West Nile Virus

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## Facts



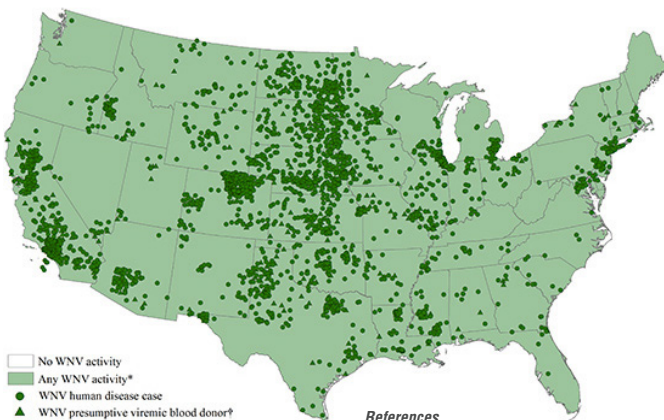
## West Nile Virus Facts

West Nile Virus is normally found in temperate and tropical regions of the world. It was first identified in the West Nile subregion of the East African nation of Uganda in 1937. Prior to the mid-1990s, WNV disease occurred only sporadically and was considered a minor risk for humans, until an outbreak in Algeria in 1994, with cases of WNV-caused encephalitis, and the first large outbreak in Romania in 1996, with a high number of cases with neuroinvasive disease. WNV has now spread globally, with the first case in the Western Hemisphere being identified in New York City in 1999.<sup>2</sup>

Mosquitoes carry the highest amounts of virus in the early fall, which is why the rate of the disease increases in late August to early September. The risk of disease decreases as the weather becomes colder and mosquitoes die off. West Nile Virus is an infectious disease transmitted to people by the bite of an infected mosquito that picked it up from an infected bird. By 2013, all 48 contiguous states and the District of Columbia reported West Nile Virus infection in people, birds, or mosquitoes.

A total of 2,469 cases of West Nile Virus disease in people, including 119 deaths, were reported to the Center for Disease Control for 2013. Of these 1,267 (51%) were classified as neuroinvasive disease (such as meningitis or encephalitis) and 1,202 (49%) were classified as non-neuroinvasive disease.<sup>1</sup>

Additional maps and information can be found at [www.cdc.gov/westnile](http://www.cdc.gov/westnile).



### References

- 1 Center for Disease Control  
<http://www.cdc.gov/westnile/index.html>
- 2 Nash D, Mostashari F, Fine A, et al. (June 2001). "The outbreak of West Nile virus infection in the New York City area in 1999". *N. Engl. J. Med.* 344 (24): 1807–14.

### West Nile Virus Facts

Although many people are bitten by mosquitoes that carry West Nile virus, most do not know they've been infected. Only about 20% of infected people fall ill after being bitten by an infected mosquito.

Risk factors for developing a more severe form of West Nile virus include:

- Conditions that weaken the immune system such as organ transplants and recent chemotherapy
- Older or very young age
- Pregnancy

West Nile virus may also be spread through blood transfusions and organ transplants. It is possible for an infected mother to spread the virus to her child through breast milk.

While most people infected with West Nile Virus do not develop symptoms of the illness, some individuals, particularly the elderly or those with a compromised immune system, may become acutely ill; usually within 3 to 15 days after the bite of an infected mosquito.

In some the virus can cause muscle weakness, swollen lymph glands, and flu-like symptoms such as nausea, aches, and fever. Severe symptoms such as stiff neck, stupor, disorientation, tremors, convulsions, paralysis, coma, and/or death caused by inflammation of the brain (encephalitis), may also occur.

The following common symptoms usually last 3 - 6 days, but may last a month:

- Abdominal pain
- Diarrhea
- Fever
- Headache
- Lack of appetite
- Muscle aches
- Nausea
- Rash
- Sore throat
- Swollen lymph nodes
- Vomiting

More severe forms of disease, which can be life threatening, may be called West Nile encephalitis or West Nile meningitis, depending on what part of the body is affected.



The following symptoms can occur, and need prompt attention:

- Confusion or change in ability to think clearly
- Loss of consciousness or coma
- Muscle weakness
- Stiff neck
- Weakness of one arm or leg

There is no specific treatment or vaccine for the disease and antibiotics are ineffective. Currently, no vaccine against West Nile Vile infection is available.

On an individual basis, the use of personal protective measures to avoid being bitten by an infected mosquito is the best course of action.

### **Recommendations to prevent mosquito breeding include:**

- Discard old tires, buckets, drums, or any container holding water
- Keep roof gutters and downspouts clear of debris
- Keep trash containers covered
- Empty plastic wading pools at least once a week; store indoors when not in use
- Drain unused swimming pools
- Fill in tree rot holes and hollow stumps that hold water
- Change the water in bird baths and plant urns at least once a week
- Store boats upside down or drain rainwater weekly

### **Recommendations to prevent mosquito bites include:**

- Wear light colored clothing that minimizes exposed skin and provides some protection from mosquito bites
- Make sure door and window screens fit tightly and that holes are repaired
- Apply insect repellent. Avoid those usually recommended that contain DEET, Picaridin, or IR3535. They are known to be very toxic; not recommended for small children, the elderly, or those with health conditions.
- Bug Pro-Tech Repellent Spray is a natural Essential Oil repellent containing Eucalyptus citriodora, Tea Tree, and Grape Seed Oil. All are known to be much safer and more effective alternatives to toxic bug repellents.
- Stay indoors at dawn, at dusk, and in the early evening during the warm months as those are times when mosquitoes are most voracious.
- If you should get bitten, apply After-Bite Blend to reduce the itching and to help disinfect the bite area, reducing the risk of viral or bacterial infection growth.







# Recommended

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## Essential Oils



### Recommended Essential Oil Singles

**Bergamot:** *Citrus bergamia*, Certified Organic

Producing Organ: Peel

Extraction: Cold pressing

Country of Origin: Italy

With its pleasant and uplifting aroma, coupled with its remarkable ability to soothe the emotions, it's not surprising that Bergamot has earned the title "Nature's Prozac" in the aromatherapy world.

**Cinnamon Bark:** *Cinnamomum zeylanicum*, Wild Harvested

Producing Organ: Dried bark

Extraction: Steam distillation

Country of Origin: Sri Lanka

Cinnamon Bark has been used since ancient times for all manner of ailments due to its powerful antimicrobial and antiseptic abilities. An excellent aid for bacterial and fungal infections, it has shown its ability to rapidly destroy many types of bacteria.

**Clove Bud:** *Caryophyllus aromaticus*, Certified Organic

Producing Organ: Dried flower buds

Extraction: Steam distillation

Country of Origin: Sri Lanka

Clove Bud Essential Oil is an excellent breath sweetener and is often found in dental products. Clove is also a mental stimulant and can be helpful with memory or in times of fatigue, nervous exhaustion, or depression.

**Eucalyptus Globulus:** *Eucalyptus globulus*, Certified Organic

Producing Organ: Leaves

Extraction: Steam distillation

Country of Origin: United States

This variety of Eucalyptus, known as the Blue Gum Tree, is a potent respiratory oil of benefit with bacterial infections, colds, flu, sinusitis, bronchitis, asthma, and chronic cough.



## Recommended Essential Oils

**Eucalyptus Radiata:** *Eucalyptus radiata*, Wild Harvested

Producing Organ: Leaves and twigs

Extraction: Steam distillation

Country of Origin: Australia

A powerful antiviral and respiratory oil which is gentler than Eucalyptus Globulus, making it the choice for use with children. Excellent oil to bring down a fever. Has energizing abilities that are particularly beneficial to those suffering chronic fatigue or immune deficiency.

**Geranium, rose:** *Pelargonium graveolens*, Wild Harvested

Producing Organ: Leaves & flowering branches

Extraction: Steam distillation

Country of Origin: Egypt

Geranium, rose is a friend to women of all ages whether for premenstrual tension or for a difficult menopause. Equally helpful for balancing hormones in young women as it is in stopping hot flashes in women experiencing menopause.

**Lavender, fine:** *Lavandula angustifolia*, Wild Harvested

Producing Organ: Flowers & stalks

Extraction: Steam distillation

Country of Origin: France

True Lavender Fine, known as the “Divine Mother”, is an exceptional emotional and spiritual essence. It may be the perfect oil because it is so astonishingly effective. As a known antimicrobial, it can kill air-borne pathogens both in the sinuses and respiratory airways.

**Lemon:** *Citrus limonum*, Certified Organic

Producing Organ: Peel

Extraction: Cold pressing

Country of Origin: Italy

An amazing cleanser and purifier, Lemon has been known to be antiviral and anti-infectious. As a result it is considered the #1 oil to kill bacteria. It will also act as an immune stimulant.

**Oregano:** *Origanum vulgare*, Wild Harvested

Producing Organ: Leaves and flowering tops

Extraction: Steam distillation

Country of Origin: Hungary

Some aromatherapists advise against using Oregano oil because it's so powerful, but when used responsibly it can be even more effective than antibiotics in eliminating harmful bacteria. It also rivals morphine as a powerful pain reliever.

**Peppermint:** *Mentha piperit*, Wild Harvested

Producing Organ: Whole plant

Extraction: Steam distillation

Country of Origin: France

This cooling and refreshing essential oil is used in aromatherapy to stimulate the mind, increase mental agility and to increase focus, while cooling the skin, reducing redness and calming irritation and itchiness. It furthermore helps to ease spastic colon, migraine, headaches, sinus and chest congestion and boosts the digestive system.

**Ravensara:** *Ravensara aromatica*, Wild Harvested

Producing Organ: Young leafy twigs

Extraction: Steam distillation

Country of Origin: Madagascar

Ravensara is one of the most versatile and indispensable essential oils. There is little that it can't do. Potent yet safe and gentle. The chemical composition of Ravensara is simple, and without any specific compound that makes its smell.

**Rose:** *Rosa damascena*, Wild Harvested

Producing Organ: Flowers

Extraction: Steam distillation

Country of Origin: Bulgaria

Symbolically, Rose has always been assigned to the heart and has a deep psychological effect on it. Rose oil comforts in times of loss and sorrow, and soothes a wounded heart opening it to love, friendship and compassion.



## Recommended Essential Oils

**Tea Tree:** *Melaleuca alternifolia*, Wild Harvested

Producing Organ: Leaves

Extraction: Steam distillation

Country of Origin: Australia

No house should be without this Essential Oil. Historically it has been shown to be one of the most powerful immune system stimulants and sorts out viral, bacterial, and fungal infections in a snap. Great to clean wounds and also relieves muscle aches and pains.

**Thyme ct. thymol:** *Thymus vulgaris ct. thymol*, Certified Organic

Producing Organ: Leaves and flowering tops

Extraction: Steam distillation

Country of Origin: Spain

Thyme ct. Thymol is the most common chemotype of Thyme oil. There are at least six different chemotypes. Thyme ct. Thymol has a high phenol content, which makes it irritating to the skin unless diluted. It is a very powerful oil and should be used responsibly. When used appropriately, it can add tremendous anti-microbial power to support your body.

### Recommended Essential Oil Blends

#### 4-PD,10

**Ingredients:** *Certified Organic and Wild Harvested oils of Lavender, spike; Ravensara, Rosemary ct. 1,8 cineole, Eucalyptus radaiaata, and Grape Seed.*

Excellent antiviral Pediatric Med-Square Synergy to assist with colds, flu, and other viruses.

#### After-Bite

**Ingredients:** *Certified Organic and Wild Harvested oils of Patchouli, Lavender, fine; Spruce, black; Neroli, Vetiver, Basil, sweet; and Certified Organic Fractionated Coconut Oil.*

Designed to be applied to insect bites to detox the area and help relieve itching and the swelling that develops around the area of the bite.

### **Breathe**

**Ingredients:** *Certified Organic and Wild Harvested oils of Eucalyptus Globulus, Eucalyptus Radiata, Eucalyptus Citriodora, Marjoram, sweet; Pine, scotch; Cypress, Peppermint, Rosemary ct 1,8 cineole, Lemon, Bay Laurel, and Ravensara.*

Our exclusive Breathe blend is known to have fantastic decongestant effects, and is known to have the ability to make mucous more fluid. The Essential Oils used in Breathe are known to have strong antiviral properties.

### **Bug Pro-Tech**

**Ingredients:** *Certified Organic and Wild Harvested oils of Eucalyptus Citriodora, Tea Tree, and Grape Seed.*

This is a gentle but very effective blend with several seasons of successful use to its credit. Safe for those of all ages, it is in a base of hypoallergenic Grape Seed oil with no toxic chemicals added.

### **Calm**

**Ingredients:** *Certified Organic and Wild Harvested oils of Tangerine, Orange, sweet; Grapefruit, pink; Ylang Ylang Complete, Tanacetum annuum, Rose damascena, Rosewood, and Fractionated Coconut Oil.*

A very physically relaxing blend, Calm is perfect for the end of a hectic day to help unwind and relax into the evening.

### **Lavender Chamomile**

**Ingredients:** *Certified Organic and Wild Harvested oils of Lavender, fine; and Chamomile, roman.*

A sweet, nurturing, calming blend for children and adults alike. Using only the highest quality Lavender, fine and Chamomile, roman, this blend is relaxing, calming, and soothing, and can be used for reducing stress, tension, anxiety, and insomnia.



### **Protector**

**Ingredients:** *Certified Organic and Wild Harvested oils of Sage, Ocean Pine, Eucalyptus Globulus, Lemongrass, Juniper Berry, Spruce, black; Eucalyptus Citriodora, Tea Tree, Cypress, Frankincense, and Thyme ct. linalool.*

Formulated as a powerful antiseptic and disinfectant; a must-have Essential Oil for daily use. It can be used in a multitude of ways to guard against the spread of disease, both at home and away.

### **Tri Remedy**

**Ingredients:** *Certified Organic and Wild Harvested oils of Thyme ct. thymol, Clove Bud, and Cinnamon Bark.*

Essential Oils selected from an ancient formula used by spice traders to strengthen their immune systems during the time of the plague. This blend contains Essential Oils traditionally known to have anti-bacterial and anti-viral properties such as Thyme ct. Thymol.

### **Wellness For Adults**

**Ingredients:** *Certified Organic and Wild Harvested oils of Eucalyptus Radiata, Tea Tree, Thyme ct. Linalool, Ravensara, Oregano, Cinnamon Bark, Clove Bud, Palmarosa, and Peppermint.*

The primary oil of choice for adults and children over the age of 10 when desiring to strengthen the immune system. It has been specifically formulated with oils known for their antibacterial, antiviral, and immune- stimulant properties, while at the same time being gentle, non-toxic, and appropriate for long-term daily use.

### **Wellness For Kids & Elderly**

**Ingredients:** *Certified Organic and Wild Harvested oils of Eucalyptus Radiata, Ravensara, Thyme ct Linalool, Lemon, and Tea Tree.*

This is a blend of gentle, non-toxic, and yet known to be effective anti-bacterial and anti-viral agents. It is the blend recommended for young children and the elderly. Apply by rolling on to the bottoms of the feet in the morning when getting your child dressed and in the evening before bed for cold and flu prevention.

If you or a member of your family becomes ill do not diagnose or treat yourself; get proper medical treatment from a qualified health care provider. Then you may proceed with complimentary aromatherapy to help you or your family member.

Remember, aromatherapy is not to be used to replace proper medical care.

Essential Oils are very powerful, highly concentrated, and should only be used in very small amounts. The suggestions in this information are for general use; if you are undecided as to which Essential Oil to use, consult a qualified aromatherapist.

Before using an Essential Oil, become familiar with its properties, methods of application, toxicity, precautions, and contraindications; these will be found on the data sheet for each single oil or blend.

## General Precautions

- Only purchase Essential Oils from a reputable company that provides a lot number, batch number, and tamper-proof lid on each oil.
- Only use high quality Essential Oils identified by the botanical name and chemical variety (ct chemo-type) of the oil where appropriate.

For example, *Thymus vulgaris* is the botanical name for Thyme.

There are two different chemo-types of Thyme commonly sold. Thyme ct. thymol contains phenols and is an irritant to the skin and large amounts are liver toxic which makes it inappropriate for children, the elderly, or those who have liver diseases.

The other is Thyme ct. linalool which is non-toxic and non-irritating and is very useful for children.

- Keep all Essential Oils away from children, with the caps securely tightened.
- Do not expose Essential Oils to heat, light, or air. Replacing the caps as soon as you finish with the bottle will help to extend the life of your oils.
- Unnecessary exposure to the air will cause the oils to oxidize and spoil.

## Keep Essential Oils Out Of The Eyes

- When using Essential Oils with children and the very elderly, use caution when applying oils to the hands as they may rub them in their eyes.
- Should Essential Oil get into the eyes, wash it out with whole milk or vegetable oil to dilute before seeking medical advice.

## Internal Use

- Never take Essential Oils by mouth unless under the guidance of a suitably qualified practitioner, working in cooperation with your doctor.
- Follow suggested usage guidelines.
- Do not attempt to exceed suggested usage guidelines unless under the care of a qualified aromatherapist.

## Pregnancy & Internal Use

- Do not use Essential Oils orally when pregnant.
- Essential Oils pass through the placenta, and the high concentration of Essential Oil molecules will be difficult for the developing fetus to detoxify as their systems are not yet mature or fully functional.
- When ingested, Essential Oil molecules enter the bloodstream about ten times more than when applied topically.

## Poisoning

- Even a 5 ml bottle can contain enough Essential Oil for a lethal dose of poisoning if a child were to accidentally drink the entire bottle.

Remember, when plants are distilled the resulting oil is 100 times more concentrated than the plant material.

## Nasal Application

- The mucus membranes of the nasal passages are known to readily absorb whatever is placed inside, such as the nasal sprays used to administer certain prescription medications. Care must be taken when using this method of application with Essential Oils.
- As reported by Penny Price, serious though non-fatal toxicity in children has been reported when applying or injecting Peppermint or Eucalyptus Globulus inside the nose.
- Reputable aromatherapists recommend against instilling Essential Oils into the noses of children under age of six.

## Dermal Irritation

- If a person is subject to allergies, patch testing is advisable. Should an irritation occur, apply carrier oil to the area to dilute the Essential Oil and stop the irritation. Do not wash the area as water will enhance the irritation.
- In children under six years of age, avoid Essential Oils known to cause skin irritation or photo-toxicity.
- With the exception of Lavender, fine; Lavender, vera; Tea Tree, and Ravensara applied to the soles of the feet, all Essential Oils should be diluted when used on children or the elderly.

## Diffuser Safety

- Do not use diffusers that have a naked flame in the form of a candle around children and pets as they may accidentally knock them over starting a fire.

## Blending Or Re-Bottling Oils

- Prominently label all Essential Oil blends that you make with ingredients, usage, and date to prevent confusion when treating different family members and ailments.

## Peppermint Cautions

- Do not use Peppermint Essential Oil on children under three years of age. The menthol can, in rare cases, cause a breathing spasm.
- Peppermint Essential Oil is not recommended for those who are suffering from atrial fibrillation for the same reason.
- If you are taking homeopathic remedies, all Essential Oil treatments must be given at least one hour apart to prevent interference. Treatments with Peppermint Essential Oil should be spaced at least two to three hours apart from homeopathic treatments.
- Peppermint stays on your fingers long after you have washed your hands and you could rub it into your eyes. Always apply Essential Oils with the little finger as it is least likely to get into your eye.

## Birch & Wintergreen Cautions

Both Birch and Wintergreen Essential Oils contain methyl salicylate, the main ingredient in aspirin. Birch and Wintergreen are among the only plants in the world that naturally contain methyl salicylate. Thirty ml (about 1 fl oz) of Wintergreen Essential Oil is equivalent to about 171 adult aspirin tablets.

Extreme caution should be utilized when using Birch or Wintergreen Essential Oils to avoid potential methyl salicylate toxicity.

- Topically applied Birch oil and Wintergreen oil, which are both high in methyl salicylate, can potentiate the anticoagulant effect of Warfarin causing side effects such as internal hemorrhage. Similar effect may be possible with other anticoagulant drugs.
- Birch is contraindicated for those facing major surgery, hemophilia, or other bleeding disorders.
- Not recommended during pregnancy, while breastfeeding, for young children, or those with methyl salicylate (aspirin) sensitivity.

## Oregano & Thyme ct. Thymol Cautions

- Oregano and Thyme ct. thymol are both high in phenols (carvacrol and thymol); large doses or prolonged use are toxic to the liver.
- Not recommended for use with children under 12 years of age, the very elderly, or those who have had hepatitis or other liver damaging diseases.
- Phenols are skin and mucus membrane irritants. Dilute to 1% and patch test before use on skin to avoid possible irritation.
- Do not take internally unless under the care of a professionally trained aromatherapist.
- Oregano oil inhibits platelet aggregation and may potentiate anticoagulant medications.
- Oregano was also found to potentiate diabetic medication.
- It is contraindicated during pregnancy, while breastfeeding, and for small children.

## Children, The Elderly, And Those With Debilitating Diseases

Some Essential Oils are hard on the liver and not appropriate for children, the elderly, and those with debilitating disease.

The information and recipes found in this book are designed to be non-toxic and well tolerated by children, the elderly, and those with debilitating disease.

- For best results and optimal safety, always refer to General and Reasonable Cautions before using suggested Essential Oils, especially when using with children, the elderly, and those with debilitating diseases.
- Use only Essential Oils that have been recommended for use with children and elderly.
- All Essential Oils referenced in this document should be used in the manner indicated.

## Alexandria Brighton Collection

- Essential Singles
- Chakra Blends
- Christmas Blends
- Circle Of Vitality™ Blends
- Dispelling Blends
- Emotional Blends
- Health Blends
- Oil Of The Month
- Sesso Dolce™
- Success Mentoring Blends
- Synergy Blends
- WholeBody™ System
- Women Of The Bible™

### The goDésana Advantage

Since entering the world of aromatherapy well over 20 years ago, Alexandria Brighton has emerged as one of the foremost authorities on this ancient healing art.

In her capacity as an internationally recognized, certified French Medicinal Aromatherapist, formulator, Master Blender, and educator of Essential Oils, she has formulated everything from medicinal to cosmetic blends for a variety of companies throughout the world.



Alexandria's relationships with medical aromatherapists and researchers around the world provide her with the most up-to-date information on the use, safety, and sourcing of therapeutic essential oils. Her deeply intuitive nature, spiritual insights, wisdom and ability to process and integrate the information she gathers have set her apart as a cutting-edge educator in the field of aromatherapy.

### Our Promise

All goDésana Essential Oils are 100% pure, certified organic and wild harvested oils. They are sourced, formulated, and approved by Alexandria Brighton.

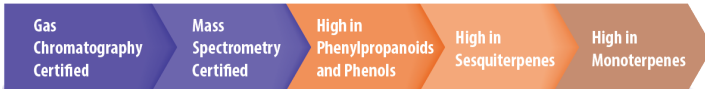
Samples of all goDésana Essential Oils, along with the Material Safety Data Sheets, Mass Spectrometry Documents, Gas Chromatography Documents, and independent laboratory certification of purity are sent to Alexandria for her approval prior to being shipped to goDésana.

All goDésana Essential Oils are independently certified pure, with no artificial, synthetic, or adulterated ingredients.



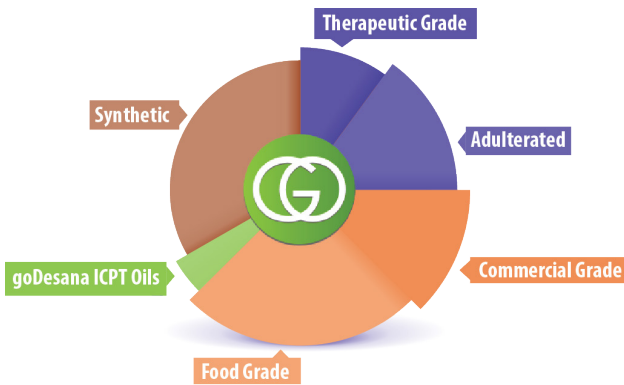
## goDésana Raises The Essential Oil Bar

goDésana and Alexandria Brighton take extensive measures to assure that you receive the highest quality therapeutic grade Essential Oils available. All goDésana Essential Oils are independently certified pure, with no artificial, synthetic, or adulterated ingredients.



More often than not, the “Essential Oils” that are in so many products on the market are not derived from a plant, but from a test tube in a lab. Or if derived from a plant (originally), they’re so diluted, extended, or adulterated that the marketable end result is anything but a therapeutic Essential Oil.

All goDésana Essential Oils are independently tested and documented for purity, authenticity, and therapeutic chemical constituent levels.



## Our Selection Process

Alexandria Brighton has traveled the world, hand selecting many of the farms and distilleries according to her stringent guidelines.

Because of the relationships formed with distilleries, farms, and suppliers, she has the ability to source the very best ingredients from around the world, and has long standing contracts for their purchase year after year.



## Membership Rewards Program

### Membership Rewards Program (MRP)

Do you buy therapeutic Essential Oils, organic nutritional supplements, vitamins, personal care products, etc. for yourself or your family? If so, you could be buying higher quality products from your very own online store at a 30% discount off retail prices!

With a **free membership**, you automatically participate in our Membership Rewards Program (MRP) where we reward you for consistently purchasing your favorite goDésana products. **The longer you participate, the more product points you earn.**

| 1-3 Months | 4-6 Months | 7-9 Months | 10-12 Months | 13+ Months |
|------------|------------|------------|--------------|------------|
| 10%        | 15%        | 20%        | 25%          | 30%        |

*\*See full Terms & Conditions below.*

### Highlights

- No cost to join
- Receive MRP points on the BV of all orders
- Receive 30% discount off retail
- Safer products for your family & home

### Terms & Conditions

- MRP product orders have no BV
- No limit to the amount of MRP points received
- MRP point redemption orders cannot be combined with other forms of payment
- MRP points are cancelled on inactive accounts
- MRP points have no cash value
- Minimum 20BV order required every 31 days to maintain MRP level percentage and previously accrued MRP points

### Try Me Product

With orders of 100BV or more, you automatically receive an exclusive “Try Me” product. The Try Me product changes each month and could be an Essential Oil, an organic nutritional supplement, or an organic personal care product.





## NOT ALL ESSENTIAL OILS ARE CREATED EQUAL

Look for these distinct qualities in your goDésana essential oils:

- Oils from organically grown and wild-crafted plants. No pesticides or chemicals have been used in the cultivation of *any* crops.
- Premium grade, 100% pure essential oils. No additives, extenders or compromises.
- All extraction is done in a manner as to preserve the pristine nature of the organic/wild-crafted plant material.
- No GMO plants used for distillation or extraction.
- No irradiation.
- No sewage sludge used in any plants or plant materials from which oils have been sourced.
- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.
- Authentic, therapeutic grade oils. Independently tested and documented for purity and authenticity.
- Lot numbers and batch numbers on each bottle document and assure authenticity.
- Cruelty-free oils. No animal testing or animal products used.



## Contact: