

Swine Flu – USA declares Public Health Emergency

The current swine flu activity in Mexico and parts of the US and Canada is causing concern for many people. On Sunday April 26th, the US government declared it a public health emergency which opened the way for use of emergency medical supplies.

This flu is caused by a virus combining swine, bird and human strains and is categorized as an Influenza type A (H1N1) virus. Symptoms are those normally associated with the flu including aches and pains, sneezing, coughing, sore throat, runny nose and in some cases diarrhea or vomiting. The CDC in the USA has found the virus to be susceptible to the anti-viral Tamiflu.

Prevention is the best mechanism against any flu virus and simple methods are very effective. Plant medicine can also provide very effective preventative effects and even therapeutic effects if you contract the flu.

Top Tips

- Good anti-infectious essential oils include tea tree, eucalyptus (radiata), thyme, palmarosa, ravansara, oregano, cinnamon and clove, or make a combination of any three. Tamiflu is made from an extract of star anise and would be another good aromatic to add to the diet.

-wash hands frequently with warm, soapy water. You can add tea tree oil to any liquid soap or detergent to make it naturally antibacterial without harming helpful bacteria. Add 10 drops per 2 ozs of base soap.

-if you feel unwell stay home. It is better to have a day of rest when you feel under the weather; it gives the body time to heal and prevents others from getting sick too.

-if you need to cough or sneeze use a tissue, handkerchief or your sleeve to cover your mouth and nose. One sneeze can release millions of germs which can live on skin and other surfaces for hours or days. Covering your mouth and nose prevents spreading of germs. Throw away tissue after use and wash hands. A drop or two of oil on a handkerchief makes a good inhaler to carry through the day.

-use essential oils in your home to disinfect the air. Heat a pot of water until warm but not boiling, add 7-10 drops essential oil and allow the fumes to spread through the environment. You can also inhale the fumes from the hot water to clear the respiratory system and support overall wellness.

-if you need to be in public places or on public transportation apply essential oils before leaving the house and wash hands and/or apply more oils when you arrive at your destination. If you are in a flu outbreak area, wear a mask that covers mouth and nose and put 1-2 drops essential oil on the center of the mask. Re-apply as needed.

-apply essential oils to the top of your feet 2-3x per day. Oils applied to the feet are distributed to the respiratory system in less than a minute and can provide both protection from infection and healing.

-don't panic. Stress and worry can negatively affect the immune system and make you more susceptible to infections. Common sense and a little aromatherapy can go a long way to allaying fear and putting things in perspective.

From my own repertoire I recommend the following synergies and aromatics:

Lemon Myrtle and Melissa hydrosols: these two plants are well documented as having anti-viral properties. Daily use of the hydrosol(s) can provide general preventative effects. You may also use the hydrosol as a hand wash and to wipe down surfaces touched by many hands. Safe for all ages.

Auntie-I: a blend of essential oils that can act as prophylactics against infections. May be applied topically, inhaled or taken internally in water. May be used on children over 6 yrs of age.

Auntie-I extra: a blend with broad spectrum anti-bacterial and anti-viral effects. May be used topically, as an inhalation or internally to combat infections. Dilute with lotion or carrier oil for topical use. May be used on children over 6 yrs of age.

Respire: a blend to clear mucus and congestion in the respiratory tract. Use topically or as an inhalation if an infection gets into the sinus or lungs.

Cabin Fever: a blend designed to protect us from airborne germs on airplanes and in public places. Use before travel of any kind. Apply 4-6 drops to feet and base of spine 2-3x per day or on flights over 3 hrs apply before take-off and mid-way through flight.

Receive 20% off on these products until May 8th.