

Recent Swine Flu and Other Bacterial and Viral Infections

Prevention Is Better Than Cure

Aromatic plants have been used since antiquity as a protection against infections. During the great waves of plague that swept across Europe from the middle ages to the 17th century, it is a well known fact that people who laboured in the Lavender fields of France, or tending herb gardens, apothecaries, tanners and glove makers who used essential oils to perfume leather escaped death, while their masters succumbed to the plague itself.

Nostradamus, 1503-1566, was a famous doctor and prophet who not only survived the plague but cured many others with what came to be known as "rose petal pills". Nostradamus owned a perfume manufacturing enterprise, which in his time meant distillation of plants to make essential oils. People who worked in these facilities did not succumb to the plague.

Ancient scriptures are filled with references to aromatic oils, in fact 188 references to oils are made in the bible. **Frankincense, myrrh, spikenard (lavender) and cassia** are repeatedly mentioned throughout the new and old testaments used for anointing and healing.

It is a well known fact churches throughout the world burn incense usually **frankincense** to purify the air.

Does this mean to protect ourselves from the latest epidemic-we have to go and work in lavender farms or tie herbs around our necks-not quite.

THE USE OF PREVENTION IS BETTER THAN CURE- using essential oils in our everyday life will go a long way to protect us.

Essential oils are important and effective for treating both bacterial and viral infections, they have a complex chemistry and contain more than one type of compound and fall into more than one category.

There are several ways we can protect ourselves:

- Place pure essential oils on a tissue and inhale at regular intervals
- Use essential oils in the bath or as massage oil
- Burn essential oils in a diffuser at home particularly if anyone is ill

BEST READY-MADE REMEDY

YOUR OWN GUARDIAN ANGEL: Going back to nature ANGEL MIST is made up of 6 antiviral and antibacterial pure essential oils: these, wonderful, precious oils have a two fold effect-one are a direct action of the oils on the pathogen and the other is the powerful action on the host's immune system. Spray 3-4 times above your head and allow the mist to fall.

WHY WOULD THIS BENEFIT YOU?

This is beneficial particularly if the diseases are viral as the difference between bacterial and viral – viral has no membrane wall and is easier to destroy when it is in the air. It cannot last more than 2 hours if it does not enter a host. It needs to reside on a host to survive. Once it is in the host it can be difficult to eradicate, without harming the host cells.

Therefore it is beneficial to keep the air cleansed and prevent it from entering our own bodies.

ALTERNATIVELY BETTER have a full range of essential oils and ready made remedies and staff who are willing to help with any additional information you require.

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