

Debbie, What would you do for your family if the flu came along?

Up to 10% as room mister, in 4 ounces of pure water or hydrosol.

Several tsps could be put into mop water with vinegar.

If I was making this for my own family, and I might if NYC gets another case of swine flu. I would use 3 ounces of water to 1 ounce of EO's in a mister. This could be lightly sprayed onto a paper towel and fanned over the head and face of someone with symptoms.

I have an aqua air aromatizer, and would put the blend in that and set it up in a sick room, or just for prevention

this could be put into a hand wash, to be used only during a major flu outbreak, it might have to be adjusted with geranium and palmarosa to avoid skin irritation

this could be used up to 10%, or maybe more, on foot reflex points.

This could be put into capsules (3 drops of the blend) with olive oil, 3 caps TID or QID, for someone with no liver or kidney disease, this would be extreme measure, but people are dying of this and the US has declared an emergency. Advise to eat live yogurt while doing this.

If worse came to worse and someone was deteriorating rapidly, I would probably douse them with tea tree and ravintsara, put oregano on the bottoms of feet with socks, wrap them up in a blanket and pray.

suggested %'s for blend:

tea tree 30%

ravintsara 20%

lemongrass 20%

oregano or red thyme 3%

cinnamon bark 2%

geranium 5%

black cumin essential oil 10%

lemon peel 10%

Best,

Debbie