

General Antiseptic Mist Spray and Cold & Flu Support

Contributed by Marlene Mitchell (4/30/09)

- Researchers at Tokyo Women's Medical College in Japan have shown that certain lectins (a type of protein) in aloe gel may stimulate the immune system to increase production of killer cells, or naturally occurring lymphocytes that kill bacteria and tumor cells.

General Antiseptic Mist Spray for Spritzing

- 1 oz. Carrier (one ounce) Distilled water
- 2 – 3 (two-three) drops Aloe Vera
- 3 (three) drops Lavender (*Lavandula angustifolia*)
- 4 (four) drops Eucalyptus (*Eucalyptus globulus*)
- 3 (three) drops Pine (*Pinus sylvestris*)
- 4 (four) drops Tea Tree (*Melaleuca alternifolia*)

Anyone who uses essential oils once will continue to explore them and will discover the diverse aspects of natural, aromatic essences – relaxation, stress reduction, immune strengthening, preventive cures, personal hygiene, and other steps on the way to healing and staying healthy. Aromatherapy supports a healthy immune system. Some essential oils contain chemical constituents which are called tannins. Tannins provide immune-boosting benefits to the physical body. For humans and animals alike, essential oils are powerfully antiseptic, detoxifying and revitalizing, thus increasing resistance to disease while strengthening the immune system. Do not use essential oils with cats and small animals such as rodents as they do not have proper enzymes in their liver to break down the healthy chemical constituents in essential oils. Here are some essential oils that help with the flu and strengthen the immune system. As essential oils are very powerful natural medicinal products, care should be taken when using them. Here are cautionary notes to heed when using them.

As Coriander essential oil is antimicrobial, this makes it useful in treating **viral infections** such as influenza, measles and colds. You can use this in aerosol sprays. To make an aerosol spray for sick rooms: Add 16 drops of coriander essential oil to purified water in a 4 oz. dark spray bottle. Add 2 tablespoons of organic apple cider vinegar to preserve the mix. Only use antimicrobial essential oils when necessary. Rotate antimicrobial essential oils. While this oil is very sweet smelling, it should be used in moderation as it can be stupefying in large doses. Do not use during pregnancy.

The essential oil of lemon is cold pressed from the peel of the fruit. The oil is a pale yellow liquid and has the scent unmistakable of fresh lemons. A familiar food as well as a remedy, it has a high vitamin C content that helps improve resistance to infection, making it valuable for colds and flu. Lemon oil or any citrus oil can cause skin sensitivity when added to the bath unless diluted or can cause skin irritation unless used diluted. Add only 3 drops at the most to the bath. It may cause photosensitivity. Do not use on skin exposed to direct sunlight, sunlamps and tanning beds. This is the same with all citrus oils. Do not expose area for at least 24 hours.

Lime is antiseptic, anti-viral, bactericidal and helps prevent colds and flu. As in all citrus oils, be careful, as there can be photo toxicity if a person is exposed to direct sunlight. Dilute if used in a bath and as in all citrus essential oils add only 3 drops at the most to the bath as it may cause irritation of the skin. Do not expose area to sun for at least 24 hours. Lime essential oil that is expressed contains the chemical constituents coumarins. Coumarins are anticoagulants. Do not use with people who are taking blood thinners.

Essential oil of sweet orange is valuable for colds and flu. Like in all citrus essential oil be careful of photo toxicity while using in direct sunlight. Do not expose area for at least 24 hours to sun. Dilute if used in a bath and as use of all citrus essential oils add only 3 drops at the most to the bath as it may cause irritation of the skin.

Tea Tree oil is a valuable oil for **colds and influenza**. If used in the bath at the first sign of a cold or flu symptom, one of the effects of tea-tree oil is to stimulate profuse sweating, and this has been recognised in naturopathy as a valuable response to infection. Tea Tree could possibly cause antibiotic resistance. Rotate the oil. Warning: Tea-tree may cause irritation to sensitive skins. Apply only a small amount when first using tea tree oil. Discontinue use if irritation appears. Could cause contact sensitization. Rotate between different essential oils. Avoid during pregnancy. Do not use homeopathic remedies as tea-tree can antidote them. Occasionally, people may have allergic reactions to tea tree oil, ranging from mild contact dermatitis to severe blisters and rashes. Undiluted tea tree oil may cause skin irritation, redness, blistering, and itching. Tea tree oil should not be taken internally through the digestive system, even in small quantities. It can cause impaired immune function, diarrhea, and potentially fatal central nervous system depression (excessive drowsiness, sleepiness, confusion, coma). The tea tree oil in commercial toothpastes and mouthwashes is generally considered to be acceptable because it is not swallowed. Avoid homemade tea tree oil mouthwashes. Seek medical attention if you experience symptoms of overdose: excessive drowsiness, sleepiness, poor coordination, diarrhea, vomiting. Don't use tea tree oil if you are pregnant or breastfeeding. Keep tea tree oil out of the reach of children. Do not use on pets unless used for removing ticks. The oil may burn if it comes in contact with the eyes, nose or mouth. The oil should not be applied to non-fungal rashes or to broken skin. Look for pure 100% tea tree oil. This essential oil contains oxides and can negate the effects of anesthetic.

Essential oil of yarrow, blue Stimulates the immune system. Yarrow is a general fortifier since it acts directly on the bone marrow and stimulates blood renewal. In this way, it also **stimulates the immune system** since the white blood cells production is increased. Prolonged use may cause headaches and possibly irritate sensitive skin. Could cause contact sensitization. Rotate between different essential oils. Do not use when a person has brachycardia, coagulation disorders, nephritis. This is a potent oil so use with care during pregnancy. As this from the daisy family, do not use with people who have ragweed allergies. Do not use too much, as this can bring on ragweed allergies. Rotate between different essential oils so that a person does not develop ragweed allergies.

Camphor is very effective with pneumonia or any condition where the patient complains of being cold, for instance, influenza or fevers that are accompanied by a feeling of coldness, indicates the use of camphor. Caution: Although people who have been exposed to cypress wood have developed contact dermatitis, the essential oil is generally regarded as non-irritant and non-sensitizing. Essential Oil of Cypress will help regulate the menstrual cycles, this means that it would be **ill-advised to use during pregnancy**. FLAMMABLE

Peppermint oil is used to treat colds, flu, respiratory disorders. Peppermint is a great decongestant. Caution: Peppermint oil can cause a rash, itchiness, burning or irritation. This oil could cause contact sensitization. Dilute well! Do not use in the bath! Peppermint should not be applied topically to broken skin.

Since the oil promotes menstruation, it is best avoided during pregnancy or with nursing women. Peppermint should not be used if any homeopathic remedies are being taken, and must be stored far away from such remedies. As it can antidote them. Do not use peppermint in the evening, as it can cause wakefulness. It is unwise to use it over long periods, as it may cause a great disturbance of the normal sleep pattern. Avoid contact with eyes, mucous membranes. Do not apply neat to a fresh wound

or burn. Do not use essential oils rich in menthol (such as peppermint) on children under 30 months of age. Avoid peppermint essential oil with clients who have high blood pressure. The oil in the leaves can cause heartburn and digestive upset, and should be used with caution by people with heartburn, hiatal hernia, severe liver damage, gallbladder inflammation, or bile duct obstruction. Pure peppermint oil is toxic at small doses. The pure essential oil should not be taken orally. Do not use peppermint oil on the face as it can create spasm in the trigeminal nerve, which can create the areas of the body that are related to that nerve go into spasm.

Although nothing but time will cure a fully developed flu virus, cypress oil helps tame it in its early stages. Caution: Although people who have been exposed to cypress wood have developed contact dermatitis, the essential oil is generally regarded as non-irritant and non-sensitizing. Essential Oil of Cypress will help regulate the menstrual cycles, this means that it would be **ill-advised to use during pregnancy**. FLAMMABLE

Sandalwood treats strep and staph infections, the flu. Studies showed that micro-organisms of glanders and yellow fever were easily killed by essential oil of sandalwood. Caution: This oil has been known to cause contact dermatitis when applied to the skin neat. Occasionally, the oil known as West Indian sandalwood (*Amyris balsamifera*) is sold as an inexpensive alternative to Mysore sandalwood. However, *Amyris* bears no relation to true sandalwood oil. It has an inferior musky-woody scent of poor tenacity. Moreover, the oil should be regarded as potentially risky, for it has not undergone formal testing on humans. Very viscous essential oils such as patchouli, sandalwood, rose, vetivert do not lend themselves for use in the bath because the thickness of the oil prevents it from being able to disperse in the bathwater. To counter this problem dissolve viscous oils in either lavender or use a little apple cider vinegar. Apple cider vinegar does not emulsify the oils but dissolves them. Do not use during pregnancy