



PREVENT A VIRUS – NATURAL SOLUTIONS WITH ESSENTIAL OILS

In the theory of Chinese medicine we always look at prevention first, then if we feel a tickle or a scratch of a sore throat we try to expel, and if it gets to the lungs and you're congested you need stimulation to expel from deeper within the body.

Here are some pointers on what you can do with essential oils to help you and your family with virus prevention.

UNBLOCK YOUR ORIFICES!

Any blockages of ears and nose can prevent you from responding in a timely manner to the first signs of illness. In that you have this situation means something isn't working correctly, so ensure both of these are working well.

Our defensive energy is called Wei Ki and it can under or over react. Under reaction would be a person that doesn't wear the right clothes for the environment, for example if you ask them 'are you cold' and they say yes, but they've only gone out in a T shirt. Overreaction comes in the form of a histamine response, runny nose/phlegm i.e. allergies and the need for an anti-histamine tablet.

One of the early signs of this virus is loss of sense of smell, this is a strong indicator and you can work to expel it from this moment onwards.

ESSENTIAL OILS EXPEL

These oils can activate Wei Ki and re-engage smell, get your smell back and you're back in control of your health. Here are some oils that can help and how to use them.

Eucalyptus – the primary oil for lung health as it increases our capacity to utilise oxygen. It also can dissolve phlegm and is the front line oil for viruses.

Tea Tree – strengthens the Lungs, relieves dampness so stops mucus forming. It clears a virus up and out and so you may get a runny nose and phlegm in the throat after inhaling.

Sweet Basil – opens the sinuses.



Lavender – calm and relaxes and therefore opens your chest, to be used in conjunction with those above.

Peppermint – Opens orifices! It can also break a fever.

Ravensara – a strong anti-viral which opens the lungs and has a similar action to Tea Tree.

Palmerosa & Citronella – these oils go on the offensive, diffused into the air if you're sharing your house with others these can prevent the spread of the virus in the air so reduce the likelihood of others catching it.

Pine & Cedarwood – the evergreens are fantastic for lung health, they stimulate us deeper in our core, our kidney energy; they give us get up and go but are also restorative to us. Can be diffused, combine with lemon or lavender to give you a rounded scent, either uplifting or calming.

Thyme & Rosemary – you may cook a lot with these herbaceous oils but they're also anti-bacterial, anti-viral and have a strong action on our vital organs like Liver, Lung and Stomach. Don't over inhale, but sniff to 'taste', i.e. only as long as it smells good to sniff. Rosemary can be diffused, combine with lemon or lavender to give you a rounded scent, either uplifting or calming.



Cinnamon – feeling cold? This one will warm you up, and brings warmth to your lungs, also stimulating so can also be used for Lung health.

HOW TO USE ESSENTIAL OILS

The simplest, safest AND most effective way to use essential oils is to inhale them. This can be as simple as sniffing from the lid. A lot of oils are too expensive or ineffective to use in a diffuser, so only diffuse those that are stated as such.

With essential oils, less definitely is more, start always with one drop don't over do it!

CREATE A SIMPLE STEAM INHALATION

Using a crockery (do not use plastic) cup or mug, half fill with boiling water. Add one drop of each of the oils such as: eucalyptus, tea tree, thyme and basil – can use altogether as a powerful combination. You can do this once an hour, it should be done regularly to expel symptoms if you've felt them start.

If you can't inhale then they can be dabbed on the bottom of your feet or done in a foot soak. Add in salt (either common salt, sea salt, Himalayan salt or Epsom salts) to help the oils disperse and work.

GARGLING

Feeling a scratchy throat? Feeling a weird sensation at the back of your neck and shoulders? Get gargling!

Symptoms will be subtle days before the onslaught of the full throat, so you can stop a disease developing by expelling it as soon as you register it. If you think you could be ill, start preventing then and there.

Gargle with eucalyptus, tea tree, thyme, lemon – you'll know by sniffing them which ones you'll want to use. One drop is all you need.

DIFFUSING OILS

Think of it this way, dispersing oils in the atmosphere helps treat the environment around you, rather than you directly. This can help prevent the spread of virus, but not help you if you feel a scratch or tickle in your throat. You can do inhalation treatments for yourself, whilst also diffusing into the atmosphere.

Oils you can diffuse – Pine, Hyssop, Palmarosa, Citronella, Clove. You'll need to replace every 2 hours as they will disperse and lose their efficacy by this time.



WATER

A final word about how to drink water! You know that you drink to stay hydrated, but when you're trying to not catch bugs you should drink little and often. About 50-60 ml every hour. Flush your throat through, and it'll pass down to organs such as the liver which will benefit from this regular intake!

QI GONG

For the art of breathing! A simple but effective way of exercising that builds stamina and immunity. Help your lungs expand and strengthen, raise your energy and calm stress and anxiety. One of the most effective exercise types for health – check out this video on you tube:

<https://www.youtube.com/watch?v=pj4qo2KL9f4>

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