

How To Safely Use Essential Oils For Infectious Diseases

by Alexandria Brighton

Disclaimer: *This material is for educational purposes only, to make people aware of the threat of drug-resistant infectious diseases. It does not constitute a medical recommendation. If you believe you are sick or about to become sick you should consult a professional healthcare provider. This educational paper was written for influenza in particular, but is relevant for any highly contagious and resistant infectious diseases.*

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

About The Author

Alexandria Brighton is an Aromatherapy formulator, educator, and owner of the Brighton Institute of Botanical Studies with over 30 years of experience in the Ayurvedic Medicine, Aromatherapy, herbal, and natural remedy world.

Alexandria's deeply intuitive nature, spiritual wisdom, and ability to effectively share information set her apart as a cutting-edge formulator and inspiring instructor. Early on, she discovered she had a particular talent for the formulation of synergistic blends for medicinal, emotional, and energetic healing.

She is recognized internationally for her formulations as well as her standards of quality.

Alexandria's formulas were the foundation of multiple billion-dollar companies, and are now exclusively owned by and available to Green Organics brands Heart & Body Naturals and goDésana.



How Contagious Is The Flu?

How Can You Stop It From Spreading To Others?

The flu virus is extremely contagious. It can remain infectious for quite some time - not hours, but days. Touching contaminated surfaces may lead to infection as well. Whether at work or at home, surfaces shared by others such as desks, counter-tops, computer keypads, and telephones, should be disinfected at the start of, and end of, each day.

The prevention of seasonal flu requires fastidious personal hygiene. Avoiding contamination by the secretions of an infected individual requires frequent hand cleaning.

A good procedure is to vigorously wash your hands with soap, containing Protector Essential Oil Blend, and water for at least 1 minute every two to three hours during flu season.

Soaps, by definition, dissolve lipid-bearing components of the viral surface. This disrupts the virus and makes it non-infectious.



Avoid close contact with obviously ill persons; a radius of at least 6 feet is good. Hugging, kissing, sharing food and drink containers, and other intimate contact should be deferred until the period of contagion is over.

If it is necessary to care for a family member with the flu, a face mask and eye protection (such as Johnson and Johnson Barrier Protective Goggles or Centurion Splash Goggles) will certainly reduce the risk of infection. An adequate supply of hand disinfectant with Protector Essential Oil Blend, tissues (not cloth handkerchiefs), and a closed container for used tissues should be readily accessible.

The most infectious particles are those that remain suspended in the air for long periods of time. These particles are usually in the range of 20 microns in diameter, and if inhaled by a healthy person can reach the lower depths of the lung.

Many people like to use humidifiers. However, by adding small water droplets into the air, these may provide aerosol carriers for more efficient spreading of the influenza virus. Generally speaking, humidifiers are not recommended.

Instead, you can use a diffuser. Run it for 15 minutes every 2 to 4 hours. Some diffusers come with a 24-hour timer, which will make this much easier to accomplish.

When you have the flu, one of the most dangerous things you can do is go to work or school and spread the infection. In a flu epidemic, or other infectious pandemic situation, it is imperative that you do not leave home for 5 to 6 days after you get sick. If you must leave home for a doctor visit, a face mask is particularly helpful in reducing the risk to those around you.



The N95 mask is the most common and is available in three sizes, with the smallest size being used for children. It is important that the mask make a tight seal and fit properly in order to be effective. The material of the mask must filter all inhaled air into the nose and mouth - which means that absolutely no air gets in through the space between the mask and the skin of the face. Beards and mustaches pose special problems here, so they should be shaved off.

Pandemic Health Crisis Overview

To sum up what we know so far of a predicted and long overdue pandemic, we know the developing H5N1 Avian Flu is the deadliest threat our country and world have seen since the Spanish Flu of 1918 which killed thousands upon thousands of people worldwide.

We know that with today's airplane travel, which was not available in 1918, viruses will spread worldwide within the first 1 to 2 weeks. This will create a global shortage of medical supplies and proper medical care. Our supply of medicine thought to be effective against this particular virus is inadequate and it could be some time before we could get more. There will be no effective vaccine available during most of the duration of a pandemic.

Because of the ability of viruses to mutate, Tamiflu, which has been an effective treatment that has already become ineffective for the seasonal flu, may not be as effective on the mutated strain that up until now has become stronger as it progresses. We know that it affects the lungs, going deep into the lung tissue causing fluid and blood to fill the lungs, and it is a very fast acting and extremely deadly virus.

We know, and hurricane Katrina and super storm Sandy clearly demonstrated, that in a major national disaster, you cannot count on the government to step in and save you. You may well be on your own through some, most, or all of the crisis. Hospitals and clinics, which will become little more than holding stations for the dying, will not be able to offer you or your family a good chance at survival.

Through thousands of years of use, and most recently through scientific study, we know that essential oils do have a strong effect on viruses and infectious diseases, and may offer us all the best chance at prevention and survival when an infectious disease epidemic reaches its tipping point and goes worldwide creating a pandemic.

Infectious Disease And Pneumonia Prevention And Treatment With Essential Oils & Aromatic Medicine

Essential oils can offer an effective and yet safer and gentler alternative to antibiotics. With the rise of antibiotic resistant bacteria (MRSA) and new and stronger viruses (H5N1 and most recently the new Wuhan Coronavirus) which we call “super germs,” health practitioners in many countries have turned to essential oils for treatment of their patients. While many drugs have only one, two, or three active ingredients, an essential oil may have several hundred compounds. Rose damascene, for example, has over 350 identified compounds, along with many others that have yet to be identified. ***The complexity of the natural essential oil compounds is what renders their active ingredients safe when used according to aroma-therapeutic guidelines, and what prevents the super germs from becoming resistant to them.***

While essential oils have proven themselves through scientific examination to be effective in infectious diseases, one of their finest uses may be found in their ability to slow or render inactive pathogens and thus prevent a full blown infectious condition. We will look first at how we can use essential oils to protect ourselves and our families.

Prevention: Steps You Can Take To Prevent Becoming Infected

Our first line of defense is to prevent contamination at point of contact with the flu or other infectious germs. According to a statement by Pulitzer Prize winning science journalist and author Laurie Garrett, coming in contact with items touched by those infected with the flu such as doorknobs, shopping carts, or shaking hands will spread the flu virus.

We have several ways to protect ourselves from picking up germs:

The first being to **wash your hands frequently with disinfectant soap** and water. Do not use commercial antibacterial soaps as they only kill the weak germs and thus are helping to create the strong resistant germs. **Add 20 to 30 drops of Protector Essential Oil Blend** to 6 to 8 ounces of your liquid hand soap to make it antibacterial, antiviral, and anti-fungal.

Use this often when you are out in public places or in contact with anyone who has symptoms of a cold or flu. Carry a smaller size of this soap in your purse or in your pocket so you can use it in public restrooms. Keep in mind this is a place where you are very likely to come in contact with germs.

To make a **disinfectant hand lotion** (unscented if possible) you can add a mixture of 10 drops of **Eucalyptus Radiata**, 10 drops of **Tea Tree**, and 5 drops of **Peppermint** to 4 ounces of hand lotion. This is a good anti-infection hand lotion. It is cooling and pleasant smelling, and can be used in place of waterless antibacterial hand cleaners that are sold in stores.



Use **Protector in your washing machine and dishwasher** to prevent germs from being passed between family members. Add 10 to 12 drops to your washing machine when you start the water. For the dishwasher, put 5 to 6 drops in with the soap before starting.

Use **Eucalyptus Radiata or Eucalyptus Globulus as an addition to your household cleansers** for disinfecting garbage pails, washing floors, and other household cleaning projects. For a mop bucket, you can add 10 to 12 drops when adding the water. For other cleaning projects add 10 to 12 drops per gallon of water used.



To kill germs that are in the air, **Lemon Oil diffused** has been proven to be the most effective for airborne pathogens. Diffuse into the air with a good electric diffuser for 15 minutes 2 or 3 times a day. You could also alternate or substitute **Kids Wellness Blend** for **Lemon** if you desire. Make sure to keep your **Lemon Oil** in a cool place away from heat. Do not leave the lid off for extended periods of time. If your **Lemon Oil** oxidizes it will not be as effective as you expect.

During periods of colds, flu, or other infectious diseases protect yourself and your family by **building your immune system**. Use **Adult Wellness** on your feet or **Kids Wellness** on your children's feet when getting dressed in the morning and again when preparing for bed. Use 3 to 4 drops of **Adult Wellness** on the bottom of each foot for adults. Use **Kids Wellness** as follows: 1 drop (1 year olds), 2 drops (2 year olds), or 3 drops (3 years old to age 10) on each foot for children, the elderly, or those with liver conditions.

At the first sign of throat infection or sore throat, use **Dr. Péroël's Tea Tree Lick**. Place one drop of **Tea Tree** on your little finger, lick it off, swish around to mix with saliva, and swallow. This can be repeated as necessary every 5 minutes, up to 5 times. Most people get results by 3 to 4 times, and usually the sore throat does not return. For children 3 years and younger apply topically to the throat and gland area by diluting 3 to 4 drops **Tea Tree** in a teaspoon of carrier oil.

What To Do If You Or Someone You Know Comes Down With The Flu, H5N1 Avian Flu, MRSA, Wuhan Coronavirus, Or Other Serious Infectious Condition

The first consideration with a viral or bacterial infection, particularly those as lethal as H5N1, MRSA, or Wuhan Coronavirus, is to realize the rapid rate at which the pathogens multiply and take over the body.

The best treatment will be what I call the “**French Intensive**” method of applying essential oils as recommended by Dr. Péroël. That is to apply essential oils frequently and intensively until you see results. As a serious flu seems to target the lungs and cause death through a kind of pneumonia, we will look at that area first.

You will need a good **cold water vaporizing type of diffuser** for inhalation therapy that can deliver a medicinal dose of essential oils into the air in very close proximity to the person infected (approximately 1 to 2 feet, being careful not to get in the eyes). At the first indication of the flu, begin diffusing 10 drops **Ravintsara**, 5 drops **Lemon**, and 5 drops **Lavender** mixed together in the diffuser. Diffuse for 10 to 15 minutes, repeating this application 3 to 4 times a day. **Ravintsara** is specific for pneumonia, **Lemon** kills germs and **Lavender** helps to heal the lung tissue.

Alternate the above application with 10 to 15 drops of **Breathe (use Ravintsara for children under age 6)** in the water in the cold water vaporizer diffuser. You can also vaporize 5 to 6 drops of **Breathe** at night while the person is sleeping.

Ravintsara can also be applied to the soles of the feet; 3 to 6 drops on each foot for adults. It can be reapplied every hour until you see results, then 4 times a day until symptoms are gone. Use 1 drop on each foot for children 1 year old or less (**Ravintsara** is safe at this application amount for newborns), 2 drops for 2 year olds, and 3 drops for children 3 to 10 years old. For children, apply 3 to 4 times a day. As I stated before, **Ravintsara** is very effective and has an affinity for pneumonia type conditions, and has been very effective with application on the feet.



Breathe can be diluted 6 to 10 drops in a tablespoon of **Grapeseed Oil** and used as a rub on the chest and back over the lung area, and then covered with a warm towel or other warmth-holding fabric on the area. For children under the age of 6, use 3 to 6 drops **Breathe** in a tablespoon of **Grapeseed Oil**. For children under 3 years of age, use 1 drop of **Ravintsara** and 1 drop of **Eucalyptus Radiata** to 1 tablespoon of **Grapeseed Oil** in place of the **Breathe**.

For adults, Tri Remedy can be applied to the soles of the feet to boost the immune response. Apply 3 to 4 drops on the sole of each foot every 15 minutes for an hour (4 times total), then every half hour for an hour (2 times total), then every hour during the time you are awake, for up to 10 to 15 applications when you first begin to come down with the flu. You may use this application directly after the **Ravintsara** foot application.

For children, use Kids Wellness applied to the soles of the feet to boost immune response. Apply 1 drop on the sole of each foot for ages 1 year, 2 drops for ages 2 years, and 3 drops ages 3 to 10 years. Apply every hour for up to 5 hours, then every 4 hours if they are still awake. This application can follow directly after the application of **Ravintsara** to the feet. For children under the age of 6 months, use 1 drop **Ravintsara** on feet up to 4 times a day instead of **Kids Wellness**. This recommendation is slightly different than what we had for prevention as it is to be used more intensively, which delivers more essential oil to the blood stream.

Eucalyptus Radiata can be added to water and used as a sponge bath to help **control fever**. You can add 10 to 12 drops of **Eucalyptus Radiata** to a quart jar of room temperature to slightly cool, but not cold, distilled water. Shake it up well and pour into a bowl. Soak a wash cloth and wipe down the body of the person with the fever to reduce their temperature. The content of 1.8 cineole will help the body not to exceed a safe temperature. Make sure to monitor the person as Eucalyptus can cool a person very quickly and cause them to chill.

While fever itself is seldom dangerous, temperatures over 106 degrees in adults can damage essential proteins and enzymes and disrupt normal biological functions. Monitoring a temperature is best accomplished rectally, or with the use of a digital ear probe. **If you are administering Tylenol, Advil, or other fever medication please note that aspirin is contraindicated in children because of the possibility of a serious complication called Reye's Syndrome.**

NOTE: *A seriously ill person will lose excessive amounts of fluid – up to one liter per degree of elevation in body temperature. Fluids are also lost through respiration, especially in patients breathing at excessive rates. Dehydration is a very serious complication of influenza and other infectious diseases. As the blood volume diminishes due to lost fluids, the blood pressure begins to fail. To preserve adequate blood flow to the vital organs such as the brain and heart, blood vessels to other organs close down. Kidney and liver failure then ensue, and shock and death are not far behind.*

When An Infection Turns Serious Or Is Not Responding To Treatment

If the patient is in serious condition or is not responding quickly enough, they may need to **take essential oils internally**. For adults, you can make up capsules of essential oils diluted in olive oil, and for children you can dilute the essential oil and then add it to applesauce. The following essential oils or essential oil blends are on the GRAS list as “Generally Regarded As Safe” for consumption. Still keep in mind that phenols found in essential oils such as **Tri Remedy** can irritate mucus membranes. Do not swallow these oils without containing them inside a vegetable gel capsule to protect the tissue of the esophagus.

For adults who do not have a history of liver problems (phenols are hard on the liver and **Tri Remedy** is a phenol blend), you may take the large “00” gelatin capsules sold at health food stores, remove the top and fill the large bottom section $\frac{3}{4}$ full of olive oil. Next add 2 drops of **Tri Remedy**, and replace the cap. Take 1 to 2 capsules 3 to 4 times per day with food. If you experience stomach irritation, dilute your **Tri Remedy** to 1 drop for each capsule. Do not make up more capsules than you can use in 2 to 3 days as they may deteriorate or dissolve.





For children 3 years and older you may mix 1 drop of **Tea Tree**, 1 drop of **Ravintsara**, and 1 drop of **Eucalyptus Radiata** into 1 teaspoon of olive oil. You can add 1 to 2 drops of this diluted mix to a tablespoon of applesauce and give to the child 3 times per day. Do not give essential oils internally to children under age 3, but instead use them on the feet. The children's oils are non-toxic as recommended.

Note: This recommendation is only for oils sold through Heart & Body Naturals as purity and safety of other brands of essential oils are unknown and cannot be verified.

Along with the above protocol, you may need to address depression and anxiety caused when people experience severe traumatic situations and loss. To help sleep and for physical relaxation you can apply 1 to 2 drops of **Calm essential oil blend** or **Bergamot essential oil** to a tissue and slip inside the pillowcase of the person when they are in bed.

Rose Geranium is a good balancing and anti-depressive essential oil and could also be diffused (4 to 6 drops for 10 to 15 minute intervals) every couple of hours as needed, or applied to a tissue and inhaled. The same with **Lavender Vera** or the **Lavender and Chamomile blend** which are known to be natural relaxers.

To conclude: There are a couple of more recommendations I have for combating the flu. First and foremost, you should eliminate fast foods, sugar, and highly processed foods from your diet as they deplete the immune system and the body. Secondly, you should be supplementing your diet with all the essential nutrients that your body requires to function properly. It would be beneficial for anyone to add the **Healing Trilogy (Mind, Body, and Soul)** and **Nourish** to their diet. **Nourish** can be particularly advantageous for children's health as they can be very picky eaters.

How To Determine Who Will Recover On His Or Her Own, And Who Needs Immediate Attention.

Here are the warning signs:

Influenza kills mainly by impairing the body's ability to exchange oxygen from the air with carbon dioxide in the blood. The lungs are the organs that achieve this function, so the dread signs of severe influenza relate to respiratory failure.

1. Normal breathing rate is 12 to 16 breaths per minute. A rapid breathing rate, called tachypnea, may be much higher, with 20 to 40 breaths a minute. This indicates the brain is sensing a need for more oxygen. Tachypnea also occurs when the body is stressed with high fever. Reduce the fever and then check respiration rate again.
2. Another way the body copes with early respiratory failure is to breathe more deeply, which is called hyperpnea. You have probably experienced this after vigorous exercise.

A person in early respiratory failure will be using muscles other than the diaphragm to help with the breathing process, so the accessory respiratory muscles of the neck and the abdomen will be called into action. This is called “pulling”. A person struggling to exchange air will be using the neck muscles to tug on the collarbones and upper ribs, and the upper abdominal muscles to pull down on the lower ribs, thereby creating a bellows action on the chest wall. **Such sustained use of accessory muscles is a critical warning sign of impending respiratory failure.**

3. Bubbling or crackling sounds in the chest, wheezing, or tactile vibrations during an intake of breath are signs that fluid is accumulating in the lung tissue.
4. At a later stage of respiratory failure, oxygen levels fall and heliotrope cyanosis develops. This is a blue or purplish hue, seen earliest in the nail beds and around the lips, but later all over the face and body.

Urgent medical attention in an emergency room is indicated as soon as any of these signs or symptoms appear.

Getting Ready For An Infectious Disease Epidemic Or Pandemic

Aside from getting your house in order and stockpiling supplies, in truth, there's very little you can do physically if there is an epidemic or pandemic.

Emotionally, you can stave off worries by educating yourself about how to treat the flu to minimize its spread; accept the fact that life as you know it will be severely curtailed during an epidemic or pandemic; and stay informed about the flu's spread by reading and watching reputable news reports.

If there is a pandemic, chances are high that an attempt to impose a regional and/or national quarantine will be enacted for a period of time. Open spaces will obviously be a lot safer than being in a small, closed office or room, house, or wherever sick people are. People will be told to stay home rather than evacuate to minimize exposure to sick people.

It may take time for local officials to bring relief to areas overwhelmed by illness. Most likely people will be afraid to leave the house unless the need is dire. A high percentage of businesses would temporarily close or curtail their activities, as most of the workforce would be ill or caring for family members who are.



For this reason, you should have essential supplies on hand. You should have a minimum of everything you need for a week, though a quarantine could last from one to a few months. Store as much as you can. This is good advice anyway, with natural disasters and other threats to be concerned about.