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Flu Season

Flu season isn't over for another couple months and strep throat seems to be making its rounds lately. Thankfully we have a choice when it comes to fighting off illness causing germs and pathogens. In the plant kingdom, there are several herbs that may act as powerful as pharmaceutical drugs, but without the harmful side effects. Let's review a powerful food and several essential oil "natural antibiotics" to help us have a healthy fall and winter this year. **Remember to attack at the first sign of a symptom.**

Food - First prize goes to *garlic*. Long known as nature's antibiotic, garlic has an extensive history of use to fight fungal infections and bacteria. But you must consume garlic raw if you are to unleash its powerful antibiotic properties. This is because the main component of garlic is allacin, which gives garlic its strong smell. This is destroyed in cooking and processing, making odorless garlic pills and cooked garlic worthless in the germ fighting arena. So the next time you make a salad or prepare a bread dip, be sure to add fresh minced garlic.

Bonus recipe for sore throats with garlic: 1/8 tsp. Cayenne pepper, 1 tablespoon Agave or honey, 1 tablespoon fresh minced garlic. Stir together on a plate. Take by the spoonful. Do not eat or drink anything for 30 minutes. The cayenne, honey and garlic mixture has been used successfully for strep throat and Scarlet fever.

Sore throats and essential oils - Thieves spray is used by many at the first sign of a sore throat. Spray the back of the throat and wait at least 15 minutes before eating or drinking. Repeat as often as needed. Apply PaloSanto, frankincense, copaiba and diluted Thieves to the outside of the throat as well.

Essentials Oils as Effective Germ Fighters -Many essential oils have broad-spectrum antifungal, antibacterial and antiviral effects. For example, thyme oil was shown to exert powerful antimicrobial effects against 25 different types of bacteria (Deans and Richie, 1987). Unlike synthetic antibiotics, which are composed of a single type of chemical, essential oils are composites of hundreds of chemicals.

Single Oils: Oregano, thyme, cinnamon, mountain savory, Melissa, lemon, rosewood, melaleuca, clove, ravensara, and eucalyptus radiata.

Oil Blends: Thieves, Exodus II, ImmuPower, Melrose, Inspiration, and Sacred Mountain.

Supplement suggestions: Life 5, Inner Defense Longevity, Exodus, Super C, NingXia Red, and ImmuPro.

Here are three great essential oil germ fighting recipes:

Gary Young's Anti-biotic cocktail

- 10 drops lemon
- 8 drops mountain savory
- 3 drops oregano

Put in "00" capsule (available through Young Living code # 3193) and take 1-3 times per day.

Dr. Friedmann's recipe for a natural antibiotic: given January 11, 2002, in Albuquerque, NM at a Young Living Essential Oils seminar.

- 12 drops Thieves
- 6 drops Oregano
- 2 drops Frankincense

Put in "00" capsule (available through Young Living code # 3193) and take 1-3 times per day.

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