

Because of the increasing number of H1N1 influenza (Swine Flu) cases being reported most of us are concerned about what we can do to protect ourselves from this unique virus strain. I'll reiterate some of the basics you probably already know.

- Cover your mouth with a tissue when you cough or sneeze.
- If you must cover your mouth with your hand wash your hands as soon as possible with soap and water.
- Avoid touching your eyes, nose, or mouth.
- Practice good health habits.

In addition to practicing good hygiene we can use the properties of essential oils to help combat the H1N1 virus and other flu viruses. I have prepared a blend of common essential oils that can be used in the home, workplace, or while you are traveling. The blend contains:

- Cinnamon Bark – Antimicrobial, antiseptic, respiratory stimulant.
- Eucalyptus Radiata – Antiviral, antiseptic, decongestant. Good for the respiratory system (asthma, bronchitis, coughs, sinusitis, colds, flu).
- Lemon – Antimicrobial, antiseptic, bactericidal. Used for asthma, bronchitis, colds, flu, immune stimulant.
- Ravensara – Antiviral, antibacterial, expectorant, immune stimulant. Used for asthma, colds, flu, coughs, congestion of respiratory tract, bacterial and viral infections.
- Tea Tree – Anti-inflammatory, antiseptic, antiviral, bactericidal, expectorant. Used for asthma, bronchitis, cough, sinusitis, colds, flu.

How to use:

- In a diffuser
- Dilute in a carrier (2%-4%) for massage
- Add 20-25 drops in a 2 oz. spray bottle with water (shake well) and spray the room. A great way to use in hotel rooms while traveling.
- Spray in your office at work.
- Add 5-10 drops in your bath water.

Don't let this flu season get you down. Be prepared. Visit us now and beat the flu before it beats you. Most important, please visit your doctor if you experience flu type symptoms.

*Disclaimer: This blend (I call it "Immunity") has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or illness. This blend is formulated from information obtained through internet research and books on the reported therapeutic effects of essential oils. Aroma for Life strongly encourages you to consult with your physician before using any essential oils or aromatherapy blends.*

Have a safe and healthy season.