

Flu - How to Prevent and How to Treat

Flu can hit suddenly and tends to be more severe in the lungs than in the nose which is one way to tell the flu from a cold. They both are caused by viruses. Antibiotics will not help cure the flu. Antibiotics will help with secondary infections that usually breed in the mucous associated with the flu.

A virus is composed of genetic material in the form of DNA. Once it has invaded a cell, it can then reprogram the cell's DNA to copy the virus. The infected cell fills with viruses and bursts infecting other cells. Generally you must come into contact with an infected host to become infected yourself. Viruses can lay dormant by wrapping themselves in a cocoon of protein and fat. Dormant or cocooned viruses respond better to alcohol and phenol rich essential oils. Uncocooned viruses respond better to ketone essential oils.

Prevention

The nose is your first defense against invading organisms. The nose can do its job of filtering and stopping invasion as long as the air is within 107 - 64 degrees. Overheated or extremely dry rooms (associated with winter) can create difficulties for the nose and compromise its ability to cleanse the air you breathe. Cold, overheated, or moist feet reduce circulation in the mucous membranes and lower the oxygen supply that lowers the antibodies in the mucus - infection can result.

Number one prevention is washing your hands. Children need to get into a habit of washing their hands in an essential oil soap. Natural liquid soaps with appropriate flu oils can stop flu from happening or spreading. If the flu does occur in the home, begin washing the dishes with the treated liquid soap. Antibiotic soaps will not stop viruses. Many essential oils neutralize or bring back natural viral balances within the environment.

Gritman

ESSENTIAL OILS

TO ORDER

TOLL FREE: 1-888-GRITMAN **INTERNATIONAL:** +1-281-996-0103

BY FAX: +1-281-996-0138 **INTERNET:** <http://www.gritman.com>

BY MAIL: P.O.BOX 2009, FRIENDSWOOD, TEXAS 77549, USA

Use:

Niaouli
Tea Tree
Rosalina
Cypress
Spike Lavender

In:

External - Baths, Liquid Soaps, Saunas, Showers, Inhalation, Rubs,
Internal - dropped into throat or dropped into honey and mixed with
water for tea.

If you feel shivery and cold and it feels like you are coming down with the flu.
Drink fluids. Avoid milk products. Eat an orange. Take a warm bath

Add:

10 drops tea tree
10 drops eucalyptus

To a warm to hot bath. Soak , relax, and breathe the vapors. Get out of the tub
and briskly towel off. Wrap yourself in towels while you rest on your bed.
You want to sweat. Stay like this for thirty minutes or until your body cools
down. Dress in loose but warm bed clothing. .

Apply

10 drops Ravensara
10 drops Spike Lavender
10 drops Niaouli

To the bottom of each foot. Get into bed and go to sleep.

Treating the flu tends to use higher amounts of essential oils. Pineol tells us
that aromatic treatment with large doses of oils can stop viruses like the flu or
limit their effects and days of treatment. Using essential oils to treat the flu
can avoid secondary infections. Treatments are mainly inhalation and topical
application. Some oils may be taken internally.

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Oils Used in Treating Flu Virus:

Thyme, Red

Thyme, Linool for children

Tea Tree

Blue Chamomile

Ravensara

Spike Lavender

Niaouli

Eucalyptus

If you get a sore throat:

Drop

1 drop of tea tree

1 drop of blue chamomile

Onto the back of your throat. Swallow. You can do this each hour until the throat feels better. Discontinue after 24 hours if the throat is not better. Contact a medical doctor.

If you get a cough or congestion in the lungs:

Put

10 drops eucalyptus

10 drops ravensara

10 drops spike lavender

Into

1 oz fractionated coconut oil

Rub onto the chest front and back. Stay warm. You can gently heat the coconut oil. It should not be hot just warm to the touch. Add the oils and rub onto the chest.

Rest. Eat chicken soup, citrus fruits, and hot teas.

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Essential Oil Teas:

Add

5 drops tea tree

5 drops blue chamomile

To

1 tablespoon of honey

Mix this well.

Add

1 teaspoon of the essential oil honey

To

1 cup of hot water, hot tea, or hot lemon water

This makes three cups of tea that can be taken during the day.

For further information go to the Gritman website for papers on flu and cold treatments and prevention.