

Beat the Cold and Flu Season

With Forever Green Essential Oils, I'm Staying Healthy all Winter Long!

I want to make it clear that every oil recommended and/or referred to on this paper and in this workshop is **without exception** a Forever Green TRUessence Essential Oil. There are no other essential oils on the market – that I am aware of – that will garner the same benefits.

Do you catch a cold or flu? Are you just an unlucky person? No, you create an environment in your body to host an illness. A cold takes hold when our body is weakened and our immune system response is low. We then come in contact with a bacterium or virus, and with an already weak immune system, a cold or flu is created in our body.

People so often go to the hospital for relief of flu or cold symptoms, and on average, 88,000 die each year from something they contracted at the hospital or doctor's office.

Statistics show that most people who get flu shots will get the flu. I will never encourage anyone to get a flu shot. Besides, the shot only has one strain of flu. What if 3 or 4 other strains are being passed around? You're not even protected according to the medical profession's standards!

Possible Reasons for a Weakened Immune System

- Lack of sleep
- Poor diet; high in sugars and/or processed foods
- Dehydration at the cellular level: not drinking enough clean water
- Poor hygiene
- Overworked/stress

Basics for staying healthy-

- Maintain a healthy diet including plenty of fresh raw fruits and veggies, especially greens.
- Drink at least 32 oz of water a day
- Put *Eucalyptus* oil on your chest and feet after showering or bathing each day.
- In the morning, consume one drop of *Spice of Life* before leaving the house.
- Put *Peppermint* oil on your feet.
- Put *Cairo Care* on your back each day.
- Make sure you're doing the daily *Liver Cleanse*.
- Diffuse oils in your home daily.

There is no one-day cure for a cold or flu; bacteria are fast-growing. If you already have a cold,

essential oils will minimize the symptoms and the reoccurrence of infection will be lessened. The thing you must understand is that essential oil usage is not a quick fix, but a way of life – consistently using the oils. Regular use of oils can effectively prevent colds and/or diminish the strength of the symptoms, especially when complemented with good habits of regular exercise, healthy diet, and clean water.

If you don't live a healthy lifestyle and you contract a cold, using essential oils won't kill the cold, but they will lessen the symptoms and reoccurrence may be avoided. Using antibiotics creates a cycle of being sick; using oils stops the constant reoccurrence that is so common when people are using antibiotics.

One of the greatest rewards in using essential oils is the strengthening of the immune system, resulting in better health overall.

Oils that I Will **Always** Keep on Hand During Cold and Flu Season

Eucalyptus	Quiescent
Lavender	Peppermint
Spice of Life	Defense
Exchange	Lemon
Fysical Thera P	Rosemary
Thyme	Oregano

More Oils that are Useful to Have

Frankincense	Tea Tree
Birch	Myrtle
Marjoram	Myrrh
Coriander	Dill
Orange	Cairo Care

Colds – As soon as you feel a cold coming on, get your oils. Put a drop of *Spice of Life* under your tongue, in a capsule, or on your neck, feet, or chest. *Peppermint* can work to ward off a cold too.

If the cold is already there, place 3 or 4 drops of *Spice of Life* in a capsule and swallow. Rub *Spice of Life* on your feet morning and night.

Apply *Eucalyptus* or *Exchange* on the chest, just above the clavicle and another drop behind and around the ears.

Use *Thyme* internally; 3-4 drops in a capsule with *Message Oil* or do 1 drop of *Oregano* in a capsule filled with *Message Oil*. **Oregano* and *Thyme* are extremely hot oils and should be used with caution. **Always dilute these oils.**

Dill is prescribed by European doctors for respiratory illness. It soothes sore throats, reduces drainage from a runny nose, eases cough or respiratory infection, helps with bronchitis, increases immunity, reduces fever, and wards off infections, colds, and flu.

Coughs – To calm a cough, rub on the throat, neck, center of the chest and under the eye into the nasal cavity any of the following oils: *Frankincense*, *Marjoram*, *Eucalyptus*, *Lemon*, *Rosemary*, or *Tea Tree*.

Peppermint on the bottom of the feet can help calm down a lot of coughing and fever. A capsule of 2 drops *Sandalwood* and then 1 drop of *Sandalwood* on the throat and chest area can stop a cough in no time. *Sandalwood* would also be good to diffuse during the night while sleeping.

Chronic Cough – Gargle with 1-2 drops *Marjoram*, *Oregano*, or *Thyme* in warm salt water. Take 1 drop of *Oregano* mixed with *Message Oil* in capsules 2x daily. Use 3-4 drops *Thyme* in a capsule with *Message Oil* and take 3-4 times daily.

Dry Cough – Put 2 drops *Marjoram* in a glass of water. Stir well and, gargle, and spit out.

Soar Throats – *Spice of Life* is the #1 oil for soar throats. Put a drop or two on or under the tongue. Put *Rosemary* on the neck and *Eucalyptus* on the chest.

Other options instead of putting *Spice of Life* directly in your mouth:

suck on a toothpick that has been dipped in the oil

put a drop of oil on a piece of apple, in apple sauce or stirred into oatmeal

make hot apple cider with 1 tsp honey and 1 drop *Spice of Life*

add a drop of oil to a spoonful of honey and suck on it

put a drop or two in a capsule and swallow it

put a drop on your hand and lick it off

Tea Tree oil dropped in the back of the throat can soothe a soar throat quickly.

Dill soothes sore throats and reduces drainage from a runny nose. It will also ease a cough or cold or respiratory infection, increase immunity, and ward off infection.

Ear Infections - Use *Spice of Life* as you would for a soar throat or cold. Apply several drops of *Eucalyptus* on the neck, along the ridge behind and down from the ears, and applied on the chest. Also massage a drop of *Eucalyptus* directly on the earlobe.

Lavender can also be used in the same manner as *Eucalyptus*.

NEVER drop essential oils directly in the ear.

Fevers – Fevers are tricky because fevers are the defense mechanism of the body. However, if a fever gets too high, it can be dangerous.

Peppermint, *Basil*, and *Dill* are each good for fevers.

Try drinking water with one drop of *Peppermint* added to cool you from the inside out.

If the fever is from a bacterial invasion, us *Spice of Life*, *Rosemary*, and *Tea Tree*.

Through my personal experience, I have found that the sooner you start applying the oils, the better. I have also noticed that it is wise to continue using essential oils a few days even after the symptoms of an illness are gone in order to continue strengthening the immune system.

For children under 3, always dilute the oils you are using.

Information provided was derived from Lorene Karewa Forbes book, *Nature's Pharmacy, A Guide for the use of essential oils for healthy living*. This 382 page book can be ordered for \$29.95 by contacting Sarah.

Disclaimer: I am not a doctor and will not diagnose or prescribe. All information offered is for educational purposes only. Any dietary changes and/or products mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional before making any changes to your health care regimen – particularly if you are currently taking medications, are pregnant, trying to get pregnant, nursing, or if you have any other compromised health condition – before making any dietary changes using any products mentioned, or applying any information acquired. Sarah Katoa

Sarah Katoa – Your Essential Oils Practitioner

(801) 310-7396 * HYPERLINK "mailto:sarah@sarahs essentials.com" sarah@sarahs essentials.com *
HYPERLINK "http://www.SarahsEssentials.com" www.SarahsEssentials.com