

ANTIBIOTICS and ESSENTIAL OILS_V2

By Kristy West

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A. Usage

- Antibiotics (antibacterials) are drugs derived wholly or partially from bacteria or molds and are used to treat bacterial infections.
- They are ineffective against viral and fungal infections.
- Antibiotics either kill microorganisms or stop them from reproducing, allowing the body's natural defences to eliminate them.

B. Common Side Effects

- Diarrhoea
- Nausea
- Vomiting
- Fungal Infections
- Allergic Reaction
- Gastrointestinal complications

C. Rare Side-Effects

- Abnormal blood clotting (when taking some cephalosporins)
- Sensitivity to sun (when taking tetracyclines)
- Blood disorders (when taking trimethoprim)
- Deafness (when taking erythromycin and the aminoglycosides)
- Kidney Failure (when vancomycin administered too quickly)

D. Research

- In 2006 researchers identified the most powerful antifungal essential oils. Cinnamon, clove, lemongrass, geranium and thyme were equal or superior to the powerful anti-fungal drug, Hexaconazole.
- An essential oil blend of clove, cinnamon, lemon, eucalyptus and rosemary killed over 99% staph bacteria after only 12 minutes of diffusion.
Source: The Journal of Essential Oil Research, September/October 2001
- THIEVES - More Powerful than Penicillin or Ampicillin , 60% higher in antibacterial activity

E. Essential Oils: Highly Antibacterial

Basil	Geranium	Ravensara
Bergamot	Grapefruit	RC
Cassia	Idaho tansy	Roman chamomile
Cedarwood	Juniper	Rosemary
Citronella	Lavender	Rosewood
Citrus Fresh	Lemon	Sacred mountain
Cinnamon bark	Marjoram	Spearmint
Clary Sage	Melaleuca	Tarragon
Clove	Neroli	Thieves (annihilates bacteria!)
Cypress	Oregano	Valerian
Egyptian Gold	Palmarosa	Western red cedar
Eucalyptus	Petitgrain	
Evergreen Essence	Pine	
Fir	Purification	

Statements with claims have not been evaluated by the Food and Drug Administration or TGA . This information is not intended to diagnose, treat, or prevent any disease.

F. EO that Wipe Out Disease-Causing Bacteria, Molds and viruses

Cinnamon bark	Lavender	Peppermint
Clove	Lemongrass	Rosemary
Eucalyptus	Melaleuca	Thyme
Geranium	Peppermint	Wintergreen

G. OTHER:

- Wash hands
- Bathe daily, MRSA can live on skin, but can be washed away
- Watch for infection; staph initially looks like a spider bite
- Clean and cover wounds/scratches
- Boost your immune system

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