

Aromatherapy: Healing with Pure Essential Oil - Lavender - Universal Healing Remedy Part III

Lavender oil has been used throughout the world to disinfect hospital and sick rooms. Helpful for relieving urinary tract and bladder infections. When used as an antiseptic douche Lavender oil is an effective treatment for vaginal yeast infection, blend with Tea Tree oil to enhance this effect. May also use as a treatment for athlete's foot, blend with equal parts of Thyme and Tea Tree oil. Lavender oil stimulates the formation of white blood cells and strengthens the body's immune system. A popular preventative for bronchitis, cold and flu. Researchers are continuing studies to learn if essential oils are effective against the super bug MRSA (methicillin resistant Staphylococcus aureus) among other strains of bacteria. An ongoing research project is underway using a body/hand wash, containing essential oils of lavender and tea tree that if left on the skin for a period of time and then washed off, could be effective against MRSA. Different strengths and combinations of essential oils mixtures that are 100% effective in the laboratory have been tested. A particular combination of these essential oils has killed the MRSA bacteria in a laboratory culture. The results have been repeated and replicated for particular combinations that kill MRSA bacteria in a laboratory culture. Thus far no single essential oil has been found that completely kills the bacteria. Tests with a "leave on" version of various essential oils mixtures has also been tested which also kills the MRSA bacteria under laboratory conditions. Human trials are now being organized for further testing. Lavender and Tea Tree oil contain proven natural anti-bacterial ingredients that will soothe your skin, while also providing proven, natural all organic anti-bacterial ingredients. Dispense 10-12 drops of Lavender on a cotton cloth and add to your dryer during the cool down cycle to add a fresh, clean scent to you bedding. Moths dislike the smell of Lavender! Lavender oil makes a wonderful air freshener and room deodorizer. In Ayurvedic Medicine, an ancient system of healing practiced in India, the spicy, sweet freshness of Lavender is ideal to regulate and pacify ALL the Doshas or bodymind types. Vata, Pitta and Kapha imbalances respond well to Lavender's calming and regulating influence. Symptoms of Vata imbalance are premenstrual syndrome, constipation, insomnia, restlessness, nervousness, anxiety and worry. Symptoms of Pitta imbalance are high blood pressure, anger, frustration, emotional upsets and an inability to go with the flow. Symptoms of Kapha imbalance are high cholesterol, low metabolic forces, slow to lose weight, fluid retention, stagnation and blockage, lethargy and depression. Lavender's highly adaptable character makes it suitable for blending with most oils. BLEND WITH: Bergamot, Clary Sage, Geranium, Lemon, Neroli, Sweet Orange, Petitgrain, Rose, Sandalwood. PLEASE NOTE: There are many cheap, synthetic copies of aromatic oils, but these are not recommended for therapeutic use. For best results purchase the highest quality oils you can possibly find. Use certified organic essential oils, or oils that have been tested and are pesticide free. Aromatherapy is a gentle and noninvasive complementary health care system used for balancing and synchronizing your body, mind, spirit and emotions to enhance your health. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and can produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

About the Author

The Antitrust Division Will Ensure that Remedies Are Fully Implemented. The Guide focuses on the remedies available to the Division.

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