

## Essential Oils to Have On-Hand for Winter.

Essential oils are highly concentrated natural extracts from the leaves, flowers, and stems of plants. Which have medicinal purposes and makes them perfect for the wintertime especially during this current Pandemic we are experiencing. They may be times where we cannot get to the Pharmacies or stores so having an Apothecary in house is a must.

Why I chose to use essential oils compared to OTC Medicine's.

Essential oils have a wide range of medicinal and therapeutic properties. Their anti-fungal, antibacterial, and antiviral properties make them a useful product in your medicine cabinet.

OTC medicine have a lot of synthetic ingredients, which in turn does not alleviate the symptoms, but only suppress the symptoms, and in some cases can cause side effects.

Essential oils are not excluded from side effects, but when used properly, in the right amount and with the right carrier oils, the side effects are greatly reduced. It is important to keep in mind that there are certain oils that should not be used on children, so do your research on the oils you intend to use.

### OREGANO OIL:



Oregano oil is known for its Antiviral and anti-inflammatory and antioxidant properties. It contains several potentially healing compounds, such as:

- carvacrol
- thymol
- terpinene

Oregano oil is used to treat cold and flu symptoms and can be consumed in different forms. It can be purchased as an herbal supplement, tincture, or essential oil. Avoid using oregano oil if you allergic to mint, sage, basil, or lavender. If you are allergic to any of these, you are likely allergic to oregano as well. **Do not use oregano oil if you are pregnant or breastfeeding.**

Oregano can be in teas and also smoothies 1 or 2 drops.

## MELALEUCA OIL



Also known as Tea Tree Oil.

Tea tree oil makes an ideal natural hand sanitizer.

Studies have shown that it kills several common bacteria and viruses responsible for causing illness, including *E. coli*, *S. pneumoniae* and *H. influenzae*

Moreover, a study testing several types of hand wash shows that adding tea tree oil to the cleansers boosted their effectiveness against *E. coli*

## PEPPERMINT OIL



Peppermint oil can aid Colds and Congestion

Menthol provides effective relief from many respiratory problems, including nasal congestion, sinusitis, asthma, bronchitis, and the common cold and cough. It is often included as an ingredient in natural chest rubs to help with congestion.

Headache.

Peppermint oil is one of the most used essential oils to treat headaches and migraine attacks. It contains menthol, which can help relax muscles and ease pain. It is thought that applying diluted peppermint oil topically, can help relieve pain from both tension headaches and migraine attacks.

Peppermint Essential oil is good with peppermint tea for bloating. The peppermint can also be in teas and also smoothies 1 or 2 drops

## LEMON OIL



Lemon essential oil when used topically, Helps Purify the Body

Lemon oil has a purifying, cleansing and protective effect on the body. It helps to defend the body against harmful pathogens and promotes detoxification through the blood and liver. Lemon oil also stimulates lymphatic drainage, which helps the body to cleanse itself of wastes and toxins.

**Relieves Cough and Stimulates Lymphatic Drainage**

Lemon oil has antibacterial, antioxidant and anti-inflammatory properties, so it helps to boost your immune system and fight respiratory conditions. It also serves as one of the top essential oils for allergies. Lemon can be in teas and also smoothies, 1 or 2 drops.

**Sinus Steam Cup/Bowl**

Add 2 drops of each of these oils, into a cup or bowl of steaming hot water and inhale.

**Note:** purchase 'food grade' essential oils to be able to be added into smoothies and teas. Only 1 or 2 drops is needed.

**By Sarai Shiphrah Israel**