

## **H1N1 SWINE FLU VIRUS: PREPARE, PROTECT, AND DEFEND WITH YOUNG LIVING ESSENTIAL OILS**

by Rita Anderson, DCh, CWC  
www.younglivingconsultants.com

Young Living's *Thieves* product line is used by our family at the first signs of scratchy throat and/or elevated temperature with chills for flu defense.

We do not have to fall victim to the fear and hopelessness that is being reported daily about the H1N1 Swine Flu! This mutated flu deserves serious consideration, but we are confident our immune systems will remain strong with preparation, protective measures and proven defensive nutrition. Our family members have learned over the past 15 years that Young Living products have supported us by helping us to be prepared at the first signs of infection to aggressively use the products, to protect ourselves by diffusing essential oils in our home or using them when we visit public places, and by helping us maintain a high level of nutrition.

*Thieves* blend is a powerhouse for our body's defense system. We are confident that the *Thieves* proprietary blend, which has been documented to kill over 99.96% of bacteria upon contact<sup>1</sup>, will combat this flu as long as we continue to: 1) be prepared by having product on hand, 2) take protective measures like hand-sanitizing, healthful eating, getting rest, and 3) support our immune systems with nutritional supplementation more aggressively during the flu season.

### **WHY PURE, THERAPEUTIC-GRADE ESSENTIAL OILS, and WHY THIEVES BLEND SPECIFICALLY?**

Young Living's pure, therapeutic-grade essential oils are very complex chemically. Each batch is always slightly different from others due to seasonal growing patterns, soils, climate changes, etc. (Which is true only for 100% pure essential oils, not so of synthetic, lab-created perfume type oils.) This complexity allows for the fact that bacteria and viruses cannot muster mutation defense against the oils! Additionally, pure oils carry a selective intelligence that allows them to recognize and destroy harmful microorganisms while leaving healthy cells strong, which is often not the case with drugs that can weaken vital cells in the process of intervention.

"Numerous studies have shown the antiviral effects of essential oils by improving the ability of lymphocytes to take care of invaders and also by changing the membrane potential on our cells to help prevent viruses from entering. Essential oils that can be used to help prevent infection include

eucalyptus, oregano, lemon, and cinnamon."<sup>2</sup> *Thieves* is a blend of clove, cinnamon bark, rosemary, lemon and *Eucalyptus radiata*. "Cinnamon is 99.9% effective against all viruses. Ebola virus cannot survive in the presence of pure unadulterated cinnamon. Rosemary is effective for parasites, fungi and, therefore, candida. Clove is highly protective, and is the most powerful antioxidant in nature."<sup>3</sup>

*Thieves* blend is based on historical accounts of a band of thieves in France who protected themselves with clove, rosemary, cinnamon and other aromatic plant oils while robbing victims during the black plague of the 15th century. Millions died as a result of this virulent plague, yet these men (who may have been spice merchants or perfumers) survived in spite of having close contact with the dead and dying...until the authorities learned their secret...pure plant essences rubbed on their bodies. They were hanged, but their recipe was preserved and now, scientists confirm that the same essential oils the robbers used are powerful antimicrobial agents that are effective for protecting ourselves from modern day plagues and pestilence.

Some ways our family use *Thieves* blend are: to eliminate deadly airborne bacteria, we diffuse in 15-minute increments into the air of our home. We rub the oil on the bottoms of our feet to help keep our inner defense system in peak condition. A drop in a teaspoon of honey or agave can be very soothing for a scratchy throat or we use the handy *Thieves Spray*. Gargling one drop in an ounce of water can help eliminate germs that cause throat infections. We use the *Thieves Foaming Hand Wash* each time we wash up at home, and always carry the *Thieves Hand Sanitizer* to use after handling shopping carts, railings, train straps and poles or restroom door handles...very important for when we are traveling.

As mentioned, we believe our success using the oils for colds and flu is because we learned to be aggressive as soon as symptoms are experienced. Our confidence comes from our personal experience with the Young Living therapeutic-grade essential oils helping us remain free of serious infection so many years, and knowledge of how and when to use them for optimum results. We are pleased to share this knowledge and help others direct their personal research as they seek non-toxic wellness modalities.

The flu shot may not be ready now...or the best choice for everyone. Fortunately these products are available NOW, and you can prepare NOW by having them on your shelf ready to protect and defend immediately when needed. NOW is the time to be applying *Thieves*, or at least diffusing it in the home and work space, and sanitizing with the cleaning products.

Contact us for a free report that covers *101 Uses for Thieves*, and by all means share this information to empower others to maintain or reclaim their health.

**WHAT OTHERS HAVE TO SAY ABOUT USING THIEVES TO PROTECT AND DEFEND:**

My husband and I have a safari operation in Africa so are regularly welcoming guests to our home off long flights out of the UK and USA. At the current time with Swine Flu still around (and us living in the middle of the bush with a 1.5 year old baby and very little access to emergency medical care without the requirement for a medical flight evacuation) we are incredibly careful about hand washing etc. I have had three or four viruses try to catch me this flu season in spite of all these precautions and each time at the first sign of a sore throat I spritz my tonsils directly with Thieves diluted with vegetable oil. I do this a few times a day whenever I think about it until I feel better, I have found it miraculous.

Early in the year, before I started doing this, I was caught up by a chest infection of some sort, it was pretty horrible. Having spent half the night coughing my lungs out in desperation I got up and went hunting for my YLEO box of oils to see if anything would help. As well as spritzing directly on my tonsils I rubbed the diluted oil on my chest and throat. It was absolutely miraculous, I went from hours worth of coughing fit to calm – immediately. It was an extremely insistent bug, and I had to continue with the oil rubbing for a week or more several times a day to help shift the mucous out of my chest. Whenever I got a bit lax about putting it on (because I had improved so I was forgetting) the bug toughened up again so follow through was required, but I shifted it. I also often rub diluted Thieves on my baby’s feet and hands if I know we’re going into a potentially bug ridden situation such as kid’s parties.

As for diffusing I have often thought that would be fantastic, but we’re here in the bush without power, and additionally we have fly screen only, no glass on the windows so the room would not hold the scent. J. Shenton, Zambia

.....

Try alternating Thieves Oil and ImmuPower Oil on the bottom of your feet at bedtime throughout the cold and flu season. These complementary oil blends provide a wide range of anti-bacterial and anti-viral germ-busting action. ...Most important: Be prepared and stock up for the winter--you won't get the MAXIMUM benefit if you don't have your oils and products readily available when you need them most. Carry some oils with you at all times. Time and time again, many of us have found that when you get the oils on

you and in you when a situation first arises (whether a cold or sore throat is coming on, or you have an accident), there is a greater chance of stopping the progression of the situation before it picks up a full head of steam. B. Rozen, California

.....

I ordered more Thieves. I love that product and use it all of the time. ...I do not buy into the fear the media is sending out about Swine Flu. I put a drop of Thieves e.o. in my water whenever I feel ill, and whatever it is that I am getting, I do not get. I clean with it in my classroom too. A. Talley-Bailey, New Mexico

.....

When "pestilence" like Swine Flu threatens us, we believe Young Living essential oils are God-given gifts through nature to protect us and heal us. We are reminded of Psalm 91:1-2, 5-7, and 14-16

1 He that dwells in the secret place of the Most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.

5 You shall not be afraid for the terror by night; nor for the arrow that flies by day;

6 nor for the pestilence that walks in darkness; nor for the destruction that wastes at noonday.

7 A thousand shall fall at your side, and ten thousand at your right hand; but it shall not come near you.

14 Because he has set his love upon Me, therefore will I deliver him; I will set him on high, because he has known my name.

15 He shall call upon Me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him.

16 With long life will I satisfy him, and show him my salvation.

G. Roperos, Phillippines

.....

References:

1 Chao, et al. Screening for Inhibitory Activity of Essential Oils on Selected Bacteria, Fungi, and Viruses. Journal of Essential Oil Research, 1997. Chao, et al., Antimicrobial Effects of Essential Oils on Streptococcus pneumonia. Journal of Essential Oil Research 2001.

Essential Oil Desk Reference, Essential Science Publishing, USA. 3rd ed. 2004

2 Anisman-Reiner, Victoria. Essential Oils Fight Colds and Flu, Boost and Strengthen the Immune System to Beat Bacteria and Viruses. Natural Medicine Suite 101.com. Aug. 2007.

3 Skae, Teya. Raise Your Immunity Frequency With Essential Oils to Beat the Common Cold. Natural News.com. March, 2008.

Note:

This report is intended as educational information, and not to diagnose or prescribe for illness. If one is ill, one should seek the services of licensed health professionals.