HOW TO USE ESSENTIAL OILS TO "VIRUS PROOF" YOUR ENVIRONMENT

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As you know the H5N1 virus can be spread many ways as it is often airborne and infects people by being breathed in. It also lurks on surfaces that may be touched and then transferred to the eyes, nose or mouth (and even to ears, as proposed by some scientists), where it may gain entry to the body.

With this in mind it is helpful to sanitise your direct environment in order to render it as virally "unfriendly" as possible. In the field of complementary medicine there are some amazingly powerful essential oils that are anti-bacterial, anti-viral and anti-fungal.

WHAT IS AN ESSENTIAL OIL?

An essential oil is a concentrated, hydrophobic (water repelling) liquid containing volatile aromatic compounds which are extracted from a wide variety of plants.

In fact, essential oils are not really oils at all but are highly concentrated, "essences" of plants. This aromatic essence can be produced by distillation, expression, or solvent extraction. Essential oils are used in perfumery, aromatherapy, cosmetics, incense, medicine, household cleaning products and for flavouring food and drink.

Useful anti-viral and anti-bacterial essential oils are commonly available and include oils such as Cloves, Tea-tree and Lavender, Rosemary, Eucalyptus etc.

HISTORICAL USE OF ESSENTIAL OILS

The Bubonic Plague (caused by the Yersinia pestis bacillus) decimated the European population in the Middle Ages and it is estimated to have killed over 30% of the population. However, in the affected areas, it was noted that the people who worked in Lavender distilleries – particularly in France - and in jobs that incorporated the use of Lavender rarely became ill. (France has long been a world leader in the practice of and research into essential oils in general, and the anti-infectious use of essential oils in particular.) As a consequence, recipes for preventing plague by using various essential oils became popular during this time. People carried bundles of dried herbs that were suffused with essential oils to ward off the plague.

There has been a steady accumulation of evidence – both anecdotal and research based – in recent years that supports the positive benefits of essential oils. Many oils are now accepted to have anti-viral and anti-bacterial properties.

In studies of essential oils, specific components have been isolated and found to have anti-viral properties. These include anethole, carvone, beta-caryophyllene, citral, eugenol, limonene, linalool, and linalyl acetate.

HOW CAN ESSENTIAL OILS HELP VIRUS-PROOF MY ENVIRONMENT?

Because of the increasing amount of research into essentials oils, scientists have discovered that different plant families and the essential oils extracted from them, exhibit varying degrees of anti-viral effectiveness [1-14], depending on the virus strain. This seems to be primarily due to the particular molecular structures found in each type of oil.

Researchers think that the different types of oils penetrate different viruses in different ways and to varying degrees. So, the effect on each virus strain depends also on the virus structure (enveloped, non-enveloped, molecular symmetry, etc.). Scientists propose that one of the reasons for essential oils' antiviral effectiveness is their lipophilic character (they are "attracted" to oils and fats).

Essential oils are easily absorbed into your body's tissues, where they can produce excellent results. Interestingly, when studying the anti-viral effects of essential oils, scientists have found that normal cells seemed to acquire a special resistance to viral penetration when treated with anti-viral essential oils, although the exact reason for this effect is not yet known.

HOW DO ESSENTIAL OILS PROTECT US FROM VIRUSES?

There are several reasons why essentials oils have a marked antiviral effect. Scientists have proposed that some essential oils obstruct surface glycoproteins in the viral envelope, thus preventing attachment of the virus to host cells. Other essential oils seem to assail viruses in the host cells, possibly at the level of the cell membrane[15]. Some essential oils are also known for their ability to modify your immune response and may offer some indirect protection against viral infection in this way.

At the time of writing this book, there are no studies which have examined the effectiveness of essential oils against the current COVID-19 virus, specifically. However, since essential oils have been shown to have effects against a very wide range of other viruses, the use of some of these oils is strongly recommended.

HOW TO USE ESSENTIAL OILS TO COMBAT ENVIRONMENTAL VIRAL HAZARDS

Essential oils can be dispersed with an atomizer (one to five drops essential oil for every 3 tablespoons of distilled water). For a very basic anti-microbial spray, mix a few drops of the essential oils of Lavender and Tea-tree with distilled water in a plant sprayer and spray liberally around your rooms.

Spritz the air regularly. Do feel free to add other oils as desired, as various oils do have differing anti-microbial effects – so there is a good rationale for using a mixture of any of the following essential oils:

Cloves[16-22], Cinnamon[23-31], Thyme[16,32-38], Oregano[39-45] Lavender[46-51], Sweet Marjoram[52-56],

Peppermint[57-66], Tea-tree[67-80].

Of particular relevance to Coronavirus / COVID-19; one research study has found that the essential oils mentioned above have specific properties which protect our respiratory tract from pathogens.

You can also evaporate essential oils into your environment using an "Oil Burner". This does not in fact, actually burn the oil. Rather, a candle is placed under a small water-filled reservoir to which the essential oils have been added. As the flame heats up the water, the oils evaporate into the atmosphere.

Viral spread in the work place is a real concern – so it is essential to make sure that surfaces such as desks, keyboards and door handles are wiped over regularly with a Lavender-Tea-tree solution and it is vital to remember to disinfect telephone handsets and mouthpieces.

Make your own essential oil inhaler by dropping your favoured antimicrobial essential oils onto cotton wool and enclosing these in a plastic bag – so as to slow down the evaporation of the oils. Sniff this as desired.

Note that for regular inhalation, Lavender and Tea-tree are both safe. Some essential oils must be used with caution and it is wise to check on The Complementary Medical Association's website The-CMA.Org.UK if you need more information about a particular essential oil.

About Jayney Goddard MSc, FCMA, Lic.LCCH, Dip.ACH, FRSM - President - The Complementary Medical Association

Jayney Goddard is considered to be one of the world's leading experts in the complementary medicine and natural health fields. She is the author of the global bestseller "Rewind Your Body Clock: The Complete Natural Guide to a Happier, Healthier, Younger You", she's a popular broadcaster, lecturer and journalist and an acknowledged thought leader and influencer in the health care arena. Jayney is the recipient of the "camexpo" award for Outstanding Contribution to Complementary Medicine and she has a special interest in immunology and anti-ageing. Natural Health magazine call Jayney "The UK's Natural Youth Guru". Jayney bases all her natural health recommendations upon strong scientific evidence, so that you know that everything she suggests is safe - and highly effective! She is the Founder and a Fellow of The Complementary Medical Association, a Fellow of the Royal Society of Medicine and a Fellow of the Royal Society of Public Health.

About The CMA:
The Complementary Medical Association is the world's leading and most highly respected professional Membership Association for Complementary Medical and Natural Healthcare practitioners, schools and suppliers.

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For more helpful information on all aspects of complementary medicine and natural health please visit The Complementary Medical Association's website: The-CMA.org.uk

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