

Virus and Flu Information Sheet

By Amrita.net

Prevention: It is not advisable to take EOs internally for prevention, because of the length of time you would have to take them. It is okay over a period of 10 days when having to travel to a country where the incidence of contagion may be high.

Diffuse Ravintsara, (most effective), **Eucalyptus Radiata**, or **Bergamot**, as much as possible in your environment when other people are in the room, if you are not sure whether they are infected.

When or if the contagion becomes widespread, **diffuse Niaouli to boost your immune system**. Niaouli blends well with ravintsara and eucalyptus radiata. If someone wants to combine these three oils for diffusion it is a matter of personal preference.

Other products that may be added are:

Golden Shield Tri Essence Helps prevent colds and flu, boosts the immune response, and enhances glandular function.

Invincible Immunity Synergy Blend can also be diffused to boost the immune system. (Do NOT apply directly to the skin, and avoid if you have epilepsy or are pregnant).

Treatment of Infection:

Echinacea Full Spectrum Tri Essence is not suitable for prevention. It activates the immune system and reduces the occurrence of colds and flu. It is anti-biotic and anti-viral. It reduces inflammation and helps clear the body of toxins. It reduces heat, lymphatic swelling and toxicity. It should not be taken long term. It has its effects at the onset of an infection to jump start the immune system. It can be taken in high dosages at that time.

Respiratory Health Tri Essence increases respiratory capacity and aids in the reduction of infection. It helps the bronchioles to maintain elasticity and reduces chronic inflammation of the mucous membranes.

The Flu Fighter Kit sold by Amrita Aromatherapy is the basic protocol. It is still early in learning about the Corona virus, but it is believed this kit will be effective on it as well as on the flu. They are similar in structure.

The kit utilizes three of the most potent essential oils that boost your immune system. It contains robust anti-viral properties and aids in alleviating respiratory symptoms, colds, flus and sore throats.

For ingestion: Thyme thujanol in organic olive oil for comfortable oral administration, one of the most potent essential oils for viruses. Take 3 – 5 drops of **Thyme Thujanol**, diluted in a little olive oil, 3 times a day. This knocks any flu down in 2 – 3 days. **WARNING: NEVER DO THIS WITH ANY OTHER THYME, LIKE WHITE OR RED THYME, THEY ARE TOO AGGRESSIVE**

For topical use: Bay Laurel in a base of organic sunflower oil to support lymph flow and clear mucus from respiratory channels. Apply **Bay Laurel** in sunflower oil over the lymph nodes, 3 to 4 times per day.

For inhalation: **Niaouli** is known to help alleviate bronchitis, catarrh, congestion, coughs, sinusitis, asthma, and a sore throat. It is an Immune system booster.

The above three oils may also be purchased separately as needed.

The above statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure or prevent any disease. In case of any illness or disease, seek appropriate treatment.
Hand Sanitizer

3/4 cup rubbing alcohol (at least 51%)

1 - 3 tsp. vegetable glycerin

couple drops Bergamot oil

couple drops lemon eucalyptus (Eucalyptus Citriodora)

1 aloe vera leaf - cut, open, spoon gel into food processor

Process ingredients. Pour into a measuring cup, then transfer into a glass spray bottle.