**Antibiotic-Resistant Staphylococcus aureus**

*YLB107*

*YLB105*

Notes

1. Carson CF, et al., “Susceptibility of methicillin-resistant Staphylococcus aureus (MRSA) to antibiotics and is causing widespread resistance to almost every antibiotic. These tough bacteria have been given the name Super Germs.


While essential oils have been known to have medicinal properties for thousands of years, they have only been since the 1930s that medical researchers around the world have documented their antimicrobial effects. Today we know that essential oils have tremendous benefits when inhaled, ingested, or applied topically. Researchers have found that essential oils have potent effects against Super Germs.
Super Germs Find Resisting Complex Essential Oils Difficult!

French physician Dr. Jean Valnet, author of The Practice of Aromatherapy, wrote: “Infectious microbes do not appear to become accustomed to the essential oils as they do to the many forms of treatment using antibiotics.”

Because of the complexity of the chemical constituents found in essential oils Super Germs find it difficult to build resistance. Aromatherapist Jane Buckle noted that while antibiotics are becoming more complex to overcome mutating germs, they are not as complex as essential oils. The oils “have a hundred or more components, so it is arguable that an organism would find it more difficult to become resistant to them.”

Two studies have mentioned bacterial non-resistance to the essential oils. At the Kyoto Prefectural University of Medicine in Kyoto, Japan, researchers in Korea actually developed under the same conditions.”2 University of Medicine in Kyoto, Japan, researchers in Korea actually developed under the same conditions.”2 Research at Queen Margaret University in Edinburgh found that cinnamon and clove oils decreased the production of enterotoxin A and enterotoxin B.3

One study tested melaleuca against 66 drug-resistant isolates of staphylococcus, including a case of MRSA osteomyelitis (bone infection).5 Research at Queen Margaret University in Edinburgh found that cinnamon and clove oils decreased the production of enterotoxin A and enterotoxin B.3

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The antimicrobial activity of lemon myrtle oil was found to be often superior to melaleuca alternifolia.6 An Australian study found that lemon myrtle oil has significant antimicrobial activity against Staphylococcus aureus, Escherichia coli, Pseudomonas aeruginosa, Candida albicans, methicillin-resistant S. aureus, MRSA, Aspergillus niger, Klebsiella pneumoniae, and Propionibacterium acnes.7

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Respiratory Infection/Inflammation blend (Eucalyptus globules, Eucalyptus radiata, Eucalyptus citrerdora, Myrtle, Pine, Marjoram, Lavender, Cypress, Spruce, Peppermint) Topically — apply to chest area and dilute with carrier oil, if needed. After applying you may choose to add a warm moist compress to enhance the absorption rate.

To protect ourselves from infection it is a good idea to eliminate germs from your outside and inside environment. Antibiotics and cleaners which may be effective in killing bacteria in your immediate environment may not be effective in killing those in your immediate environment. To clean and protect your physical and internal environment effectively make the following oil blends:

**Thyme tree oil and Geranium**

Internally — encapsulate and take for powerful anti-viral effect.5 Topically — because of their caustic nature you may need to use in conjunction with a carrier oil like fractionated coconut oil to ease potential skin irritation.

Along with other oils, the following oil blends have been used in skin care and therapeutic products. Essential oils can be purchased as a pre-processed blend of essential oils. Formulated by a master aroma therapist using therapeutic-grade essential oils:

**Helpful Hints for Fighting Super Germs**

**Inhalation of Essential Oils Receives Patent** MIT Physicist W. Banning Val, Ph.D. was issued a patent on the use of inhaled vapors from 100% pure botanical essential oils to fight inhalated pathogens.22 Interestingly, Melaleuca alternifolia and Eucalyptus globulus are named in the patent.