



## Aromatherapy protects you from on SARS 香氛治療 防治 非典型肺炎

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### Essential oils can protect you from, the Severe Acute Respiratory Syndrome (SARS) ( Atypical Pneumonia) :

*Eucalyptus 桉樹 anti-viral, anti-bacterial, anti-inflammatory, antiseptic, respiratory system tonic, stimulant	* Tea Tree 茶樹 anti-viral, anti-microbial, antiseptic, anti-bacterial, expectorant, stimulant
* Thyme 百里香 anti-viral, anti-bacterial, antiseptic, expectorant, stimulant, tonic	* Benzoin 安息香 anti-viral, anti-bacterial, antiseptic, expectorant, soothing, respiratory tonic a main ingredient in coughing medicine
* Cajeput 白千層 antiseptic, expectorant, stimulant excellent for respiratory tract infections	* Pine 松樹 anti-viral, anti-bacterial, anti-microbial, antiseptic, expectorant, restorative
* Lavender 薰衣草 anti-viral, anti-bacterial, antiseptic, decongestion, nervine, anitdepression	

### Eucalyptus and Tea Tree are the strongest antiseptic and anti-viral agent

#### Eucalyptus 桉樹

\*Eucalyptus oil is one of the most valuable oils for treating respiratory system. It is traditionally prescribed for all respiratory system problems such as pneumonia, bronchitis, asthma, sinus problems, throat infection, cold, flu, coughs

\*Eucalyptus oil was used during medical crisis, such as for a meningitis outbreak and the 1919 worldwide influenza epidemic.

\*Eucalyptus also helps immunity. It increases the oxygen carrying rate of haemoglobin, thus increase oxygen supply to the body cells. And it has an enhancing effect on gamma and beta globulins. Therefore, it increases our immunity as well.

\*Eucalyptus reduces the primary phase of infection reaction in terms of time and severity.

\*Its medicinal properties are specified in the pharmacopoeia & standards of British, US & other major countries.



### Tea Tree 茶樹

Tea Tree was widely used to kill germs and treat respiratory problems in hospitals before World War I. It has a very wide range of applications.

It is very active against all 3 categories of infectious organisms: viruses, bacteria and fungi. According to numerous researches, it is about 13 times more powerful than any commercial antiseptic agents.

It is a very effective immuno-stimulant; it increases the body's ability to respond to disease.

### Thyme 百里香

Thyme is a noble strengthener of the lungs. It was used as a disinfectant and prescribed for respiratory infections in hospitals until World War I.

\*Thyme has excellent broncho-pulmonary and immuno-stimulant properties and is ideal for treating any respiratory problems.

\*According to Dr. Jean Valnet, a famous French surgeon & aromatherapy researcher, "an aqueous solution of 5% thyme oil kills typhus bacillus in 2 minutes. It can kill colon bacillus in 2-8 minutes, staphylococcus in 4-8 minutes, streptococcus and diphtheric bacillus in 4 minutes."

### How to use?

<b>Steam inhalation 蒸氣吸入</b> Put very hot water into a glass/stainless bowl. Add a total of 4-6 drops of essential oils, stir, position your head about 15 cm from the water and cover your head and the bowl with a towel, just like a tent.	<b>Add to the mask 口罩</b> Put unused mask into a plastic bag. Add a total of 4-6 drops of essential oils on a tissue paper/cotton ball, put it into the bag and seal completely. Wait for 3 hours or longer and then wear the mask.
<b>Clean Home with essential oils 家居清潔</b> Add a total of 10-15 drops of the oils to 1 litre of water and then clean the furniture, doors, lift.....	<b>Vapourization 蒸薰</b> Add a total of 6-10 drops of essential oils together with water to a vapourizer and lighten it up. Vapour of essential oils will then diffuse into the air and hence our respiratory system to kill the viruses.
<b>Direct Inhalation 直接吸入</b> A) put a few drops of eucalyptus 桉樹, tea tree 茶樹, pine 松樹, Benzoin 安息香 or Lavender 薰衣草 onto tissue paper/cotton, and attach it to the wind outlet of air conditioners / dehumidifier / fan. Ideally, you have to put one tissue in every corner and the middle of the room. B) Put 1 drop of the above mentioned oil on your collar C) Put the diluted oils of the above mentioned on your nose.	