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香氛治療防範非典型肺炎 Aromatherapy protect you from Pneumonia Epidemic

香氛治療在醫學上應用已有二千多年的歷史, 曾治療1919年的流感疫潮, 在這次嚴重急性呼吸綜合症(SARS) (非典型性肺炎)的問題上, 亦可以大大地幫助我們。

大部份的植物精華油(俗稱精油), 都有殺菌(病菌、細菌、真菌)的效用, 以下是

- 1) 最具殺菌威力
- 2) 專治呼吸系統疾病
- 3) 並能提升人體免疫力的精華油, 可以助我們防範。

* Eucalyptus 桉樹

抗病毒、抗細菌、抗炎症、
抗菌藥、強健呼吸系統、刺
激身體系統和功能活動

* Tea Tree 茶樹

抗病毒、抗微生物、抗菌
藥、抗細菌、刺激身體系統
和功能活動、祛痰劑

* Thyme 百里香

抗病毒、抗細菌、抗菌藥、
刺激身體系統和功能活動、
祛痰劑

* Benzoin 安息香

抗病毒、抗細菌、抗菌藥、
強健呼吸系統、祛痰劑
咳藥水的主要成份

* Cajeput 白千層

抗菌藥、祛痰劑、刺激身體
系統和功能活動、呼吸系統
感染的良方

* Pine 松樹

抗病毒、抗細菌、抗微生
物、抗菌藥、祛痰劑、強健
身體

* Lavender 薰衣草

抗病毒、抗細菌、抗菌藥、
減充血劑、鎮靜神經、抗抑
鬱

連日來的非典型肺炎恐慌, 據中大亞太研究所最新調查顯示, 75.7%被訪者對病毒擴散到社區表示憂慮, 超過50%擔心會受到感染。

除了戴口罩外, 我們還可以採取自然防治方法, 香氛治療/植物精華油正是其一。

自然醫療的重點是保持身、心整體健康, 來個身、心全面預防, 菌和毒以外, 身體免疫力下降、心理情緒失去平衡, 亦是致病的重要因素。

香氛治療能助我們抗病毒、強化身體免疫力、強健呼吸系統、刺激身體系統和功能活動外, 亦可以減緩焦慮、恐懼、抗抑鬱、減壓, 保持心理健康, 全面提高身體對病毒的防範能力。

桉樹、茶樹是最強效的抗菌、抗病毒療劑

Eucalyptus 桉樹

* 桉樹是其中一種治療呼吸系統疾病最有價值的精華油, 傳統上應用於治療肺炎、支氣管炎、哮喘、鼻竇問題、咽喉發炎、傷風、感冒

* 在不少醫療危機, 桉樹亦曾治癒不少病者, 如腦膜炎爆發及1919年的全球流感疫潮。

* 桉樹有提高免疫力之效。它能提高紅血球的帶氧量, 從而增加身體細胞的氧份供應, 更有加強β和γ球蛋白抗體的功

效, 提升抵抗力。

* 桉樹更可減輕感染初期病情的嚴重性和時間。

* 桉樹的醫療特性在很多主要國家(如英國和美國)的藥典中都有詳細的記載。

Tea Tree 茶樹

在第一次世界大戰前, 茶樹在醫院廣泛地應用於治療呼吸系統問題和殺菌方面, 用途廣泛:

- 1) 能有效地對抗引起炎症的

3種生物: 病毒、細菌、真菌, 它比一般的除菌劑強效力13倍。

- 2) 能非常有效地刺激身體系統和功能活動, 提升身體對疾病的處理能力。

Thyme 百里香

百里香能強壯肺部第一次世界大戰前, 在醫院中一直用來消毒和治療呼吸系統感染。

* 它能大大地提高心肺和免疫功能, 是治療呼吸系統毛病的良方。

如何應用?

Steam inhalation

蒸氣吸入

回家後先清理呼吸系統、殺菌, 並治療癥狀

將熱水放入玻璃/不銹鋼碗中, 加入共 4-6 滴精華油, 然後將頭放在離水面約15厘米的地方, 用大毛巾覆蓋頭部和碗, 吸入精華油蒸氣約10分鐘。

Add to the mask 口罩

加強口罩防預效果

將未用的口罩放入密實袋中, 再將 4-6 滴精華油滴在紙巾/棉花上, 一同放入袋中密封3小時以上, 需要時才將口罩取出使用。

Direct Inhalation

直接吸入

淨化吸入空氣、殺菌

A) 將數滴精華油滴在紙巾/棉花上, 再貼到空調/冷氣/抽濕機/風扇的出風口上, 最好在不同角落都放置。

B) 將1滴桉樹/茶樹/松樹/白千層精華油滴在衣領/手巾/紙巾上吸入。

C) 將稀釋了2.5%的桉樹/茶樹/松樹/白千層精華油塗在鼻子上。

Vapourization 蒸薰

淨化吸入空氣、殺菌

將水和 6-10 滴精華油加入香氣座(爐)上, 放入蠟燭蒸薰, 精華油份子便會擴散到空氣中被吸入, 作殺菌、抗病毒之用。

Clean Home with essential oils 家居清潔

殺菌、消毒

將共10-15 滴桉樹/茶樹溶在5毫升的醋中, 放入1-2 公升水稀釋、攪勻, 用來清潔傢俱、門、家品。(切勿用水清潔家電)。

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Aromatherapy works on

Pneumonia Epidemic

香氛治療 防治 非典型肺炎

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

*Eucalyptus 桉樹

anti-viral, anti-bacterial, anti-inflammatory, anti-septic, 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, antidepressant

Eucalyptus and Tea Tree are the strongest antiseptic and anti-viral agents

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.

1) 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.

2) 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?

Steam inhalation

蒸氣吸入

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.

Add to the mask 口罩

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.

Direct Inhalation

直接吸入

- 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.
- B) Put 1 drop of the above mentioned oil on your collar
- C) Put the diluted oils of the above mentioned on your nose.

Vapourization 蒸薰

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.

Clean Home with essential oils 家居清潔

Add a total of 10-15 drops of the oils to 1 litre of water and then clean the furniture, doors, lift.....