

ALLERGIES / SINUS / ASTHMA My Personal Story~ April Travis

I used to have all kinds of allergies and asthma and was on everything from Seldane, Sudafed, steroid inhalers that caused heart palpitations, dry eyes and mouth and even on a breathing machine (nebulizer) at one point. Now, with the help of these oils, my allergies are almost non-existent and I am continuing to work on it.

If you have never heard of Essential Oils here is a short explanation of what they are. Essential oils are the volatile liquids that are distilled from various parts of plants, including seeds, bark, leaves, stems, roots, flowers and fruit. They are highly concentrated and far more potent than dried herbs.

The essential oils of the plant and the human blood share several common properties: They fight infection, contain hormone-like compounds, and initiate regeneration. Working as the chemical defense mechanism of the plant, essential oils possess potent antibacterial, antifungal, and antiviral properties. The molecules of essential oils are also relatively small, giving them the ability to easily penetrate the cells. When topically applied to the feet or elsewhere, essential oils can travel throughout the body in a matter of minutes.

Young Living is the firmly established leader in the Essential Oils Industry. It is the only company of it's kind that grows from seed, harvests in greenhouses, distills and packages to make sure that there are no pesticides or chemicals of any kind in the product so you are getting Grade A Pure Organic Essential Oils. If you look at other oils in health food stores, they are only perfume quality and not Therapeutic (medicine)...

Here's what I did: (NOTE: THIS HAS SAVED ME THOUSANDS OF \$\$ ON ALLERGY MEDICATIONS, ALLERGY SHOTS & IN THE PAST, MISSED TIME FROM WORK. NEEDLESS TO SAY, NO MORE SIDE EFFECTS FROM THOSE HORRIBLE DRUGS AND OVER THE COUNTER MEDS!)

Got a Young Living diffuser and diffuse "Purification Oil" into a room with the door closed for 20 minutes a day while you are relaxing in the room. This is for the chronic cough. Any molds and allergy causing bacteria in the air cannot live in the presence of this oil.

Got "R. C." Oil and put 2-3 drops in my hands. Rub them together, cup over nose and inhale 3 times deep. Also put 2 drops on chest and throat. This is a blend of (4) different kinds of eucalyptus and other oils. This is incredible for breaking up mucus, in the head, the lungs and anywhere else

it builds up. This is the one that stops me from wheezing and coughing and lets me breathe so much better.

You can also get "Peppermint". If you ever get stopped up and can't breathe thru your nose, you'll love this one. My husband puts 1 drop on his tongue and in then inhales it in. Then with the oil still on his fingers he rubs a little on the end of his nostrils and inhales again. He can breathe in 1 second after putting it on.

One more oil you should know about is "Lavender". Not only is it called Nature's antihistamine, but it great for depression. It lifts me up in 3 seconds...When my nose won't stop dripping, it dries me up right away.

I'd like to end with this: Something I really realized while yesterday driving home. I was able to roll my windows down while on the road and smell the wonderful smell of fresh cut grass. Something I was never able to do all my life with allergies. If I did this in the past, I'd sneeze probably 20 times in a row and then be a wreck for several hours.

Since using Young Living Products: cleansing, oiling, supplementing and eating a good diet over the last 4 years, something worked! I can honestly say I AM ALLERGY FREE...and in Texas, where there are trees, molds, dust, grasses, hay, etc.!!! I would have never believed it!

I try to eat as healthy as I can - no sugar, no white flour, no dairy, organic vegetables, hormone free chicken, little meat, no coffee or pop, no white bread, no processed foods, and also no chemicals in the household products or personal care products. I believe this has all helped.

Recently, 5/2002, I've begun ingesting Eucalyptus Radiata and R. C. blend before bed and for the first time in my life, I am able to sleep with a cat on my bed and still breathe well; no wheezing or sneezing. WHAT A MIRACLE!!!!!!!!!!!!!! I thought I'd never be able to have furry pets.

At this point in time, my Young Living monthly rebate check pays for all of both Mark's and my products, and we use everything from toothpaste to the RainSpa Shower head. We are saving \$\$\$ on our grocery bills and medical bills by substituting healthy from Young Living for chemical laden items found at the grocery store; and it get delivered to our door. What a wonderful blessing this has been for us!

Since all allergies happen because of poor digestion and a weak immune system, I started by working on those body systems. Products I use for allergies, sinus & asthma:

Internally:

Cleansing Trio Kit \$62
Vitagreen supplement \$35
Megazyme supplement (enzymes) \$23
Sulfurzyme Powder (a must have) \$39

Externally:

R.C. Oil Blend \$16
Purification Oil Blend \$14
Peppermint Oil \$16
Lavender Oil \$18
Diffuser \$99

Together in Health & Prosperity,
April Travis

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Allergies are caused by enzyme deficiencies per Dr. Gary Young
New Enzyme Products 7/2001

Megazyme
Allerzyme
Detoxyme
Lipozyme
Carbozyme
Fiberzyme

Here are some other testimonials I've saved:

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Date: Tue, 7 May 2002 23:39:06 EDT
From: RNOILCOUPLE@aol.com
Subject: Azamazama

Dear Janet and Joy Oilers,

Get a hold of Dr. Batmanghelidg's book, *Your Body's Many Cries For Water*. He states that asthma is a problem of dehydration. He says that asthma is not really a disease per se, it is simply a deficiency of water. If the person is on dairy, he needs to cease and desist sucking on a cow's udder. Dairy narrows the airway, as well as creates the clogging mucus, which also coats the intestinal wall, inhibiting absorption of nutrients, allowing undigested milk protein-casein-into the capillaries.

This means it is now a foreign protein-not a part of you, so the immune system will attack the foreign proteins, creating an allergic reaction.

Milk

causes more allergies than anything. Here is a good formula to create asthma: Little or no water, plus generous servings of milk and cheese

daily,

plus lots of soda and juice and coffee and sports drinks, along with a diet high in sugary carbohydrates. As far as oils: hyssop, myrtle, raven, R.C., peppermint, pine, lavender, frankincense, cypress, fir, spruce, and several others, which are in the book. Gary Young points out that the oils should not be inhaled, rather they should be applied to soles of feet, or ingested orally. There are other oils and supplements that can be used as well. A lot

of little kids get asthma because they drink too much stinking milk and hardly any water.

They even will put these children on steroid inhalers, and oral prednisone. This is a crime against the body if you ask me. The steroids do open up the airway though, but there is a far gentler and more effective way to go about that, right? The first rule is to increase water intake drastically .

Second

step is to get rid of dairy. Step 3 is to use the oils. I would venture to guess that just about any oils would help, after steps 1 and 2 are followed. A lot of supplements to build up the immune system would also be good to do. What do you think? (also, I think step 10 would be to get the body alkaline). That might even be a good idea to do around step 1, 2, or 3.

Bye! Jeff Kaplan

Subject: Oils for Asthma
Sat, 23 Jun 2001 20:48:42 EDT
From: essenworks@cs.com

Hi to all!

I was given an article (June 3 Province news) about the toxins we are exposed

to in the home. Of note is the study published in the journal Pediatrics in March showing that, if household allergens were eliminated, half a million US

children under age 6 would not have asthma (a 40% reduction). Asthma has increased fourfold in the past 20 years (Statistics Canada).

Since I use essential oils with great success on asthma sufferers, I thought I'd pass along what oils are great for it and why.

This info comes from "Advanced Aromatherapy" by Kurt Schnaubelt Ph.D:

"The first phase serves to familiarize the patient with the natural scents of essential oils as well as provide a cautious introduction to the spasmolytic qualities. The second phase focuses on the introduction of stronger oils more specifically geared to the asthma condition. Suitable choices are oils such as Eucalyptus radiata or Ravensare aromatica, which have not only expectorant qualities, but - because of the presence of terpineol - surprising anti-asthmatic effects. For best results, these oils are applied freely to wet skin during or after a shower...For patients whose asthma has turned into a more or less chronic combination of asthma and bronchitis, it is often advantageous to use stimulating oils, such as oregano, to strengthen the organism. For acute attacks, a mixture of two specific oils: 1 milliliter Khella, and 2 milliliters Hyssop officinalis. Ten suppositories are made with 3 milliliters essential oil mixture in 30 grams of suppository base (cocoa butter, for example)."

Once essential oils hit the mucus membranes (as in suppositories), they are absorbed in veins, bypassing the liver, and are consequently fed into the heart-lung-circulatory system. The use of suppositories is well established in French aromamedicine. Retained enemas work equally as well, and have outstanding effects with hemorrhoids, cancers (lung, reproductive), cysts, and infections.

A little technical, but if anyone can put it to the test, let us know!
All the best, Julie

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MUCUS / ASTHMA / BRONCHITIS / COUGH

In a message dated 06/26/2001 11:18:16 PM Pacific Daylight Time, chess1@mpx.com.au writes:

cough is still lingering. :(((I am using RC, Raven, Eucalyptus & Thieves but it just seems to linger.

RESPONSE:

--- HeavenlyOilsWork@cs.com wrote:
Date: Thu, 28 Jun 2001 14:58:31 EDT
Re: Cough/congestion problem
(Melissa EO)

Hello :) Peace and Calming in the following mixture seems to be the magic bullet for coughing.

Try: 15 drops RC & 15 Raven, 6 Peace & Calming & 6 Lemon on chest at least twice a day. The cough should gone shortly (15 min, maybe??) Definitely do the inhaling mentioned below, as well. If you can add 8 Frankincense and 6 Ravensara to the blend, even better. (I call the the mixture with Frankincense the "family blend" :) Put a few drops on twice a day if you are prone to respiratory ailments. We have not had one respiratory problem since doing this and used to suffer with bouts of bronchitis several times a year.

Also, 2 drops of Thieves in 4 oz. water, gargle and swallow at least 2 times a day. Thieves on feet at least 2 times a day to either get rid of, or keep away other nasty microbes.

Cheers to your health!
Roger Champigny

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Sat, 13 Jan 2001 From: "Greg & Karen" <khavo@flash.net>
Wendy,

I had that sort of thing when I first started with the oils 2 years ago. When I start coughing from my asthma, I use *Melaleuca ericifolia* #3501, it stops the cough.

For clearing her lungs you will need to layer on her back in any order the following oils: peppermint, lavender, thieves and Melrose.

Then cover it with a hot, moist towel, followed by several dry towels. Have her lay on her back to help drive the oils into the lungs. I sleep like a baby using this, and the next morning I would always very easily cough up big hunks of stuff which was very thick. After several days of doing this my lungs were clear. Since I started using the oils I have had no cases of bronchitis. I am sure it is because of how well this method works.

On a male this can be done on the chest but because it will pull the infection into the breasts it must be done on a female's back. IF you don't have all 4 oils, use what you have you will still have good results.

Karen
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Sat, 13 Jan 2001 From: <chomolungmo@hotmail.com>
MUCUS

I have had great results in 24 hours by putting Frankincense directly on the chest. Chronic Bronchitis gone completely. Hope it works for you. Also

Echinacea is sometimes all you need. Young Living's "Exodus" supplement has echinacea and much more. It worked for my son when antibiotics wouldn't get rid of a whooping type of cough. Thea

ALLERGIES

deafynow@aol.com wrote:

Hello oilers,

I have bad allergies to pollen, dust, etc.... but the worst is my allergies to mold and mildew, which hits with the winter wet season. I have been using Harmony which works really well on my sinuses. I looked up in the EDR and it says to use Lavender, Harmony, and Valor for allergies. My question is where? I put the Harmony on my sinuses, and that goes away, but I have this truly awful itching of the roof of my mouth towards the back of my throat, and constant sneezing. I want to relieve the itching and sneezing. Has anyone had experience with this? I have also been inhaling and using R.C. on my throat and chest for when it becomes asthma..... but nothing I have tried stops this terrible itching!
Itching and sneezing in California.....

Pam Mang

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Tue, 02 Jan 2001 11:05:28 Cindy Graves wrote:

I had allergies for several years and would get recurring sinus infections in the winter. I did a parasite cleanse, haven't had many problems since.

Cindy

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ALLERGIES

01 Jan 2001 From: Brenda Lamb <loandmo@worldnet.att.net

Hello,

I find diffusing Purification very helpful. I also use Myrtle in conjunction with RC. Do you have carpeting in your home, animals etc.? This can lead to nonstop allergy problems.

Many Blessings,

Brenda

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1 Jan 2001 From: "Richter" <wilderness2@omniglobal.net

Dear Pam,

On one of Dr. Young's tapes - I think it is #17 or #18 - he says to rid your house of mold and mildew, try diffusing Lemon oil. If you don't have a diffuser, you could mix the oil with water in a spray bottle and shake it

well before spraying your house. A diffuser is a wonderful investment - we now have 2!
Hope this helps!

Blessings,
Sharon

1 Jan 2001 03:08:21 EST From: Sunnyglo@aol.com

RE: Itching of the roof of my mouth towards the back of my throat,
Dear Pam & All:

Oils: May want to consider oregano, thieves, or peppermint - alternate each oil.

Apply: Swab one drop (use Q-tip) to roof of mouth (dilute according to sensitivity). One drop on each mastoid bone behind ears, along jaw line (ear to ear) where lymph's are located and big toes down to connection point at balls of each foot and vita flex sinus areas also.

Pure water: 2 drops, one of the above listed oils or a combination of the oils, in
6 - 8 oz. of water (shake well) drink 3 - 4 times a day. V-6 oil may be added to this if desired.

Continue: RC on sinus area and chest.

Dentarome plus: Swab back of throat.

Lemon Oil: A good one to use in all drinking water for a variety of health benefits!

The above protocols have been used successfully with myself and family for sinus, throat tickle, colds, ect.. Just food for thought. Hope this helps.

Blessings, Glo

PS My daughter came down with a full blown cold symptoms two days ago. I have used lavender, R.C., peppermint, thieves & lemon on her as stated above.

Today she is not showing any signs of the cold... These oils are awesome!!!

AAA Healing Touch Essentials

Mon, 1 Jan 2001 From: deafynow@aol.com
Allergies update

WOW!!! I tried using Peppermint swabbing it on the roof of my mouth towards the back and it stung something awful at first, but WOW, the itching went away!!!! Many many thank yous to Glo!!!!

I am going to try the other suggestions also, but for immediate relief, that was wonderful! The back of the roof of my mouth was like hamburger and just driving me crazy.

Now I have another question..... Is there any holistic approach to dealing with pollen/dust/mold/mildew allergies? I don't mean get rid of everything in the house and live in a sterile environment..... I actually tried that for a while and it didn't help, and was just depressing. I mean there must be some way of healing the body so that it does not have these allergic reactions. My husband could sleep on a bed of hay with cats laying all over him and a fan blowing dust all over the place and it would not affect him. I keep thinking this must be something like the immune system that protects us from invading illnesses. Anyway, if someone has any information about such an approach, please let me know.

Pam

ASTHMA

Yes my wife and I have had success with our son Matthew who has asthma. It only acts up when he gets a fever or cold and we usually have to take him to the Doctor or emergency room where he was in the hospital for 5 days last Easter. Well to make a this story short Matthew started running a fever a couple of weeks ago and sure enough his asthma was kicking in after a very hard and restless Friday night. In the morning we were ready to take him to the Doctor. I said let me try this lavender oil. As God as my judge within a matter of seconds applying the oil to his feet and on the top of his feet for the bronchial tubes his breathing smoothed out and the little fellow fell for a restful sleep. Ellen and I were in total amazement all we could do was look at one another and say unbelievable. We now put lavender on his feet every other day and all is well"

Steve Kramer, Ellicott, MD

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From: "Sharon Ahearn" <srahearn@earthlink.net

Date: Sun, 29 Apr 2001

I have had allergies for years, but since I got involved with YLEO, I have been able to put away all the allergy and sinus medications. On occasion, however, I will have pain in my upper mouth, also near a broken tooth. As a matter of fact, I had a lot of pain last night.

I use Peppermint every morning and evening - a drop under the nose to clear the sinuses. I then "sniff" Eucalyptus and RC. When the pollen is high as it

is now, I may have to repeat this a few times a day. Three years ago, I was taking allergy meds three times a day year round (for 28 years). I consider sniffing 2x a day a major success, not to mention I feel much better.

Now, for the tooth or sinus pain, I rub Thieves right on the gum. It relieves the pain quickly and heals whatever infection was there. I may also use extra Peppermint on the face right over the area of pain. Used Thieves last night and this morning, my mouth is just a little tender. Needless to say, I used Thieves again, just in case.

Sharon Ahearn

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SINUS INFECTION

From: "Cathy Williamson" <zlwidow@sprint.ca

Date: Sun, 29 Apr 2001

I just got over a wicked case of sinus infection, I started with inhaling peppermint, placing a few drops of peppermint in my hand, placing a finger in the oil, and then placing that finger up my blocked nostril, and inhaling, just kept doing it, unblocked in less than an hour, then to keep it from coming back, took a spoon full of maple syrup, (can use honey) with a drop of peppermint and swallowed it, cleared my sinuses in less than 2 days, no antibiotics necessary.

Cathy

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I believe that I am one who responded with putting oil under her nose, Melaleuca ericifolia to be exact. My asthma besides being exercised induced can also be triggered by strong odors such as Lysol spray, colognes, aftershaves, etc. The oils have never triggered an asthma attack. Shortly after I joined this listing I read an email from someone who had been to a training with Dr. Young. A young girl who had been in the hospital for 2 weeks because of asthma was present. The Melaleuca ericifolia was what he put on her and she instantly responded. I can tell you since then that is what I always use. I NEVER reach for the emergency inhaler. I also have several employees that also use it now because they don't like to use the emergency inhalers either. I can tell you it is nothing short of a miracle. It was one of the many responses that sold my husband on the oils. I am able to go hiking again after gasping for breath and being fearful of an attack.

Karen