Looking for testimonials for Sinusitis.

Hi Jeannie,

I have had severe sinusitis and allergies for many years. Have never found anything that works as well as Elemi and Eucalyptus. In the winter I put both oils on a cotton pad and insert it into the blower vent of my cold air humidifier. In the summer when we have the air conditioner going I put the cotton pads in all the air vents in the house. Before I got the humidifier I used the same combination of oils in a spray bottle with water to spray

the house. Also keep a cotton pad with Elemi and Eucalyptus on it in a

small zip lock bag by my chair and next to my bed. Just put the bag over my nose and take a couple of deep breaths. Works great. The zip lock bag will

keep the oils fresh for almost a week. I also do the same things with

Purification when someone in the family has a cold or flu to keep other members of the family from catching it. Hope this helps,

Be well,

Evelyn

weezie wrote:

I was hoping one of you could help me with my problem. For the past 10 yrs or so

I have been getting a sinus infection once or twice a year. Except for this I am a pretty healthy 45 yr. old female. I detest taking antibiotics and right now I have an infection with daily headaches. Two weeks ago the doctor prescribed 875mg

Augmentin and told me to take one twice daily. Well, I did and about 5 days into the 10-day series I broke out in hives all over my body. Course, I stopped taking the antibiotics and took Benadryl for 3 days of intense itching and the hives went away. Well, later this week I'm scheduled to go to the doctor again.

I've never had an allergic reaction to antibiotics but was told this can develop at any time in one's life. Now I don't know what to do? Don't want to go on antibiotics again cause I know they are bad for me and actually lower the immune system more than it already is and it destroys the flora in the intestine also, which is bad...any suggestions would be appreciated. It always starts out as sinus drainage and progresses into sinus infections. I have the everyday oils but will order more oils to help me. Also, my diffuser is coming right now in the mail............Louise in FL

From: JULIA K DOLLAHITE <[jdollahi@pacbell.net](mailto:jdollahi@pacbell.net)

To: "Essential Oils" <[essoil@list.flanet.com](mailto:essoil@list.flanet.com)

Let me add my personal testimony -- it's how I came in contact with oils.

Two weeks before my debut vocal concert, I contracted yet another sinus

infection.

Knew from frequent experience this would cause laryngitis within a week, lasting at least a week. I rushed to my doctor, he did everything he could then and a week later with a cortisone shot to reduce swelling in vocal folds.

Nothing worked, till my [now] upline shared Rosemary and RC with me, 3 days before my concert. The concert went on and was a success. I'd been having sinus infections regularly (just about every 6 weeks) for 2 years.

Since July 1998, sinus infections are becoming more and more rare and far less severe in frequency. My overall health has improved dramatically. I also spoke

with a naturopath who told me congestion in the sinuses often meant congestion in

the intestines, and to cleanse. I used YL cleansing trio, gentle and simple, just my style.

DON'T THINK OF THE OILS AS A "CURE" -- they are truly an aid to enhance the body's own natural abilities. ......Julie

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sinus infections

Louise, I will add my personal experience. I used to get sinus infections at

least 3 times a year and they would go to my lungs as painful bronchitis,

each episode lasting a month. Myrtle and RC relieved my symptoms and the

episode only lasted a week. Next time I felt it coming on, I used myrtle and RC and

the sinus infection never developed. I haven't had one in over 2 years.

Myrtle is an oil with a long history of sinus benefits. RC is a blend with myrtle, 4 Eucalyptus, pine spruce, marjoram lavender cypress peppermint.

Diffuse, and apply myrtle directly onto sinus areas on face. Use carrier oil

to dilute if you have sensitive skin. Most of the time I use it neat, but

Sometimes I am sensitive. IT really works. Apply Thieves to bottom of your feet for supporting the Immune system.

carla

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sinus infections

[mystymtn@midcoast.com](mailto:mystymtn@midcoast.com) writes:

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oil to dilute if you have sensitive skin. Most of the time I use it neat, but

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Carla and all~`

Carla's post sounded like we have come to many of the same conclusions. I just wanted to add that I snort a drop of Frankincense each day - and that when

I am getting a sinus "start" I keep the RC on a tissue also and inhale a lot.

This is also a good way to keep others germs from annoying you:)

I just had to put a special order in for RC because I shared so much of it at work recently with everyone sick...I was really being selfish because I wanted the germs killed:)

Best to all~`

Namaste~

Candyce

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sinus infections

From: "weezie" <[weezie@ecqual.net](mailto:weezie@ecqual.net)

Thanks so much Julia for your advice. I didn't go back to the dr. this week as was planned cause I figured he'd just supply me with another type of antibiotic and I'm not too enthused about that prospect. I've heard folks discuss the benefits of RC on the chatline and that is the next oil I will order. Boy, really appreciate this chatline and have gotten some very helpful advice from it.

I am always amazed when someone unsubscribes cause it is sooo valuable. I have added the oils to my practice in my massage business. I go to people's homes and

do 75-minute massages. I love it as it is such a healing art. I'm six feet tall and strong as a horse, except these darn re-current sinus

infections..............thanks, Louise in Fl.

----- Original Message -----

From: JULIA K DOLLAHITE <[jdollahi@pacbell.net](mailto:jdollahi@pacbell.net)

To: Essential Oils <[essoil@list.flanet.com](mailto:essoil@list.flanet.com)

Sent: Tuesday, December 21, 1999 9:06 PM

Subject: [essoil] Fwd:re: sinus infections

Let me add my personal testimony -- it's how I came in contact with oils. Two weeks before my debut vocal concert, I contracted yet another sinus infection.

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Enhance the body's own natural abilities. ...Julie

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sinus infections

<[weezie@ecqual.net](mailto:weezie@ecqual.net)

To: "Essential Oils" <[essoil@list.flanet.com](mailto:essoil@list.flanet.com)

Thanks so much Michelle. I've never done colon cleansing and I'm sure

That is part of my problem. I saw on the Discover channel once that the

Ancient Egyptians had a belief that DEATH STARTED IN THEIR INTESTINES AND

COLON-----------------------I believe it------------------and now you reiterated that same belief......................thanks, Louise in FL

----- Original Message -----

From: Michelle Stensgar

To: weezie

Sent: Wednesday, December 22, 1999 11:03 AM

Subject: Re: [essoil] re: sinus infections

Jeanie,

I've had sinus all my life until about 5 yrs. ago. I started doing colon cleansing then and that is the cure for me. I've been taught that you need to have a bowel movement for every meal that you eat. Dr. Bernard Jensen teaches that if you have one a day, then you are 15 behind!!!!!!. I do a colon cleanse 3-4 times a year then take a product to help me go daily. I use fiber supplement on a daily basis and I haven't had a sinus infection since I started all this. I now use the oils like RC, Thieves and Peppermint. I love Immupower.

Michelle

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Sinus infections

In the PSK there is, Lavender & Peppermint, these are the two that might

Help some.

However, I would suggest you get the Golden Touch I kit as soon as you can.

There are 3 oils in there that are wonderful with sinus infections:

Thieves helps fight off infections of any kind, and does all sorts of Wonderful things. You'll read a lot about it on this mail list. Whenever I get a hint of a sinus infection, even a runny nose or an allergic reaction, I immediately reach for Thieves. I put 4 drops all over the soles of both feet immediately, then at bedtime and again when I get up in the morning.

RC is wonderful for sinus and respiratory infections, or even just stuffiness!

You can put it on your feet (bottom of toes and where the toes connect to the foot on both feet), put a drop on a cotton ball right next to your bed while you sleep, diffuse it, run it directly over the sinuses (but not real near the eye) etc.

Raven is the companion oil to RC. It contains one of my very favorite oils, Ravensara "the oil that heals". If you put RC on the body, use Raven in the diffuser or on the cotton ball. The next day swap: Raven on the body and RC in the air.

You could buy just these three oils, but it's cheaper to start out with the Golden Touch 1 kit and find out what works best for you . . . and the other 4 oils in the kit are good to have around.

I often use Ravensara instead of Raven. For me it is wonderful. I run a couple of drops of Ravensara on my chest, then up onto my neck and finish under my nose, between my nose and upper lip.

Hope this helps!

Jan

weezie wrote:

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sinus infections

Thanks, I will take your advice. Do you really use your diffuser every

day?????

Thanks, Louise

----- Original Message -----

Subject: [essoil] Re: sinus infections

Also, my diffuser is coming right now in the mail..........

Louise..you might find the solution to your problem is in the mail to you. Regular diffusing can make a BIG difference for allergy and sinus sufferers. I know..I used to get allergy attacks on occasion.

Between fall ragweed and a slight allergy to animals (with 2 cats and

a dog no less) it was inevitable.

Since we've been diffusing oils on a daily basis I haven't had any

allergy attacks at all....about a year and a half.

Be well,

Lauren

PS...lavender works well for me as does purification

============================ sinus infections