

Fit For Life Newsletter

May 2006

Oil Recipe of the Month

Insect Repellent

6 drops Peppermint

6 drops Melaleuca Alternifolia

9 drops Eucalyptus Radiata. Mix together and apply to the body on exposed areas. Or 10 drops Purification oil rubbed on exposed areas. And/or mix 15-10 drops purification oil in 1 oz distilled water and spray mist. This is especially nice for children.

Feature Oil Purification

Cleanses & disinfects the air & neutralizes mildew, cigarette smoke, & disagreeable odors. Disinfects & cleanses cuts, scrapes & bites from spiders, bees, hornets, & wasps. Ingredients: Citronella is antiseptic, antibacterial, antispasmodic, anti-inflammatory, insecticidal, & insect-repelling. Lemongrass has strong antifungal properties. Lavandin is antifungal, antibacterial, a strong antiseptic, & is a tissue regenerator. Rosemary is antiseptic, antimicrobial & may be beneficial for skin conditions & dandruff. It helps fight candida & is anti-infectious. Melaleuca is antibacterial, antifungal, antiparasitic, antiseptic, & anti-inflammatory. Myrtle is antibacterial & may support immune function in fighting colds, flus, & other infectious disease. Application: Dilute 1 part EO to 1 part vegetable oil. Possible skin sensitivity. Diffuse 15 to 30 minutes every 3 to 4 hours. Directly inhale, or add 2-4 drops to bath water. Apply on location to cuts, sores, bruise, or wound. Put 4-8 drops on cotton ball and locate on vents. Add 2 drops to a wet cloth and put in clothes dryer.

Health tip of the Month

Among the many chemicals in our industrial environment that get into our systems & make us sick are the pesticides we use in our homes & on our bodies. We use them because they are toxic to the creatures that bug us - they are also toxic to us!! Sometimes the toxicity is immediately apparent: we get a headache, get sick or feel nauseous from the fumes or other contact. Sometimes the toxicity is subtle & accumulates resulting in chronic complaints & disorders (including allergies, cancer & miscarriages) that can be serious, even deadly over time. Sometimes we even put poisons on our pets to deal with ticks and fleas, not realizing that these substances are not healthy for us or our animals.

How to Use Oils for Pest Control

We don't need poisons to kill pests. We can repel them (and even sometimes kill them) with substances that are not only harmless to us but are actually healthful to us. A list of oils follows to help solve many of your pest problems. A great way to use oils is to get a pistol-grip squirt bottle. Mix a few drops of the oil with some water, shake it up, and start firing. If you have bugs on your plants, like aphids on your roses, you can squirt the leaves and drive the bugs away with no harm to your plant. You can do the same with the other pests. As for ants, you can smear a line of peppermint or spearmint across your kitchen counter or floor and the ants won't cross it. If you already have a line of ants invading your house, just draw a line of oil across them and they will turn back. It is fun to watch. And as for flies, you can knock them dead right out of the air with one shot from your pistol grip.

Specific Oils versus poisons for Specific Insects

ANTS: Peppermint Spearmint Thieves Spray

APHIDS: Cedarwood Hyssop Peppermint Spearmint - Mix 20 drops in 2 quarts salt water, shake well & spray on plants

BEEES: Lavandin, Idaho tansy Purification Melrose Pan Away - Mix 2 drops lavender 1 drop helichrysum 1 drop German chamomile 1 drop wintergreen. Regimen - Flick or scrape stinger out with credit card or knife, taking care not to squeeze the venom sack. Apply 1-2 drops Purification, Melrose, lavender, or Idaho tansy on location. Repeat until the venom spread has stopped. Apply lavandin with or without one or more of the single oils listed, 2-3 times daily until redness abates. PanAway may be substituted for Purification

BEEETLES: Peppermint Thyme

CATERPILLARS: Spearmint Peppermint

CHIGGERS (Mite bites): Lavender Lemongrass Melaleuca Alternifolia Sage Thyme RC Purification

COCKROACH: Mix 10 drops Peppermint & 5 drops Cypress in ½ cup salt water, Shake well and spray on live roaches. My one & only experience with a cockroach was effective. We were in a hotel, there was a 1 inch long cockroach in the bathtub. I decided to play with the oils dripping 2 drops of oregano onto the back of the 'little beastie'. To my amazement the thing

went bezerk, zoomed back & forth across the bottom of the tub a few times, then right before my eyes it started to disintegrate. In a matter of 60 seconds over ½ of the critter was gone. Oils digest petrochemical.

Could it be that cockroaches are filled with petrochemicals?

CUTWORM: Thyme Sage

FLEAS: Peppermint Lemongrass Spearmint Lavender

FLIES: Lavender Peppermint Rosemary Sage

GNATS: Patchouli Spearmint

LICE: Cedarwood Peppermint Spearmint

MOSQUITOES: Lavender Lemongrass Lemon Peppermint Eucalyptus Radiata

MOTHS: Cedarwood Hyssop Lavender Peppermint Spearmint Patchouly

PLANT LICE: Peppermint Spearmint

SILVERFISH: Eucalyptus Radiata

SLUGS: Cedarwood Hyssop Pine

SNAILS: Cedarwood Pine Patchouli

SPIDERS: Peppermint Spearmint Black Widow Spider - Get victim to an emergency care facility immediately. Rub 1 drop lavender every 2-3 minutes over the bite until you reach the hospital. **Brown Recluse Spider** -

The bite of this spider causes a painful redness and blistering which progresses to a gangrenous slough of the affected area. Seek immediate medical attention. Use Purification or Thieves

Spider Bite blend • 1 drop lavandin • 1 drop helichrysum • 1 drop

Melrose EO Apply neat, 1 drop of either of the two above blends every minute until you reach professional medical treatment.

TICKS: Lavender Lemongrass Sage Thyme Oregano Peppermint R.C. Purification. Apply neat, 1 drop thyme or oregano to tick to loosen from skin. Apply 1 drop neat Purification on site to detoxify wound. Apply 1 drop neat peppermint every 5 minutes to reduce pain and infection

WEEVILS: Cedarwood Patchouli Sandalwood

A Brown Recluse Experiment done by David Stewart: Seeing how squirting a Peppermint-water spray would kill flies in mid-air, I wondered what pure oil would do. So I did an experiment on a brown recluse spider. I captured a live one in a jar and carefully placed one drop of peppermint on one side of the jar. The pure Peppermint repelled the spider that stayed to the other side to avoid the oil. When I tipped the jar to force the spider to fall into the oil, it merely squirmed and got away, still repelled by the oil, but not apparently harmed. Then I put a drop of water with the oil and tipped the jar so that the spider slid into the water and oil together and, instantly, it shriveled up dead. Conclusion: The oil alone is an insect repellent.

Combined with water, it is an insecticide.

Safe Insect Repellents

As far as repellents go, when you go into the woods and fields, put a little Lavender around your ankles, wrists, & waist-band & you won't have to worry about chiggers or ticks (or Lyme Disease of Rocky Mountain Spotted Tick Fever). Other oils that could irritate the skin can be put on your pant cuffs & shirt sleeves. As for your pets, you can put oils such as Purification, around their necks & backs, but watch to keep oils from around their eyes. Because of their outstanding antiseptic & oil-soluble properties, essential oils are ideal for treating most kinds of insect bites. Essential oils such as lavender & peppermint reduce insect-bite-induced itching & infection. Purification removes poisons from the body. **Blend for stings & bites** • 1 drop thyme • 10 drops lavender • 4 drops Eucalyptus radiata • 3 drops Roman or German chamomile. Apply neat 1-2 drops on bite location or dilute 50-50.

Upcoming Events

NINGXIA RED LIVE – check the web or call YL to find events near you. Don't miss out!!

CARE Cochrane Alberta – May 29 – 31

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