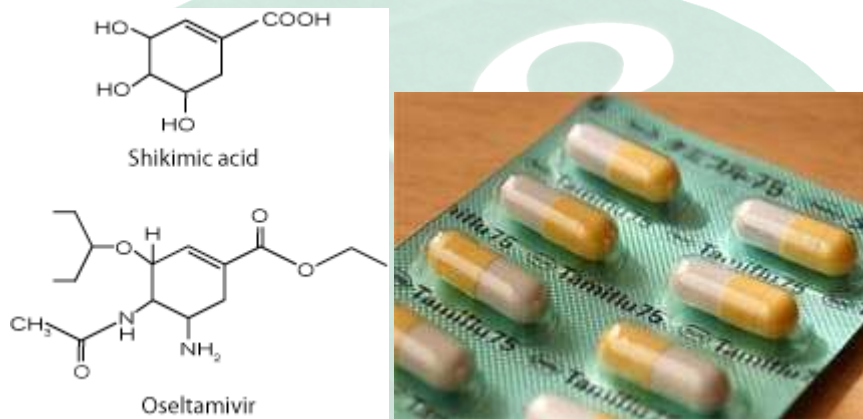




Shirley Price Professional Aromatherapy Factsheet 32 – SWINE FLU AND ESSENTIAL OILS

Swine Flu Facts as at 23.7.09



Swine flu is fast becoming a global pandemic

The number of people consulting their GP in the UK because they think they have swine flu has almost doubled in one week.

The Department of Health say an estimated 100,000 people in England sought help in the past week, up from 55,000 the previous week.

There are now 840 people in hospital with the virus, of which 63 are in intensive care.

Most people with the virus in hospital are aged 16 to 64, with 435 cases, followed by the under-fives, with 169 cases.

Related Links

[Department of Health](#)

Among those aged over 65, 149 people are in hospital and there are 87 cases among young people aged five to 15.

The website address for the National Pandemic Flu Service for England is www.direct.gov.uk/pandemicflu and the phone number is 0800 1513 100.



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SWINE FLU AND ESSENTIAL OILS

Swine flu - How essential oils can help you manage the risk
of
serious co-infections
a personal note by Ian Brealey

I can say without fear of contradiction that certain essential oils have proven antimicrobial properties.

Throughout history people have been encouraged to inhale aromatic substances at times of infection. Aromatic plant material was burnt in public squares. The name perfume comes from the latin per fumen (through fire). Today we have essential oils which contain aromatic chemicals for us to inhale and essential oils components continue to provide the basis for synthetic anti-flu medications.

My own household contains a happy smiling 4 month old baby and as you can imagine we are taking every precaution to avoid infection and ensure we are in good shape to fight the infection and combat co-infection leading to complications.

Personally I am taking a mix of 5 oils including peppermint, hyssop and thyme, pine and eucalyptus. This mix was developed by Shirley Price and is called Easy Breathe Winter Chills. I place two drops (no more, less is more in aromatherapy) in my morning and evening cup of tea. The hot tea vaporises the oil so I get a good inhalation into my lungs.

I am not asthmatic or on medication nor am I an epileptic and I have access to the advice of the Sp college principal Louise Carta who trains aromatherapists for IFPA membership. Sp essential oils come with a safety leaflet advising on their use. In brief Always read the leaflet.

I carry a nasal inhaler stick with drops of this mix for use in the day.

I also vaporise Star Anise, Pine and Lemon essential oils. Vaporisation is useful for combating airborne infection.

Sp carry Star Anise oil which is a revered oil in China and Vietnam where it is made. This oil is credited with anti-viral properties. The principal constituent is anethole (upto



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85% in a good quality oil).

Tamiflu® is reputedly made from starting materials derived from Star Anise. The obvious question, whether there could be essential oils to protect from this condition, is not easily answered. Tamiflu and Star Anise were key weapons in the fight against Bird Flu in 2005/6.

Certainly essential oils have proven effectiveness against common infections like strep throat and a particular feature of a pandemic is for the flu virus to amplify the effects of what are common ailments into a life threatening situation. In one case in the UK this month a 15 year old girl with tonsillitis died of swine flu. therefore it is wise to have on hand essential oils with a track record of effectiveness against both viral infection and bacterial infection such as streptococcus.

Some facts:

The substance gained from Star Anise which serves as the starting material for Oseltamivir (the active principle of Tamiflu®) is Shikimic acid. Shikimic acid itself is a key precursor for the biosynthesis of the amino acid Phenyl alanine, which consequently is further derivatized towards Cinnamic acid and the known Phenyl propanoids of essential oils. (Pacific Institute of Aromatherapy 2006).

The efficacy of essential oil components and whole essential oils against many different virions, including influenza, has been repeatedly documented and is part of the practical experience of many aromatherapy practitioners. Because essential oils and their constituents cannot be patented, large scale further research is not lucrative to 'for profit' entities and therefore does not happen and we are left with small scale but nonetheless compelling evidence. This evidence is based on a scientific research procedure whereby bacteria are cultivated in agar dishes. Essential oils are dropped in the centre of the dish and zones of inhibition are measured. It is thought essential oils work by blocking the receptors microbes use to attack healthy cells.

Conclusion:

In the long run those essential oils which are strongly antiviral (multi component synergies) will provide better and better lasting protection against these conditions, as the virus can quickly outwit the single substance drugs by slight changes in one or more of its various components.



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At Sp we are of the opinion that stocking essential oils which are antiviral and at the same time very mild, so they can be used liberally if needed without creating irritation, is certainly a wise measure (Our preference for and for use in consultation with professional aromatherapists is Thyme thuyanol and Hyssop decumbens). Eucalyptus Globulus can be harsh. For children we recommend the use of Eucalyptus Staigeriana For a vaporiser we would recommend star anise, pine and lemon.

To find out more we recommend this article

<http://www.globalhealingcenter.com/natural-health/star-anise/>

Ian Brealey 23.7.09

Shirley Price
professional
AROMATHERAPY



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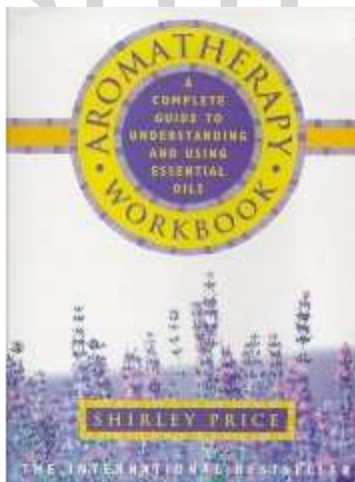
*Nothing can compare with
the cleansing and
revitalising properties of
pure, natural essential oils
distilled from plants and
flowers.*



Shirley Price

Professional

ATHERAPY





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Shirley Price International College of Aromatherapy



*Viral & Respiratory
Infections CPD with Marion
Fewkes on Monday 5th
October 2009 at the Shirley
Price International College
of Aromatherapy, [About
Marion](#): below, Synopsis:
below Venue: [Odstone Hall
Warwickshire](#)
Charge: £80 - [Book this
course](#)*

Viral & Respiratory infections

The arrival of the H1N1 virus – or “swine flu” – caused quite a stir during the summer of 2009 and forecasts of its increase during autumn and winter months generated considerable concern. On this course students will study the most appropriate and effective aromatherapy approaches to the prevention and treatment of viral infections and the respiratory system



Shirley Price

professional

AROMATHERAPY