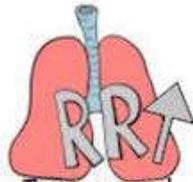


# RED FLAGS... THINK SEPSIS!

Suspected or proven infection AND has 1 of the following:



Core temperature



Increased respiratory rate



Inappropriate tachycardia  
see PEWS chart



Have a lower threshold of suspicion for:  
Patients younger than 3 months,  
chronic disease, recent surgery,  
immunocompromised



Altered mental state

Inc., sleepiness, irritability, lethargy,  
floppiness



prolonged capillary refill  
(reduced skin perfusion)



**Suspect sepsis. Say sepsis. Save someone's life today**

# SEPTICAEMIA EBOOK

Septicaemia is a serious bloodstream infection.  
It's also known as blood poisoning.

Contact:

## Bacteria



# Septicaemia Ebook Index

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# What is septicemia?

Septicaemia is a serious bloodstream infection. It's also known as blood poisoning.

Septicaemia occurs when a bacterial infection elsewhere in the body, such as the lungs or skin, enters the bloodstream. This is dangerous because the bacteria and their toxins can be carried through the bloodstream to your entire body.

Septicaemia can quickly become life-threatening. It must be treated in a hospital. If left untreated, septicaemia can progress to sepsis.

Septicaemia and sepsis aren't the same. Sepsis is a serious complication of septicaemia. Sepsis causes inflammation throughout the body. This inflammation can cause blood clots and block oxygen from reaching vital organs, resulting in organ failure.

The National Institutes of Health estimates that over 1 million Americans get severe sepsis each year. Between 28 and 50 percent of these patients may die from the condition.

When the inflammation occurs with extremely low blood pressure, it's called septic shock. Septic shock is fatal in many cases.

## What causes septicaemia?

Septicaemia is caused by an infection in another part of your body. This infection is typically severe. Many types of bacteria can lead to septicaemia. The exact source of the infection often can't be determined. The most common infections that lead to septicaemia are:

- urinary tract infections
- lung infections, such as pneumonia
- kidney infections
- infections in the abdominal area

Bacteria from these infections enter the bloodstream and multiply rapidly, causing immediate symptoms.

People already in the hospital for something else, such as a surgery, are at a higher risk of developing septicaemia. Secondary infections can occur while in the hospital. These infections are often more dangerous because the bacteria may already be resistant to antibiotics. You're also at a higher risk of developing septicaemia if you:

- have severe wounds or burns
- are very young or very old
- have a compromised immune system, which can occur from conditions, such as HIV or leukaemia, or from medical treatments such as chemotherapy or steroid injections
- have a urinary or intravenous catheter
- are on mechanical ventilation

### **What are the symptoms of septicaemia?**

The symptoms of septicaemia usually start very quickly. Even in the first stages, a person can look very sick. They may follow an injury, surgery, or another localized infection, such as pneumonia. The most common initial symptoms are:

- chills
- fever
- breathing very fast
- rapid heart rate

More severe symptoms will begin to emerge as septicaemia progresses without proper treatment. These include the following:

- confusion or inability to think clearly
- nausea and vomiting
- red dots that appear on the skin
- reduced urine volume
- inadequate blood flow
- shock

It's crucial to get to the hospital right away if you or someone else is showing signs of septicaemia. You shouldn't wait or try to treat the problem at home.

## **Complications of septicaemia**

Septicaemia has a number of serious complications. These complications may be fatal if left untreated or if treatment is delayed for too long.

### **Sepsis**

Sepsis occurs when your body has a strong immune response to the infection. This leads to widespread inflammation throughout the body. It's called severe sepsis if it leads to organ failure.

People with chronic diseases are at a higher risk of sepsis. This is because they have a weakened immune system and can't fight off the infection on their own.

### **Septic shock**

One complication of septicaemia is a serious drop in blood pressure. This is called septic shock. Toxins released by the bacteria in the bloodstream can cause extremely low blood flow, which may result in organ or tissue damage.

Septic shock is a medical emergency. People with septic shock are usually cared for in a hospital's intensive care unit. You may need to be put on a ventilator, or breathing machine, if you're in septic shock.

### **Acute respiratory distress syndrome (ARDS)**

A third complication of septicaemia is acute respiratory distress syndrome (ARDS). This is a life-threatening condition that prevents enough oxygen from reaching your lungs and blood. It often results in some level of permanent lung damage. It can also damage your brain, leading to memory problems.

### **How is septicaemia diagnosed?**

Diagnosing septicaemia and sepsis are some of the biggest challenges facing doctors. It can be difficult to find the exact cause of the infection. Diagnosis will usually involve a wide range of tests.

Your doctor will evaluate your symptoms and ask your medical history. They'll

perform a physical examination to look for low blood pressure or body temperature. The doctor may also look for signs of conditions that more commonly occur along with septicaemia, including:

- pneumonia
- meningitis
- cellulitis

Your doctor may want to perform tests on multiple types of fluids to help confirm a bacterial infection. These may include the following:

- urine
- wound secretions and skin sores
- respiratory secretions
- blood

Your doctor may check your cell and platelet counts and also order tests to analyse your blood clotting.

Your doctor may also look at the oxygen and carbon dioxide levels in your blood if septicaemia is causing you to have breathing issues.

If signs of infection aren't obvious, your doctor may order test to look more closely at specific organs and tissue, such as:

- X-ray
- MRI
- CT scan
- ultrasound

## **Treatment for septicaemia**

Septicaemia that has started to affect your organs or tissue function is a medical emergency. It must be treated at a hospital. Many people with septicaemia are admitted for treatment and recovery.

- Your treatment will depend on several factors, including:
- your age
- your overall health
- the extent of your condition
- your tolerance for certain medications

Antibiotics are used to treat the bacterial infection that's causing septicemia. There isn't typically enough time to figure out the type of bacteria. Initial treatment will usually use "broad-spectrum" antibiotics. These are designed to work against a wide range of bacteria at once. A more focused antibiotic may be used if the specific bacteria is identified.

You may get fluids and other medications intravenously to maintain your blood pressure or to prevent blood clots from forming. You may also get oxygen through a mask or ventilator if you experience breathing issues as a result of septicemia.

### **Is there any way to prevent septicemia?**

Bacterial infections are the underlying cause of septicemia. See a doctor right away if you think you have this condition. If your infection can be effectively treated with antibiotics in the early stages, you may be able to prevent the bacteria from entering your bloodstream. Parents can help protect children from septicemia by ensuring they stay up to date with their vaccinations.

If you already have a compromised immune system, the following precautions can help prevent septicemia:

- avoid smoking
- avoid illegal drugs
- eat a healthy diet
- use natural wellness products including essential oils
- Keep wounds and cuts clean as they heal
- exercise
- wash your hands regularly (20 seconds minimum with soap and water - normal hand sanitisers do not kill all virus or bacteria, especially the superbugs that are happening because of overuse of antibiotics, and most contain poisonous chemicals)
- stay away from people who are sick

### **What is the outlook?**

When diagnosed very early, septicemia can be treated effectively with antibiotics. Research efforts are focused on finding out better ways to diagnose the condition earlier.

Even with treatment, it's possible to have permanent organ damage. This is especially true for people with pre-existing conditions that affect their immune systems.

There have been many medical developments in diagnosis, treatment, monitoring, and training for septicaemia. This has helped reduce mortality rates. According to a study published in Critical Care Medicine, hospital mortality rate from severe sepsis has decreased from 47 percent (between 1991 and 1995) to 29 percent (between 2006 and 2009).

If you develop the symptoms of septicaemia or sepsis after surgery or an infection, be sure to seek medical care right away.

<https://www.healthline.com/health/septicemia#outlook>

## **“Miracle Juice” Sepsis Protocol And Natural Alternatives To Steroids**

**A Norfolk doctor found a treatment for sepsis. Now he's trying to get the ICU world to listen.**

### **Vitamin C, Thiamine (a B Vitamin) and Steroids as a Sepsis Treatment...Too Simplistic?**

Dr. Paul Marik, chief of pulmonary and critical care at Eastern Virginia Medical School, ordered IV infusions of Vitamin C, along with hydrocortisone, a steroid, to reduce inflammation, when traditional options weren't working on a patient dying from sepsis. He had recently read medical journal articles on the vitamin and decided to give it a try. She improved and went home three days later. He now uses this “Miracle Juice” sepsis protocol successfully on sepsis cases with amazing results.

It's not likely going to make pharmaceutical companies very happy, though. “We are curing it for \$60. No one will make any money off it.” Marik said. (2)

Ascorbic acid (Vitamin C), depleted during sepsis, is important because it helps maintain the integrity of the single layer of endothelial cells lining blood and lymphatic vessels, and various bodily organs and cavities. It also is needed for production of hormones needed for surviving shock.

A control group of 47 septic patients were given Dr. Marik's cocktail of 1.5 g vitamin C IV every 6 hours, hydrocortisone 50 mg IV every 6 hours, and thiamine 200 mg IV every 12 hours. Hospital mortality was 4 of 47 (8.5%) in those treated with the cocktail, compared to 19 of 47 (40%) in those not. (8)

## **What is Sepsis?**

Sepsis occurs in more than 1 million people a year in this country, with 28 to 50 percent dying, according to the National Institutes of Health.

This can happen from a variety of different circumstances and is caused by an overwhelming immune response, triggering widespread inflammation in the body, which leads to blood clots and leaky vessels. That slows blood flow, causing organ damage and failure from lack of nutrients and oxygen.

In the worst cases, blood pressure drops, the heart weakens and the patient goes into septic shock. (2)

Sepsis, septic shock, and systemic inflammatory response syndrome are the leading causes of mortality in surgical intensive care unit patients internationally. The endocannabinoid system represents a potential therapeutic target in sepsis due to the presence of cannabinoid receptors (CB2) on immune cells. (3)

## **Natural Alternatives to Steroids For Reducing Inflammation**

Steroids are used to reduce inflammation and can be effective for treating inflammatory health conditions, but they can cause unwanted side effects, and long term use can decrease or even stop your body from producing natural steroids. (6)

For long-term use in chronic conditions you might want to consider safer, more natural options for reducing inflammation. In case of an emergency, especially if medical help isn't available, it's also good to know the symptoms of

a cytokine storm from the flu, which can lead to sepsis, and what you should have on hand to suppress the immune system and reduce inflammation if necessary.

## **Endocannabinoid System, Cannabinoids and Septic Shock**

The endogenous cannabinoid system (ECS) plays an important role in inflammation. Cannabinoid receptor 2 (CB2R) activation is immunosuppressive, which might be beneficial during the hyper-inflammatory phase of sepsis. (4)

Cannabinoid, like those found in hemp CBD oil, have been shown to act as potent immunosuppressive and anti-inflammatory agents and have been shown to mediate beneficial effects in a wide range of immune-related health conditions such as multiple sclerosis, diabetes, septic shock, rheumatoid arthritis, and allergic asthma. (1)

Along with cannabidiol (CBD), Beta-caryophyllene (BCP) is another non-psychoactive natural cannabinoid (phytocannabinoid) found in the cannabis family and in essential oils of spices and food plants, that acts to reduce hyper-inflammation. (4)

BCP can be found in hemp oil (30%) and essential oils of Black Pepper, Clove, Melissa, and Rosemary, however, the best source is actually the lesser-known oil Copaiba. (5) BCP acts on the same CB2 receptors as CBD, and is found in much higher amounts, up to 60% BCP in Copaiba oil. Similar to Frankincense, Copaiba supports a healthy inflammatory response and so these two oils are even more powerful used together. Copaiba supports the health of your cardiovascular, immune, digestive and respiratory systems. It is a powerful antioxidant that helps calm, soothe, and support the nervous system. (7)

For a more comprehensive list of foods, herbs, and essential oils containing Beta-caryophyllene check out this article, [The 21+ Benefits Of Beta-Caryophyllene \(The Common Cannabinoid\)](#).

## **Inflammation Reducing Lifestyle**

Antioxidants are great at reducing inflammation. Turmeric, ginger, and a diet rich in fruits, vegetable, minerals and essential fatty acids play an important

role in reducing inflammation, as does drinking enough water, getting enough rest, reducing stress, and moving around. Contact with the earth also has anti-inflammatory effects.

Essential oils have many uses helpful for supporting and promoting health both physically and emotionally.

Hemp CBD oil is also wonderful for the many health benefits it produces, such as reducing inflammation and anxiety, to promoting better sleep.

The problem with hemp oil is like essential oils, there are no controls or standards. This is why dōTERRA has created their own standards:

- They grow the plants in their native area, as this is where the plants grow best
- They are very particular on how the plants are harvested (time, conditions, weeds)
- They process for the exact right amount of time for the chemistry

Testing is very particular with stress on:

- purity and potency
- chemistry - dōTERRA have very narrow bands of difference

**You need to ask the hemp oil producers how they grow, and test.**

## **Prevention Is Best**

Worth reading, an article on Dr. Axe's website contains information on what sepsis is, the stages and symptoms of sepsis, and he lists these 7 Tips for Natural Sepsis Prevention. (9)

- Don't abuse antibiotics
- Wash hands
- Proper wound care
- Homeopathy
- Probiotics
- Zinc and selenium
- Propolis

## Resources:

1. *Cannabinoid-induced apoptosis in immune cells as a pathway to immunosuppression:* <http://www.thctotalhealthcare.com/cannabinoid-induced-apoptosis-in-immune-cells-as-a-pathway-to-immunosuppression/>
2. *A Norfolk doctor found a treatment for sepsis. Now he's trying to get the ICU world to listen:* [https://pilotonline.com/news/local/health/article\\_7a3063e5-24cf-56c1-b25c-142731604196.html](https://pilotonline.com/news/local/health/article_7a3063e5-24cf-56c1-b25c-142731604196.html)
3. *Targeting the Endocannabinoid System to Treat Sepsis:* <http://www.thctotalhealthcare.com/targeting-the-endocannabinoid-system-to-treat-sepsis/>
4. *Betacaryophyllene – A phytocannabinoid as potential therapeutic modality for human sepsis?:* <http://www.thctotalhealthcare.com/betacaryophyllene-a-phytocannabinoid-as-potential-therapeutic-modality-for-human-sepsis/>
5. *Beta-Caryophyllene:* <https://www.doterra.com/US/en/blog/science-research-news-beta-caryophyllene>
6. *Safe Remedies to Treat Inflammation:* <https://www.essentialoilsus.com/natural-alternatives-steroids-inflammation/>
7. *CBD vs Copaiba oil – what's the difference?:* <https://healinginourhomes.com/cbd-vs-copaiba-oil-doterra/>
8. *Could vitamin C save lives in sepsis? These hospitals aren't waiting for proof:* <https://pulmccm.org/critical-care-review/vitamin-c-save-lives-sepsis/>
9. *Sepsis: 7 Natural Health Tips to Prevent It & Fight It:* <https://draxe.com/sepsis/>

# Top 4 Antibacterial Essential Oils

If you could get the support you needed to fight bacteria from a natural resource, why wouldn't you? Interestingly, most prescription medicines are actually modeled after essential oils derived from plants, and whenever possible, I suggest opting for a natural approach first and foremost. That's why if you're looking to fight bacteria, there's no better option than a combination of healthy foods and antibacterial essential oils.

The reason for this is that when we put synthetics in our bodies, our bodies don't know how to process these so-called foreign substances. And even if the medicine eliminates the problem, it's likely to cause another. It can greatly interfere with our hormones, endocrine system, brain function and much more. Of course, it's critical that you're educated before you try any substance, whether synthetic or natural, but in most cases, the natural approach benefits you most, especially in the long run. A study published in *Neuropharmacology* shared that when synthetics were consumed, it caused issues with brain functionality by "impairing cognitive function" and memory.

**TOP 4**

## ANTIBACTERIAL ESSENTIAL OILS

**1 Cinnamon Oil**

Cinnamon oil eliminates bacteria growth.

**2 Thyme Oil**

Thyme oil has been shown to fight bacteria found in milk and salmonella.

**3 Oregano Oil**

Studies have shown that oregano has potent antibacterial activity against some drug-resistant bacterial strains.

**4 Tea Tree Oil**

Tea tree oil is effective against E. coli and Staph infections when combined with eucalyptus, one of my recommendations for helping fight infections found in chest colds.

**Dr. Axe**  
FOOD IS MEDICINE

Another reason is that prescribed antibiotics can make bacterial strains antibiotic resistant. In other words, synthetic forms of antibiotics typically kill the good bacteria that resides in our bodies, and we need that good bacteria to stay healthy. At the same time, many antibiotics are not effective at killing bacteria at all because the infection you're trying to fight becomes resistant to the medication due to its widespread use. Hand sanitizers are the perfect example of this antibacterial overkill.

That's why you should cut back on the antibacterial soap and prescription meds and instead opt for these antibacterial essential oils.

## **Top 4 Antibacterial Essential Oils**

Essential oils have been around for centuries, fighting everything, whether we're talking essential oils for anxiety and depression to essential oils for arthritis and allergies, so the idea of using them to fight infection is not anything new. They've been used to stave off anything from disease-causing bacteria and viruses to fungus. Ultimately, evidence shows that antibacterial essential oils can effectively kill bacteria without becoming resistant to it making them great antibacterial and antimicrobial resources.

What I've found in clinical practice and consistent in medical literature is that oregano, cinnamon, thyme and tea tree oils are some of the most effective antibacterial essential oils for fighting bacterial infections.

### **1. Cinnamon Oil**

Not only do I love the taste of cinnamon and use it all the time in my wellness tonics, baking and on my gluten-free oatmeal, but it's even better knowing that every time I consume it, I'm fighting off potential bad bacteria in my body.

Studies published in the Journal of Contemporary Dental Practice were conducted on the effectiveness of cinnamon oil against "planktonic *E. faecalis*" in a root canal procedure. The results showed that the cinnamon essential oil eliminated bacterial growth after seven and 14 days of procedure, making it a compatible natural option.

The study concluded that "*Cinnamomum zeylanicum* essential oil is an effi-

cient antibacterial agent against planktonic and biofilm *E. faecalis* and has can be a great antimicrobial agent in root canal treatment.

## **2. Thyme Oil**

Thyme oil is great as an antimicrobial. Studies were conducted at the University of Tennessee's Department of Food Science and Technology to evaluate its effect against bacteria found in milk and salmonella. Like with the cinnamon essential oil, droplets of thyme essential oil with the GRAS recognition (generally recognized as safe) were placed on the bacteria.

The results, published in the International Journal of Food Microbiology, indicate that the "nanoemulsions" could be great options for protecting our bodies from bacteria by using thyme oil as an antimicrobial preservative for food. Wouldn't this be a better choice than the usual chemical approach? Of course!

## **3. Oregano Oil**

Interestingly, yet not surprisingly, bacterial resistance to standard antibiotics has become a big problem in the health industry. This has brought more attention to plants as possible alternatives to fight bad bacteria.

Studies have shown that oregano oil and silver nanoparticles, also known as colloidal silver, have potent antibacterial activity against some drug-resistant bacterial strains. Results showed that both individual and combined treatments provided reduction in cell density, which gives way to antimicrobial activity through the disruption of cells. Overall, these results indicate that oregano essential oil can be an alternative in the control of infections.

## **4. Tea Tree Oil**

Tea tree oil is an amazing alternative to fighting bacteria topically. Research out of India showed that tea tree oil was effective against *E. coli* and staph infections when combined with eucalyptus, one of my recommendations for helping fight infections found in chest colds. The studies revealed that upon application, there was an immediate effect followed by a slow-released effect over a 24-hour period. This means that there is an initial cellular response at

the moment of utilization, but the oils appear to continue working within the body, making it a great option as an antimicrobial as well.

I recommend mixing one of these oils, or a combination, with one teaspoon of Manuka honey and/or coconut oil and applying topically to the affected area. You can even combine one drop each of oregano oil, cinnamon and thyme with Manuka honey and take it as a tonic, though I always suggest you ensure that you're fully educated about all oils before ingesting them, especially if you have a medical condition or are pregnant or breast-feeding. Ultimately, what's great about these oils is that they're more gentle on the gut lining and can be used for short periods internally, and longer externally, as long as your doctor approves and you don't have any negative reaction to them.

Many of my patients have great results against bacterial infections when working with a protocol that includes antibacterial essential oils, bone broth and probiotics.

## Benefits and Uses of Antibacterial Essential Oils

### 1. Fight Bacterial Infections, such as Candida and E. Coli

Essential oils have been known to exhibit antibacterial properties for a very long time. A study was conducted using 52 different essential oils against various bacterial strains, including candida, salmonella and staph infections, along with skin infections and pneumonia. Two oils that the study specifically noted as being most effective were thyme essential oil and vetiver oil. This is why many pharmaceuticals may be looking to plant extracts to play a role in medicine and as preservatives.

## ANTIBACTERIAL Essential Oil Benefits



### Fight Bacterial Infections

They're effective in treating and killing candida, salmonella, E. coli and more.



### Combat Staph Infections

When used as vapors especially, essential oils have been proven effective in fighting Staph infections.



### Help Fight Infections Found in Hospitals

Infections like MRSA are common in hospitals, and antibacterial essential oils have been shown to fight the bacteria that cause these infections.



### May Battle MARCoNS

MARCoNS is a tricky strain of bacteria that has the unique ability to protect itself from treatment, but research has shown the potential of essential oils to battle this tough-to-kill bacteria.



### Stave Off Bacteria While Traveling

One of these easiest ways to get an infection is through the air. You can breathe it in, which may lead the bacteria to the lungs. Using an essential oils tonic can help stave off airborne bacteria.

Dr. Axe  
HEALTHY LIVING

## **2. Combat Staph Infections**

Several oils were studied at the Department of Biological Sciences at Manchester Metropolitan University against various staph infections, including patchouli oil, tea tree oil, geranium oil, lavender oil and grapefruit seed extract. They were used individually and in various combinations to evaluate how effective they may be in providing antibacterial activity against “three strains of *Staphylococcus aureus* specifically Oxford *S. aureus* NCTC 6571 (Oxford strain), Epidemic methicillin-resistant *S. aureus* (EMRSA 15) and MRSA (untypable).”

When used as vapors, the combination of grapefruit seed extract and geranium oil were most effective as antibacterial agents, as was a combination of geranium and tea tree oil.

## **3. Help Fight Infections Found in Hospitals**

It’s no wonder that some people are uncomfortable when going to hospitals due to the numerous infections that are found there. Several essential oils were tested against *Staphylococcus aureus* (MRSA), which can cause severe problems with infections involving soft tissue, bone or implants. Tea tree oil and eucalyptus oil showed positive results in their ability to fight several bacteria. In fact, these oils have been used in medicinal environments against various strains that have become resistant to other preventive medicines.

Further testing was evaluated using other essential oils, including thyme, lavender, lemon, lemongrass, cinnamon, grapefruit, clove, sandalwood, peppermint, kunzea and sage oil. Most effective were thyme, lemon, lemongrass and cinnamon oil — however, all oils showed considerable antibacterial protection as effective topical treatments.

## **4. May Battle MARCoNS**

MARCoNS is a tricky strain of bacteria defined as multiple antibiotic-resistant coagulase negative staph. MARCoNS is challenging because it has this unique ability to protect itself from treatment, even antibiotics, by forming a protective biofilm.

According to research published in *Applied and Environmental Microbiology*,

certain antimicrobial essential oils were able to get rid of bacteria within biofilms much better than prescribed antibiotics. The study tested a few essential oils to see how well they could be at killing biofilms formed by “Pseudomonas aeruginosa (PAO1), Pseudomonas putida (KT2440), and Staphylococcus aureus SC-01. P. aeruginosa” which is a bacteria found in soil, water and animals, providing the perfect pathway into the human body. Because biofilms are able to avoid treatment with antibiotics and may cause severe, even deadly, infections, there is a need for other safe and effective treatments that don’t create resistance to these dangerous strains. Cinnamon essential oil has been studied and may have the much-needed antibacterial fighting protection.

## **5. Stave Off Bacteria While Travelling**

Bacteria enters the body through openings, such as the mouth, ears and nose. You can eat them if the animal or plant you consume contains a virus or bacteria. They can be obtained through swimming in or drinking bacteria-infected water. These invaders can even get into the body through the pores of the skin.

But one of these easiest ways to get an infection is through the air. You can breathe it in, which may lead the bacteria to the lungs. This is why it is so important to cover your mouth when sneezing.

Travelling, especially in airports and train stations, can put you in a highly bacteria-susceptible position. We all have to breathe, but taking some precautions before, during and after travel can really help. I have a favourite tonic that I like to take the day before and the day of travel. I basically make a tonic using the ingredients from my Secret Detox Drink, but I add a drop of oregano oil, which is a natural antibiotic that can help fight off invaders as you come into contact with them. Oregano essential oil was used in research to show its efficacy against certain bacterial strains. Results indicated that oregano essential oil contained positive bacteria-fighting and antimicrobial effects. (11, 12)

## **How to Use Antibacterial Essential Oils**

As I noted above, there are a few ways to use some of the essential oils. You can use them internally, (only if 100 percent pure), topically and by diffusing

them. Here are a couple of my favorite antibacterial fighting recipes.

## **Antibacterial Super Tonic**

### **INGREDIENTS:**

- 1 drop oregano essential oil
- 1 drop ginger essential oil
- 1 drop peppermint essential oil
- 1 drop grapefruit essential oil
- 1 drop cinnamon essential oil
- 1 drop of thyme essential oil
- ½ cup of water

### **DIRECTIONS:**

Combine all ingredients into a glass and stir well. Once combined, drink.

Precaution: This should only be consumed if approved by your physician and through proper educational resources. It's important that you're certain that the oils you're using are pure and approved for ingestion, as many oils have been combined with other ingredients. Always carefully read the label.

## **Antibacterial Super Topical Tonic**

### **INGREDIENTS:**

- 1 drop tea tree oil
- 1 drop ginger essential oil
- 1 drop vetiver oil
- 1 drop lavender oil
- 1 teaspoon coconut oil

### **DIRECTIONS:**

Combine all ingredients in a small bowl or in the palm of your hand.

Apply on the abdomen or directly on the infected area outside the body twice a day.

If you notice any irritation, stop using immediately.

## **Precautions with Antibacterial Essential Oils**

There are many antimicrobial, antibiotic and antibacterial essential oils that may be hugely beneficial to fighting existing infections as well as preventing them in the first place. Regardless, essential oils are a highly concentrated extraction from plants and need to be used with proper education. Make sure to check with your doctor, and if your doctor does not have any knowledge, find a holistic or functional medicine doctor in your area. You can search for functional medicine doctors to see who may be available in your area.

## **Final Thoughts on Antibacterial Essential Oils**

Antibiotic resistance is on the rise, as is antibacterial overkill that leads to more bad bacteria spreading. Thankfully, antibacterial essential oils can help avoid this.

The top four antibacterial essential oils are cinnamon, thyme, oregano and tea tree oils. These antibacterial essential oils have been shown to fight bacterial infections like candida and E. coli, combat staph infections, help fight infections found in hospitals, potentially battle MARCoNS, and stave off bacteria while traveling.

<https://draxe.com/essential-oils/antibacterial-essential-oils/>

## **Essential oils to fight superbugs**

Essential oils could be a cheap and effective alternative to antibiotics and potentially used to combat drug-resistant hospital superbugs, according to research presented at the Society for General Microbiology's spring meeting in Edinburgh.

Professor Yiannis Samaras and Dr Effimia Eriotou, from the Technological Educational Institute of Ionian Islands, in Greece, who led the research, tested the antimicrobial activity of eight plant essential oils. They found that thyme essential oil was the most effective and was able to almost completely eliminate bacteria within 60 minutes.

The essential oils of thyme and cinnamon were found to be particularly efficient antibacterial agents against a range of Staphylococcus species. Strains of these bacteria are common inhabitants of the skin and some may cause infection in immunocompromised individuals. Drug-resistant strains, such as methicillin-resistant Staphylococcus aureus (MRSA) are extremely difficult to treat. "Not only are essential oils a cheap and effective treatment option for antibiotic-resistant strains, but decreased use of antibiotics will help minimise the risk of new strains of antibiotic resistant micro-organisms emerging," said Professor Samaras.

Essential oils have been recognised for hundreds of years for their therapeutic properties, although very little is still known about how they exert their antimicrobial effects in humans. Australian aborigines used Tea tree oil to treat colds, sore throats, skin infections and insect bites and the remedy was sold commercially as a medicinal antiseptic from the early 20th century. Various scientific studies have demonstrated that essential oils are not only well tolerated, but are effective against a range of bacterial and fungal species. Their therapeutic value has been shown for the treatment of a variety of conditions, including acne, dandruff, head lice and oral infections.

The Greek team believes essential oils could have diverse medical and industrial applications. "The oils -- or their active ingredients -- could be easily incorporated into antimicrobial creams or gels for external application. In the food industry the impregnation of food packaging with essential oils has already been successfully trialled. They could also be included in food stuffs to replace synthetic chemicals that act as preservatives," they said.

<https://www.sciencedaily.com/releases/2010/03/100330210942.htm>

# Can essential oils help wounds heal?

Bumps, scrapes and cuts happen every day. For deep wounds you'll want to see your doctor or emergency room. But in the case of minor wounds, essential oils are a popular way to enhance healing.

Bumps, scrapes and cuts happen every day – it's a fact of life. For really deep, serious wounds you'll want to head immediately to your doctor or emergency room first. If you need stitches, they're best equipped to do that. But in the case of minor wounds, essential oils are a popular way to enhance healing.

## What are essential oils?

These are simply highly concentrated oils extracted from different species of plants, often used as a home remedy because they can help support skin health. HealthLine says that essential oils benefits include balancing skin tone, reducing redness and inflammation, healing wounds and preventing scar tissue from forming.

Add to that slowing down bleeding, wound disinfection and lessening pain or stinging, according to Essential Oil Haven. In fact, essential oils contain the "immune system of the plant," so when they're properly extracted and distilled, they possess therapeutic and medicinal properties.

## Steps to follow when using essential oils for wounds

The first thing to do is rinse with clean water or a mild saline solution, using a cloth or sterile gauze pad to remove any dirt or debris. Apply mild pressure to stop the bleeding, which usually tapers off in a short while.

After the wound is clean, here are seven essential oils you can choose from for treating the wound.

**Myrrh** – This is good for disinfecting wounds and stopping bleeding. Myrrh comes from a tree resin, so it's slow-pouring. If its scent seems unpleasant, you can add another oil, like lavender, lemon or peppermint, all of which are also used for treating wounds.

**Tea tree oil** – This has antiseptic, antimicrobial and anti-fungal properties to reduce the risk of infection and bacteria. Tea tree oil can also help soothe the itchiness, burning and redness that often accompanies wounds and scars.

**Lavender essential oil** – Lavender oil is considered a powerhouse when it comes to essential oils for wound healing. Yet, it's a gentle oil that not only disinfects the wound, it also helps in calming and soothing any stinging, pain or itching you may experience. Because of this, it's great for kids, especially with insect bites.

**Helichrysum** – This oil works especially well for bruises and swelling, as when you have open scrapes with blue-green bruising underneath.

**Frankincense** – Rejuvenating damaged skin is what Frankincense is known for, so if you're looking for a healing oil, this is one to consider.

**Rosemary** – Like Lavender, this oil is good for cuts and scrapes, preventing infection as well as reducing swelling and increasing circulation.

**Chamomile** – In addition to wound care, Chamomile is good for soothing the skin and balancing and calming the spirit, as when you're helping children deal with the stress of their injury.

<https://advancedtissue.com/2019/08/can-essential-oils-help-wounds-heal/>