

Better Natural Pain Relief Than Ibuprofen

The Truth About Activated Charcoal

How Eucalyptus Can Heal Your Body

Diabetes Tips for Self-Monitoring Your Weight and Food Intake



Health Rules to Live By

I lost my father because of NSAIDs. He was hospitalized for a massive hole in his stomach caused by large and continuous doses of Naproxen. He died a week later. The complications from the tear in his stomach due to constant use of non-steroidal anti-inflammatory drugs took his life. NSAIDs are not the best way to deal with pain or inflammation. You have a lot of other natural options. Try them and see what works for you – your life depends on it.

Perhaps my dad should have used activated charcoal for its detoxifying properties. Used for centuries, its purifying qualities include alleviating gas, digestive health, lowering cholesterol and anti-aging. Consider this generally safe and versatile remedy.

Want to live a healthier lifestyle? Whatever your health or wellness goals, there's probably an app to help keep you organized and on track – even manage your diabetes. But with the variety of available health apps, it's easy to get overwhelmed. To help you, we've listed best mobile apps for your health and wellness needs.

Lastly, the numerous health benefits of eucalyptus oil have attracted the attention of the entire world, and it has stimulated a great deal of exploration into its usage in aromatherapy as well as in conventional medicine. Let's take a look at the most popular health benefits and uses of eucalyptus oil in detail.

Your health and wellness requires active participation. Don't just let a pill like ibuprofen do its job before considering the cost and weighing the alternative options.

For your health,

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Home Cures That Work

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Many Americans use NSAIDs or ibuprofen every day to soothe headaches, sprains, arthritis symptoms, and other discomforts. But they increase the risk of a heart attack and gastrointestinal bleeding - or worse. Natural pain relievers often work as well or better. And they won't threaten your life.

09 DIABETES TIPS FOR SELF-MONITORING YOUR WEIGHT AND FOOD INTAKE

We live in a tech-centric world, and smartphone apps have become increasingly important tools in helping us manage our daily lives and health. These apps can certainly make living with diabetes easier.

12 THE TRUTH ABOUT ACTIVATED CHARCOAL

What's giving ice cream, facial cleansers and even toothpaste a dark new hue? Activated charcoal! The cleansing and detoxifying qualities they boast make activated charcoal seem like it must have magical powers. Thinking about trying activated charcoal? Read this first!

14 HOW EUCALYPTUS CAN HEAL YOUR BODY

Most people readily recognize the scent of eucalyptus, but many don't realize that this evergreen tree also has a wide variety of uses. The leaves and leaf oil of the eucalyptus tree are typically utilized for medicinal purposes, and it is not uncommon to find eucalyptus in a number of natural remedies, such as these.

BETTER NATURAL PAIN RELIEF THAN IBUPROFEN

by Dr. Scott Saunders, M.D.

Got a headache? Before you reach for that bottle of ibuprofen, there are a few things you should know.

Ibuprofen belongs to a class of drugs called nonsteroidal anti-inflammatory drugs (NSAID). Other members of this class include 2-(4-isobutylphenyl) propionic acid, Advil, Motrin, and many more. These drugs are widely used today to manage pain, fever and inflammation. Many believe that if you can buy over-the-counter medication without a prescription then it must be safe.

However, this is not the case. You don't need an MD degree to know that all medications are toxins. They are not natural to the body and either block or stimulate a normal function.

In the case of ibuprofen, toxicity is not a minor issue. About two thirds of women and one third of men take ibuprofen regularly. [1] In the U.S., over 1000 metric tons of Ibuprofen is consumed every year.[2] Doctors write over 22 million prescriptions, but the majority of ibuprofen is bought over-the-counter without specific instructions on how much to take it, or how long to take it.



THE GOOD

Ibuprofen blocks an enzyme that makes prostaglandins in almost all our cells. Prostaglandins are hormones that released into your body when you are injured or sick. These natural chemicals produce the cascade of pain, burning, swelling, redness, and tenderness associated with inflammation. This alerts your body that something is wrong. Prostaglandins heal by increasing the blood flow and are part of the body's way of dealing with illness. But ibuprofen blocks the production of prostaglandins and prevents blood vessels dilation that cause inflammation and eventually healing.

A concern should rise from the fact that these prostaglandins have many other important jobs within the body, and NSAIDs can block them all. So when we treat our pain, fever, and inflammation, we also negatively affect other critically important functions throughout the body, with the resulting problems.

THE BAD

The problem with using ibuprofen to lower pain is that there are side-effects, or toxicity. The toxic effects of ibuprofen are many and are very common. These include:

- Increased risk of heart attack
- Bleeding stomach ulcers
- Increased blood pressure, or hypertension
- Congestive heart failure
- Kidney failure
- Anemia
- Asthma

- Changes in color vision
- Meningitis
- Infertility in men[3]

THE UGLY BLACK BOX WARNING

You definitely do not want the above “side-effects.” But these aren't even the biggest problems with NSAIDs. The biggest problem with NSAIDs is that they carry black-box warnings.

BOXED WARNING

Cardiovascular Thrombotic Events

Non-steroidal anti-inflammatory drugs (NSAIDs) cause an increased risk of serious cardiovascular thrombotic events, including myocardial infarction and stroke, which can be fatal. This risk may occur early in treatment and may increase with duration of use. Ibuprofen Tablets is contraindicated in the setting of coronary artery bypass graft (CABG) surgery.

Gastrointestinal Risk

NSAIDs cause an increased risk of serious gastrointestinal adverse events including bleeding, ulceration, and perforation of the stomach or intestines, which can be fatal. These events can occur at any time during use and without warning symptoms. Elderly patients are at greater risk for serious gastrointestinal events.

When a medication is shown to have severe toxicity that can lead to death the FDA requires that it be printed in a black box on the label, so it stands out. The following is required to be on all containers of ibuprofen in the United States:

Yes, a black-box warning is the FDA's attempt to let you know that you can end

up in a coffin or casket if you are unlucky enough to suffer one of a medication's serious reactions. This all means that tens of millions of people today are at risk of heart attacks, strokes, and GI bleeds from America's love affair with NSAIDs.

THE UGLY

Ironically, ibuprofen inhibits the healing of joints and bones. The scientific literature makes it abundantly clear that NSAIDs have a significant negative effect on cartilage, which causes an acceleration of the deterioration in osteoarthritic joints. [4]People who have arthritis and all sorts of pain start taking ibuprofen to alleviate the pain. This may not be an issue if taken for short periods of time or intermittently, but if taken regularly, ibuprofen prevents healing of bones and joints.[5]

What's worse, those who take it regularly for joint pain may be inhibiting the repair of the joint leading to joint replacement. In fact, one long-term study showed that those who take ibuprofen are twice as likely to require knee replacement surgery. [6]That's right, the very thing everyone thinks of the help arthritis is causing the arthritis to progress more rapidly! This is why those of you who have taken NSAIDs for years or decades still have joint pain. Although NSAIDs temporarily help with pain, they actually degenerate your joints; therefore, arthritis sufferers keep taking NSAIDs because the pain persists.

If we take the pain away by blocking the normal pathways, we also take away the healing ability. Pain is a signal that something is wrong. Prostaglandins are needed for healing. If we just block pain, we prevent healing.

PROSTAGLANDIN BENEFITS

Prostaglandins are found in almost every cell of the body. They're hormones that perform local tasks as needed.

Prostaglandins Protect the Heart

- Prostaglandins dilate blood vessels, which lowers blood pressure and increases blood flow.
- Prostaglandins constrict blood vessels in other cases to prevent internal bleeding.
- Prostaglandins inhibit clotting of the blood in some cases, and form blood clots when a vessel is damaged.

Prostaglandins Help Reproduction

- Prostaglandins help the sperm to get to the egg and fertilize it.
- Prostaglandins assist in normal menstrual flow by triggering the muscles in the uterus to contract.

Prostaglandins Helps Heal and Defend Your Body

- Prostaglandins help the transfer of energy and inflammatory signaling processes. These pathways are vital to initiate a defense response against foreign invaders that enter the body.
- Create pain and inflammation in injured joints and start the healing process.

Prostaglandins Protect the Gut and Help Against Ulcers

- High levels of prostaglandins are found in the gut, which protects the stomach and small intestine from damage.

Prostaglandins Can Calm Allergies

- In addition to their effects on bronchial smooth muscle, prostaglandins may also have an anti-allergic activity that may prove useful in the treatment of asthma.

As you can see, these hormones are not the villains we make them out to be. They are extremely useful on a local and intermittent basis. However, when ibuprofen is used to prevent them from being made, all their normal functions go away as well. While our intention is just to stop the pain in one area, we end up shutting down the whole system all over the body! This is why ibuprofen has so many toxic effects. [7]NSAIDs also do the following:

Increase cardiovascular problems, like heart attacks, by 40 percent to 60 percent

- Increase the risk of heart failure by 60 percent
- Increase the risk of miscarriage by 80 percent
- Increase the risk of hearing loss up to 20 percent
- Increase the risk allergic reactions in people with asthma by 10 percent to 30 percent

NATURAL ALTERNATIVES TO IBUPROFEN

There are natural ways to relive inflammation and pain that don't require us to shut down our prostaglandin hormone system.

Turmeric

Turmeric has been shown to relieve pain as well as ibuprofen.[8]It doesn't inhibit prostaglandins or enzymes, but rather works on gene expression. It's not a toxin since it doesn't block or stimulate globally, but rather works where it's needed.

Studies on inflammation show that 1-3 grams per day of curcumin (the active ingredient of turmeric) provides a therapeutic level. It should be taken with black pepper (good supplements come with this in it) to increase absorption.

Boswellia

Frankincense resins have been used for millennia to relieve inflammation. This is one of the precious gifts given to the child Jesus in the Bible, representing healing. These resins come from the Boswellia serratatree that grow in Egypt and India. Today, we have extracts of this amazing resin to decrease inflammation, and there is nothing better. It not only lowers inflammation, but actually improves the healing of the cartilage in joints.[9]

The dose of Boswellia is 400mg (of about 60% boswellic acid) three times per day. Topical preparations have also been shown to work.[10]

MSM

Most of us are deficient in sulfur. While there is plenty of sulfur in the world, the kinds we can use are limited. When we pack vegetables and refrigerate them for days, the sulfur compounds evaporate. Sulfur is necessary for linking connective tissue. Both DMSO and MSM are great sulfur supplements that have been proven to strengthen connective tissue such as joints, tendons, and ligaments.

Use about 1000mg per day of MSM.

Cat's Claw

Cat's claw is an herb that inhibits the same TNF-alpha inflammatory mediator as the biological arthritis medications, but without the side-effects. Find a preparation that has no tetracyclic oxindole alkaloids.

Since the amount will depend on the preparation, use it as directed on the label.

Oils

There is an oil in avocado that is called ASU (avocado-soybean unsaponifiables). These are fats that decrease inflammation and have been shown to reduce or eliminate the need for arthritis medications. The best way to get this is by eating avocados, and/or using avocado oil occasionally on salads.

Fish oils with omega 3 (EPA and DHA) have been studied extensively. One gram three times per day is a great way to lower inflammation.

One that is less known is the omega 6 oil called Gamma Linolenic Acid (GLA) which also lowers inflammation. This is taken in about 1 gram daily doses.

THE PROPER USE OF IBUPROFEN

Ibuprofen can be used wisely and will have little or no toxicity if taken properly. For example, if you have a bone fracture then ibuprofen can temporarily relieve the pain. Once the bone is set and immobilized you can stop the ibuprofen and allow the bone to heal. If you occasionally have a headache, then ibuprofen can relieve it until you can fix the problem (like sleep!). If you have an injury to a joint, ibuprofen can be helpful. But with chronic arthritis, it is much better to use nutrients that repair the joint so the pain will go away naturally.

Now your arsenal is filled with ways to lower pain and inflammation. You can use these for all the same things for which you would normally have taken ibuprofen. Remember, it isn't that you should never take ibuprofen, but rather it should be used judiciously, occasionally, and intermittently, and not daily. If you need a daily dose of pain medication it would be best to find the root cause and remove it, so you no longer have chronic pain.

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Diabetes Tips for Self-Monitoring Your Weight and Food Intake

Do you know exactly what you have eaten in the last 24 hours? Or do you know your weight from week to week, month to month, or even year to year? How many steps did you take yesterday or walk the day before? While it is pretty easy to eat and forget, this is not the case when you are practicing self-transparency and monitoring your weight, food intake and even your movement.

Self-monitoring is easy and will help you achieve your weight and healthy lifestyle goals. By definition, self-monitoring is the practice of watching and recording your thoughts and actions. The purpose is to use this information to formulate, follow or realign your health goals.

Self-monitoring uses a few tools such as diet journals/logs, regular weigh-ins and measurements and even pedometers. The key is to be honest and observant about what you are eating, how much you are moving and even how you are feeling.

Benefits of self-monitoring

Here are a few reasons why self-monitoring should be part of your health journey:

- You will eat less. Research has demonstrated that when people record what they eat, they eat less.
- You will exercise more and even enjoy it more.[1]

- You will see immediate results. Daily self-monitoring positively impacts health related results, such as losing weight.
- You will know what works. Daily food and exercise tracking, along with weight and measurement, can keep you motivated with what works best. Then you can use this information to create a lifestyle schedule that works for you.
- Your goals can seem manageable. Self-monitoring is an excellent way to break big goals into smaller and realistic pieces.
- You can be flexible. Consistent food and exercise records reflect your efforts. This allows flexibility on special occasions or days off.
- You can see how your choices impact your plan. Evaluation tools such as weight and measurements help you combine optimal results with your endeavors.
- You will avoid plateaus. Many times people have great success with their weight only to find themselves on a plateau. If you record everything with 100% honesty, you can see what works and what doesn't work.

Self-monitoring tools that work

Now that you know the benefits, how exactly does self-monitoring work? Here are some very useful and practical tools that will provide you with valuable data to keep you heading the right direction.

FOOD/EXERCISE DIARY

The foundation of any self-monitoring program begins with a food diary. By logging what you eat and your activity on a given day, it provides insight into what works best for you. If you are tracking things like calories, steps, etc., do your best to include these. If you have diabetes, then track carbohydrate consumption rather than calories.

It is also helpful to note time of day and a few sentences about how you feel about an hour after eating or exercising. Consistency with your predetermined parameters will ensure you glean the best information possible to reach your health goals.

Top rated food and exercise diaries:

There are numerous ways to keep track of your food intake and fitness the old fashioned way. Here are two journals that will help you meet your goals.

- The BookFactory® Food Journal / Food Diary / Diet Journal Notebook

This inexpensive food journal allows you to keep track of important things like water consumption, daily calories, carbohydrates, fats and proteins. This book lays flat for easy recording and has room for up to five meals as day.

SCALE

Whether you like what you see or not, stepping on a reliable scale once a week may be just the thing to help you stay motivated and even encouraged. Keep in mind that the scale is not your enemy, but rather a way to keep you informed. When you combine your food and activity log with your weight records, you can get a good picture

of what is working and what is possibly getting in the way of your success. For best results, use the same scale each week (a reliable one) and be sure to weigh yourself at the same time each week.

Here are two scales that are both accurate and affordable:

- EatSmart Precision Plus Digital Bathroom Scale

Although this scale only costs \$32.95 it scores big with over 12,000 positive reviews on Amazon. This scale offers instant readings, a large lit display, precision g sensors in .2 lb increments up to 440 pounds. The platform is durable and large and there is an auto-calibrate feature and an auto shut off.

- EatSmart Precision GetFit Digital Body Fat Scale

This scale measures not only body weight but also % body fat, % body water, % muscle mass and bone mass. Another nice feature of this scale is that it can store data for up to 8 users. These features make it well worth its \$44.95 price tag.

PEDOMETER

Pedometers provide an accurate way to keep track of your daily steps. These little devices are well worth the money you will spend, which can average between \$15 - \$75.

Although most people get about 3,000 steps per day, 6,000 steps are recommended to maintain your health. If your objective is weight loss, then walk at least 10,000 steps. Walking is a very low-risk, safe and inexpensive way to stay in shape. Keeping track of your steps will show you just how effective it is.

Here are two popular pedometer tools to choose from:

- Fitbit One Wireless Activity Plus Sleep Tracker

This top of the line fitness tool does a lot more than count your steps. You can monitor calories burned and stairs climbed. In addition, you can access data about how long and well you sleep, set your fitness goals and earn motivational badges to help you do your best. Sync your stats wirelessly on your computer or on over 150 smartphones.

- Yamax Power Walker EX-510

The Yamax is an affordable tool that claims to be 98-99% accurate. You can track your steps, distance, stride, calories and fat burned using this low-cost pedometer. Other features include a 30-day memory and a clock.

ACCELEROMETER

If you want to take your tracking to a new level, consider an accelerometer. This device measures frequency, duration and intensity of physical activity. You can find these in a wide variety of prices from \$50 to \$1,000.

Apps

Technology can be an excellent thing when it comes to self-monitoring. If you prefer to use an app on your smartphone to keep track of your diet and exercise, there are plenty to choose from. What makes mobile apps so great is that they are always with you making it easy to keep track. Here are two top performers:

- Lose It!

While the free version does plenty, the

premium for just \$39.99/year is loaded with awesome features such as informative content and tools to manage conditions such as diabetes and hypertension.

- MyPlate - by Livestrong

Some call this food, fitness, and overall health tracker one of the best free programs available. You can customize your weight loss and fitness goals, store your favorite food items and recipes, count not only calories, but also micronutrients and find nutrition facts. You can access even more free tools at livestrong.com such as meal plans, free workout videos and the latest in health and wellness.

For just \$29/year you can become a gold member. With this membership, you will have advanced statistics tools, a private community board, a clean eating guide with recipes and tips, priority customer support and more

It counts to pay attention

If you are serious about your health, it will serve you well to be serious about self-monitoring. Although it is unclear as to what extent of self-monitoring is best for optimal performance and compliance with healthy lifestyle plan, it is evident that there are many benefits to becoming more aware.[2]

Sources: Sources: [1] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3000900/> [2] <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3268700/>



THE TRUTH ABOUT ACTIVATED CHARCOAL

No, this is not the same charcoal you use to cook on your grill. While it's similar, there is a distinct difference. WebMD.com explains:

“Common charcoal is made from peat, coal, wood, coconut shell, or petroleum. ‘Activated charcoal’ is similar to common charcoal, but is made especially for use as a medicine. To make activated charcoal, manufacturers heat common charcoal in the presence of a gas that causes the charcoal to develop lots of internal spaces or ‘pores.’ These pores

help activated charcoal ‘trap’ chemicals.” The process that makes this ancient, natural medicine effective is called adsorption (not absorption), in which toxic substances attach to the surface of the charcoal.

Dating back to the Egyptians, activated charcoal has most commonly been used to stop poisons from spreading within the body—think poisonous spider bites, food poisoning, or ingestion of toxic chemicals. While it's not often found in people's homes, hospitals regularly use this for patients with these ailments.

If you do make a space for it in your medicine cabinet, however, this multitasking charcoal can help you whiten your teeth, relieve gas and more. Here's why you should keep this on hand and how to use it effectively.

Activated Charcoal Removes Accidental Toxins

Whether your little one has a spider bite or you ate bad food, activated charcoal can help. Activated charcoal is not digested when you eat it; instead, it simply attracts the poison or toxins, which attach to its surface. The charcoal then stays in the GI tract until you have a bowel movement, taking the toxins with it.

For a non-poisonous spider bite, activated charcoal can bind to harmful particles in wounds and speed up the healing process. With its antibacterial effects, you can put charcoal on a cool, wet towel and rest it on the affected area. This will ease the symptoms significantly. For a poisonous spider or snake bite mix 1 to 2 tablespoons with an 8 ounce glass of water, drink it quickly (within 30 minutes of the incident) and immediately call for medical backup.

Activated Charcoal Detoxes Your Body

You don't have to get a spider bite to use activated charcoal. You can use it regularly as a method of detoxing your body. Most natural health stores, where you would normally buy supplements, have this on the shelf in both capsule and powder form. Follow directions on the packaging for dosage and recommendations.

When taken frequently, activated charcoal can help improve your liver, kidneys, and adrenal glands, according to NaturalNews.com.

Activated Charcoal Whitens Your Teeth

If you've tried every teeth whitening trick with no successful outcomes, try again. Activated charcoal pulls toxins from your mouth, which helps to lift those off-white stains you can't seem to get rid of. While the black powder does turn your teeth temporarily black, it washes off to reveal a set of bright white teeth. In this process, charcoal may help strengthen enamel, improve gum health, as well as remove bacteria and toxins from your mouth eliminating bad breath and helping to prevent cavities.

To whiten your teeth, dip a wet toothbrush into the powdered form of activated charcoal and brush it on your teeth in circles for 2 minutes. Spit, rinse and smile.

Activated Charcoal Cures a Stomach Ache and Relieve Gas

Gas and stomach pain happens when bacteria are being decomposed after eating things like beans, for example. Activated charcoal goes into your digestive tract and attracts the gas molecules, which then stick onto the charcoal and get carried out when you have a bowel movement.

Most docs recommend taking activated charcoal at least 30 minutes before each meal, and some also discourage supplementation for more than 3 consecutive days.

Activated Charcoal Tips

- Never use this to remedy a

poisonous bite without following up with your doctor or another medical professional. While it's effective at eliminating toxins, it's important to make sure you're removed everything and don't need follow-up treatment.

- Activated charcoal stains most things it touches, according to WellnessMama.com. Be careful not to spill the powder, and clean your sink well after spitting it out.
- You can purchase this in powder or capsule form. Powder is best used for bites and teeth whitening while the capsule is best for when you need to eat it in the case of a poisonous bite or are detoxing. You can mix 1 to 2 tablespoons with an 8 ounce glass of water if you don't have the capsules on hand as well.

Activated charcoal is a simple, natural solution to many common ailments, and as such, deserves a spot in your medicine cabinet. From stomach aches to spider bites, make sure you have this natural wonder on hand.

How Eucalyptus Can Heal Your Body

Eucalyptus has natural anti-inflammatory properties to rub in and soak in!

I recently found a bag of eucalyptus leaves in the basement as I was (deep) spring-cleaning. They were put away years ago after being used decoratively in a vase and wall hanging. I forgot what was in the bag when I found it, but the beautiful smell quickly reminded me there were dried eucalyptus branches inside! Since the wall-hanging days long ago and my natural health interest has peaked with battling cancer, I began wondering how I could put these eucalyptus leaves to use.

What I found was that dried eucalyptus leaves are good for only a few things:

- Eucalyptus Tea: Pour 1 cup of boiled water over up to 1/2 tsp of the dried eucalyptus leaves, Cover and steep for 10 minutes; strain. Sweeten with honey. Drink up to 2-3 cups/day.
- Sachets: Stuff-dried eucalyptus leaves into small cotton or muslin drawstring bag and place in drawers or closets to diffuse the eucalyptus scent.

Eucalyptus Eases Breathing Problems



I also knew that eucalyptus oil could be good for airway congestion. Just put a few drops onto your chest to clear your nasal passages. It can also be mixed with warm water for a gargle to treat a sore throat.

To unclog a stuffy nose, try adding a few drops of eucalyptus oil to a bowl of hot water, putting a towel over your head and breathing in the steam for a few minutes at a time.

Eucalyptus Relieves Pain

What amazed me, however, was the benefit of using eucalyptus oil for relieving pain from rheumatism, aching, pains and stiffness, swelling and inflammation. Who is getting older and doesn't have a few aches and pains! A eucalyptus compress (1 tsp eucalyptus oil, 1 c. hot water, 1 compress pad) has traditionally been known to help treat painful joints and sore muscles with its anti-inflammatory properties! Then, why did I put it on my wall? :)

By combining eucalyptus oil with a little bit of olive oil (15 drops of eucalyptus essential oil to 2 cups of cold pressed olive oil) and massaging the solution on arthritic joints, it increases blood circulation, reduces stiffness, warms up and soothes tissue. Sounds wonderful!

Even better, relax in a bathtub to stop the aches and the pain with eucalyptus oil (8-10 drops, some add camphol or menthol oils, too) instead of taking Aleve or Tylenol before bed. This could also be good for someone who is congested, coughing or has a respiratory infection.

Eucalyptus Treats a Fever

Eucalyptus is known for its antiviral, anti-inflammatory, and antiseptic properties and can provide effective relief for a fever. This is because it is considered to be a dilator, meaning that it helps to widen blood vessels and as a result, blood circulates more effectively throughout the body. This translates to an increase in blood flow that can be very beneficial, especially during a time when the body's immune response generates a fever due to an invasion on the system.

How to treat a fever with eucalyptus essential oil:

- Place 1-3 drops of eucalyptus oil on a cotton ball and apply to the temples. Eucalyptus oil can also be applied directly to the temples one drop at a time. Repeat every hour until fever breaks.
- Add 5-10 drops of eucalyptus oil to 2 cups of warm water. Soak cotton cloths or washcloths in the mixture, wrap them around legs and arms, and cover with dry cloths.
- Place 15-20 drops in 1 cup of cool water. Soak a soft washcloth in the mixture and gently place to cover the area. Hold it onto the forehead and repeat as necessary.
- For a low-grade fever (100-102 degrees Fahrenheit), add 15-50 drops of eucalyptus oil to a warm bath. Combined with the benefits of the oil, the heat of the water encourages the body to work efficiently in fighting whatever it is that has caused an immune response. For additional benefits, Epsom salts can be added to the water as well.

Eucalyptus Aromatherapy

Adding eucalyptus oil to your bath releases its fragrance into the air. It can help to refresh you and make you feel more relaxed. I'm going to try putting my eucalyptus leaves in a mesh bag and run it under the tub hot water faucet. It is gardening time and my back muscles are telling me it is time for a good soak!

Eucalyptus Helps Manage Diabetes

There is also some research that eucalyptus essential oil can also actually lower blood sugar by reducing fasting glycemia, improving glucose tolerance, and reducing insulin resistance. Diabetics can also benefit by frequently massaging eucalyptus oil to the skin topically, or inhaling it as a vapor.

There are many grocery stores and pharmacies around the world that include eucalyptus oil in chest rubs, OTC cough and cold medicine, throat sprays and more. It also features in creams and ointments aimed at relieving muscle and joint pain.

Eucalyptus is more than decorations for your wall. It sure does look pretty, but consider adding it to your shower, bath or your diffuser and allow this natural plant and its oils to calm, heal and relieve sickness from you.



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ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.