

A Practical, Safe, and Effective Alternative for Treating Common Infectious Diseases

When physician assistants encounter patients with common infectious diseases, they face a two-fold challenge. First, the patient expects the PA to deliver rapid relief from uncomfortable symptoms. Second, there is the expectation that the PA will provide something that will safely and effectively hasten the patient's recovery.

This challenge is made more difficult in that patients are now not only those in need of care, but also informed consumers who increasingly prefer to avoid prescription drugs, and even OTC remedies, because of their side-effects. This concern is appreciated by physician assistants, especially in light of the widespread publicity about antibiotic resistant microbes or so-called *superbugs*.

Due to greater public awareness, as well as a PA's commitment to “do no harm,” a natural alternative that works – and has no side-effects – can be a welcome option. Such an option is found in Young Living’s therapeutic-grade essential oils.

Therapeutic-Grade Essential Oils

Essential oils have become popular in recent years, being used in items such as air fresheners, food additives, and health and beauty products. What is not well known, however, is that there are therapeutic-grade oils available that serve as powerful healing agents.

Essential oils are chemically complex volatile liquids. When produced in a pure, unadulterated form, essential oils have potent antibiotic, antiviral, and antifungal properties. These oils have a long history, with recorded uses in Egyptian, Greek and Roman times, the biblical era, as well as the Middle Ages. The use of therapeutic essential oils goes so far back that they are known as the world's first medicine.

Therapeutic-grade essential oils are easy for PAs and their patients to apply. The most common application method is inhalation, which is especially effective with the use of a diffuser. Quality therapeutic oils are also frequently applied topically, and they even can be ingested, too.

Thieves Essential Oil

There are dozens of therapeutic-grade essential oils. The most familiar of these are lavender and peppermint. There are also essential oil blends that are more powerful than the sum of their parts. One of the most powerful blends today is called “**Thieves**.” This blend is comprised of clove, cinnamon bark, lemon, eucalyptus radiata, and rosemary.

Thieves is named for its interesting history. During the Black Death of the 15th century, a group of four thieves were able to resist infection while stealing from plague victims. When apprehended, the thieves revealed that they protected themselves from the plague by rubbing a mixture of garlic, clove, and rosemary on their bodies. It is based on this legend that D. Gary Young, founder of Young Living Essential Oils, formulated the **Thieves** blend to provide protection against harmful microbes and support for the immune system.



The effectiveness of **Thieves** is not surprising when you consider the track record of its ingredients. *Clove*, for example, is known to inhibit the growth of adverse oral bacteria and is active against 60 different gram positive and gram negative bacteria as well as 13 different forms of fungi. According to Jean Valnet, MD, diffused *lemon* can kill *Staphylococcus aureus* and *Pneumococcus*. And, essential oil from *cinnamon bark* can inhibit a variety of respiratory pathogens, including some penicillin-resistant strains.

Studies of **Thieves** oil itself have shown very promising results. An analysis at Weber State University showed a 90 percent reduction in the number of gram positive *Micrococcus luteus* organisms after diffusing for 12 minutes, and a

44 percent reduction of staph bacteria in just 10 minutes. Ongoing studies have also revealed the effectiveness of **Thieves** against mold spores.

Benefits of Thieves

Thieves is an attractive option for PAs because it helps them meet the challenge of the common infections they face every day. Not only does Thieves bring quick symptomatic relief, but it also serves as a safe and effective alternative to drugs.

Regarding upper respiratory infections, for example, **Thieves** has an excellent reputation for relieving sore throats. It can be easier to apply, too, than a product like Chloraseptic. Also, because of its antiviral and antibacterial properties, **Thieves** can speed up recovery time dramatically. Many have even experienced **Thieves'** ability to stop an emerging cold or flu, right in its tracks.

With this kind of capability, **Thieves** can be a simple way to get patients back to their normal lifestyle quickly. And naturally, this does much to improve patient satisfaction levels – something any PA desires.

Thieves Applications

Inhalation: Inhale a drop or two from the palms of the hands, taking care to inhale, hold, and exhale for several seconds each. Also, try diffusing essential oils with a diffuser. This can be a powerful application.

Topical: Rub several drops into the affected area. Apply a drop to each of the bottom of the feet for rapid absorption. Since some of the oils in Thieves are high in phenols, they may give some people a hot sensation, calling for dilution with a quality vegetable oil. Keep away from eyes.

Ingestion: Add several drops to water and drink, or drop directly into the mouth, inside the cheek area. For added strength, take about five drops in a “00” capsule topped off with quality vegetable oil.

In addition to basic **Thieves** oil, there are a number of related products made with this blend. These include: Thieves Foaming Hand Soap, Thieves Cleansing Soap (bar), Thieves Waterless Hand Purifier, Thieves Wipes and Spray, Thieves Household Cleaner, Thieves Mouthwash, Thieves Toothpaste, and Thieves Lozenges. The variety of these products has led **Thieves** to be a significant remedy for a wide variety of health and hygiene issues.

These various products also point to another important benefit of **Thieves**: it can be used to help contain illnesses and prevent them from spreading. Because when illness afflicts a household, the healthy members of the family can use **Thieves** to protect themselves in a variety of ways.

This benefit of prevention also extends directly to PAs who are constantly exposed to unhealthy microbes, putting themselves and their families at risk of illness. By becoming familiar with **Thieves** and implementing some of its simple applications, PAs may shield themselves from much of the illness they are exposed to.

As the practice of medicine continues to present challenges and changes, the essential oil blend **Thieves** is a welcome and reliable ally for PA s on the front lines of patient care.

****The benefits described in this report can only be expected from the use of quality therapeutic-grade oils. The world leader in this type of product is Young Living Essential Oils.***

For more information, contact Tom Plamondon, PA-C at www.northviewmedicalhousecalls.com.

See also: The Essential Oils Desk Reference, 5th Edition at www.lifesciencepublishers.com