



HEALING ESSENTIALS AROMATHERAPY NEWSLETTER July 2013

Issue #8 Featuring Lemon Eucalyptus Essential Oil

Mosquito Alert!!

As we do more outside in the warm weather such as gardening, camping, hiking, and going to the beach, it is important to be aware of protecting against mosquitos which may carry some very serious diseases. The Asian Tiger Mosquito was recently in the news as it is being seen throughout the country.

According to the U.S. Centers for Disease Control, vector-borne diseases have been present in the country for years; others have recently emerged and include some of the world's most destructive diseases. Many of the diseases are due in part to global climate change and the globalization of trade and travel. According to the CDC, here is a list of some of these diseases:

Mosquito-transmitted viral diseases causing brain inflammation/encephalitis:

- Eastern equine encephalitis
- Japanese encephalitis
- St. Louis encephalitis
- West Nile virus
- Western equine encephalitis

Other viral / parasitic diseases carried by mosquitos:

- Dengue Fever: viral
- Malaria: Parasite
- Rift Valley Fever: viral
- Yellow Fever: viral

To protect against mosquito bites the CDC recommends the insect repellent DEET which is so chemically toxic it cannot be used on children. Thankfully, the CDC also recommends products with *Eucalyptus citriodora* also known as Lemon Eucalyptus essential oil. The following notice is taken from the CDC website:

- **FOR PROTECTION AGAINST MOSQUITOES ONLY:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages provide longer protection.
 - **DEET**
 - **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin. Products containing picaridin include Cutter Advanced, Skin So Soft Bug Guard Plus, and Autan [outside the US])
 - **Oil of lemon eucalyptus (OLE) or PMD** (Products containing OLE include Repel and Off! Botanicals)
 - **IR3535** (Products include Skin So Soft Bug Guard Plus Expedition and SkinSmart)
- Page last reviewed: June 7, 2013 Page last updated: July 2, 2013
- Content source: Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases Division of Vector Borne Diseases

****Monthly Special Offered Below****

Eucalyptus Essential Oil: The Eucalyptus tree is an attractive evergreen with bluish green leathery leaves which are full of glands containing a fragrant volatile oil. It is indigenous to Australia and Tasmania where it can attain a height of 375 ft. There are hundreds of species. It is also known as the “fever tree,” and the “Gum Tree.” It exhales an aromatic odor exerting an antiseptic effect in the area in which it grows. Many of the varieties (Blue Gum, Dives, Citriadora, etc.) have been transplanted to South Africa in the 1980's. The trees did spectacularly well and their essential oil is of the highest quality.

History: The oil and leaves of Eucalyptus are a traditional folk remedy in Australia: the leaves being smoked like tobacco to improve asthmatic conditions. It is also an effective insect repellent. Eucalyptus has been used historically for over 100 years in Australia to combat sinusitis, fevers, cold and flu symptoms.

In addition to **Lemon Eucalyptus** essential oil, there are several other varieties of Eucalyptus essential oil. They have many of the same properties but due to the different chemical constituents, each one has a specific healing property. **Lemon Eucalyptus** is profiled below and shorter versions of **Narrow Leaf Peppermint Eucalyptus** and **Broad Leaf Peppermint Eucalyptus** essential oils are also included. There are some important safety precautions to consider when using any Eucalyptus essential oil.

Safety:

- **When used in dilution, Eucalyptus essential oil is safe to use topically.**
- **EUCALYPTUS IS NOT FOR INTERNAL USE; ingestion of as little as 3.1oz has been reported fatal.**
- **Do not use any Eucalyptus essential oil in a massage blend or in a diffuser for children; may cause bronchial constriction.**
- **If you are pregnant or breast-feeding, consultation with a physician is recommended.**



Lemon Eucalyptus(*Eucalyptus citriodora*)

Plant Description: *E. citriodora* is distinguished from other eucalyptus trees by the strong smell of *citronellal* in the leaves. It is a medium to tall tree with an attractive pink or spotted bark and sparse crown. Originally found in Australia, today it is cultivated in Brazil, South Africa, Indonesia, Morocco and Guatemala.

Extraction Method: Steam Distilled. **Plant Part:** Leaves & Twigs

Essential Oil Description: Camphorous overtone, sweet citrus undertone. **Color:** Colorless to very pale yellow liquid. **Consistency:** Thin. **Note:** Middle **Strength of Aroma:** Medium . **Chemical Constituents:** citronellal: 80 %. Citronella essential oil is well known for being insect repellent. However, **Lemon Eucalyptus** contains over twice the natural chemical citronellal, as in Citronella.

Properties: Analgesic, Anti-neuralgic, Anti-rheumatic, Antiseptic, Antispasmodic, Antiviral, Cicatrisant, Decongestant, Deodorant, Depurative, Diuretic, Expectorant, Fungicidal, Febrifuge, Hypoglycemic, Insecticidal, Prophylactic, Rubefacient, Stimulant, Vermifuge, Vulnerary.

Uses:

- ❖ Nervous system: contributes to a fresh, alive feeling
- ❖ Cardiovascular: add to bath salts for aiding poor circulation and arthritis.
- ❖ Respiratory: useful in a diffuser blend for sinusitis, colds bronchitis, and the flu.
Clinical studies: Lemon Eucalyptus has been found to have bacteriostatic activity to *staph aureus*.
- ❖ Skin care: very effective as a remedy for burns, blisters, wounds, dandruff, herpes, insect bites, lice.
- ❖ Recommended by the CDC to protect against mosquitos.

Blends well with: Basil, Cajeput, Cedarwood, Citronella, Ginger, Lavender, Lemon, Myrtle, Frankincense, Spearmint and Tea Tree.

Mode of Administration: apply in a blend topically, in a compress, in an ointment. Add undiluted to a diffuser for inhalation. **Cautions:** Eucalyptus Lemon Oil should be used in dilution, and be avoided during pregnancy. It is considered toxic if taken internally. Avoid if you have high blood pressure or epilepsy.

Safety: Note safety precautions listed above.



Narrow Leaf Peppermint (*Eucalyptus radiata*)

Essential Oil Description: Color: clear, and slightly blue-tinted.

Aroma: cooling with bright citrus-like top notes, a camphoraceous middle note and slightly sweet, cedar-like undertones.

Chemical constituents: a-pinene 15-21% antiviral. 1,8-cineole 51-75 % expectorant. Limonene 5% known to inhibit cancer cell reproduction.

Immune system: Eucalyptus Radiata has been used to treat infectious fever conditions, including cholera, malaria and typhoid.

Clinical Study: A recent study revealed the stimulating effect Eucalyptus has on the immune system, enhancing the action of white blood cells.



Broad Leaf Peppermint (*Eucalyptus dives*)

Essential Oil Description: Color: Colorless to pale yellow liquid. Consistency: Thin. Note: Top.

Aromatic Scent: sharp, penetrating mint scent with a woody undertone. **Strength of Aroma:** Strong.

Chemical Constituents: 52% piperitone has the fresh odor of peppermint, which is an effective mucolytic.

Clinical studies have found Eucalyptus Dives antifungal activity against *Candida albicans*.

Useful recipes:

- ❖ When diffused, Eucalyptus oil can kill much of the staphylococcus bacteria in a room, assisting in bacterial-mediated bronchial illness.
- ❖ Eucalyptus and Pine oils added to a spray bottle of water can also be used to disinfect room air. [See Healing Essentials Germs-B-Gone Mister special below.](#)
- ❖ Add a few drops of essential oil to a steaming bowl of water. The heat from the water vaporizes the oil, and inhaling the moist, aromatic air clears the airways, supporting deeper breathing.
- ❖ Topical: The oil can be massaged onto the chest and throat to promote inhalation.
- ❖ For fever reduction, a cold compress of Eucalyptus Oil and cold water can be applied to the legs.
- ❖ Addition of oil with Epsom salts can aid with sore muscles and aching joints.
- ❖ Combined with Bergamot, Eucalyptus Radiata is claimed effective on herpes simplex outbreaks.
- ❖ **Safety: Note safety precautions listed above.**

Personal Anecdotes:

The risk of contracting these vector borne viral diseases is low but something to be aware of. Sadly my own dear brother, a retired MD contracted West Nile Virus a few years ago in Colorado. He was hospitalized with extreme headaches and joint pain, and after being treated with anti-viral medications, improved and was released in 3-4 days. Hopefully, my remedy will offer future protection against other viruses.

Aromatherapists have known for years that many essential oils are insect repellent. I have included **Lemon Eucalyptus** in my HEALING ESSENTIALS BUG OFF formula for years. It is in an easy to apply 10 ml. glass roll-on vial. This product has been effective for many of my clients. One daughter of a friend working as a volunteer in Africa claimed it “worked better to repel insects than any other product I have tried.” Even the CDC does not recommend using the toxic chemicals in DEET and others on children. H.E. BUG OFF is diluted in a carrier oil and is perfectly safe for the youngest child. I also make a special BUG OFF #2 which does not contain Lemon Eucalyptus for clients using homeopathic remedies. L EO is contraindicated in homeopathy as it renders the remedies ineffective.

****Monthly Specials 10 % Discount****

- **HEALING ESSENTIALS BUG OFF: (10 ml glass roll- on) \$4.50**

Contains Ess. Oils: Lemon Eucalyptus, Geranium, Lemon, Citronella, Rosemary, Grapefruit, Tea Tree. Carrier: Grapeseed and Jojoba Oils.

Effective for gardening, camping, and travel to mosquito infected areas.

- **GERMS B GONE ROOM MIST: (4 oz. cobalt plastic w/ mist spray) \$3.50**

Contains Ess. Oils: Bay Laurel, Lemon Eucalyptus, Lemon, Peppermint, Ravensara, Tea Tree
Carrier: Purified Water & 3 ml. Alcohol

Highly antimicrobial, useful in offices, children's rooms, day care centers, etc.

Eucalyptus trees are now everywhere in California. We are fortunate to have them all over the East End of Ojai. The towering height, the strips of peeling bark, the leathery leaves, the unusual flowers, and the fresh cleansing fragrance make them unique. Because of their extreme height, peacocks chose to roost in the tree tops here on our property for many years.

Patricia Wing, RN, IAC, Clinical Aromatherapist

References: 1.. [375 Essential Oils and Hydrosols](#) by Jeanne Rose, 1999. P. 130-134.

2. [Flower Power](#) by Anne McIntyre, P. 101-103.

3. [The Complete Guide to Aromatherapy](#), by. Battaglia, S., P. 193-198.