

## **Anti-Viral Essential Oil Blend "Puri-FIRE" promising for fighting influenza**

By [www.HealingHandsApothecary.com](http://www.HealingHandsApothecary.com)

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*Puri-Fire Anti-Viral Blend was formulated to kill viruses, which includes influenza. The oils used in this blend were specifically chosen for their capabilities to do this.*

Puri-FIRE is a blend of 20 therapeutic grade essential oils which are known to be highly anti-viral. This is a super concentrated blend that can be used alone by inhalation / diffusion, OR can be added to liquid soaps, shampoos, lotions, etc. It can be used to make your own disinfectant sprays as well. Puri-Fire is available at [www.HealingHandsApothecary.com](http://www.HealingHandsApothecary.com), as well as a host of other products made with essential oils. If you have a diffuser, (and if you don't, you need to get one) you can use this blend to purify your home, as well as yourself. As the oils are diffused into the air, the droplets of molecules will land on objects in your home, and kill any viral substance they land on. As well, you will be breathing in the oils, and as they go into your lungs, you will receive the healing benefits.

If you fly in a plane, wear a mask, and spray the mask with these oils. You can put a few drops in a small container of water with a sprayer... and then spray on the mask.. You can also use this spray to disinfect things all around you, or in your home.

If you GET the flu, this blend is a MUST to have. You will need to inhale it directly, as well as diffusing it in your home.

Extensive Antiviral Research into Essential Oils

Aromatherapy researchers state that enveloped viruses are most sensitive to essential oils with a high amount of monoterpene alcohols (eg. Linalool, present in Lavender, Coriander, Petitgrain and Thyme c.t. Linalool; Citronellol present in Geranium and Rose Otto ; Geraniol present in Palmarosa ; alpha-terpinol found in Eucalyptus Radiata, Niaouli and Ravensara ; Terpinol-4 present in Tea Tree and Marjoram; and Menthol, found in Peppermint and Spearmint ) and monoterpene phenols (eg. Carvacrol in Oregano , and Thymol in both Thyme and Oregano).

Non-enveloped, or 'naked' viruses are more sensitive to essential oils with a high content of terpenoid ketones (eg. Pinocamphone in Hyssop ; Verbenone in Rosemary c.t. Verbenone, Pinocarvone in Eucalyptus Globulus, and Thuja in Sage).. (Note: Other oils and components have also demonstrated anti-viral effects; more constituents are described later in this article.)

Certainly, one of the reasons for oils' effectiveness en vivo is their lipophilic character - essential oils are easily absorbed into mammalian tissues, where they may produce the greatest results. In fact, when studying the anti-viral effects of essential oils, researchers found that normal cells seemed to acquire a special resistance to viral penetration, though the mechanism for this effect is not yet known.

It has been suggested by respected medical aromatherapists that essential oils have a powerful effect on the immune system, and the environment of the body. The pH and electrical resistance in the 'host' (infected) cells and tissues can be altered in such a way as to be unfavorable to virus replication. Further, research has shown that many of these oils raise chemical markers in the body which indicate positive stimulation of the immune system.

Topical application of essential oils is highly recommended for this application. The oils are rapidly absorbed in the bloodstream, and can be found throughout the body in less than 20 minutes. An example

may be the use of undiluted Niaouli, 20 drops or so, massaged into the sternum, or a 5% concentration of Thyme or Hyssop massaged onto the feet.

Because of the great variety of viruses and types of infection, the lay-practitioner is challenged by discerning the type of virus being addressed. One can either create a blend of anti-viral oils to 'cover all the bases', or instead use oils known for their immunostimulant action. Oils that are considered immunostimulants: Frankincense, Bergamot, Rosemary Cineol, Eucalyptus Radiata ~ in addition, it is known that immune system cells have receptors for neurotransmitters. The implication is that a positive mental state will result in a stronger immune system, so any aromatherapy that is uplifting to the individual is recommended.

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About Healing Hands Apothecary: healing formulas made from natural, organic botanical and essential oils. All products are made by hand in small batches using only the highest quality natural ingredients. Every plant yielding seed that is upon the face of the earth, and every tree with seed in its fruit, I have given you. . . And God saw everything that he had made, and indeed, it was very good. Genesis 1:29,31

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