

Coughs

There are many types of coughs. You will need to determine (to an extent) the cause of your cough in order to find the best oil to stop it. Coughs can be due to allergies, illness (pneumonia, bronchitis), asthma, a need to expel something (mucous, foreign object), side effects of medication, or emotional. Most of what you see below deals with coughs due to illness or a need to expel something. We also have a couple of smoker's cough recipes. If you think your cough is due to an allergy, these may work, but we recommend you review the Hay fever or Allergies article to help deal with the base allergy problem. If you think your cough is due to emotions, start with the EAT on the feet (see the Emotional Aromatic Touch handout).

A cough is often due to dehydration, either you don't have enough water in your system to sufficiently moisten the respiratory system (a dry, unproductive cough) or you don't have enough water in your system to dilute the mucous that needs to be expelled (a deep, rattle of a cough with phlegm). Be sure you are drinking plenty of water.

A study was done in 2007 that compared cough remedies in children. They were given a spoonful of honey, a spoonful of cough syrup, or nothing to help with their coughs. The results were overwhelmingly in favor of the spoonful of honey easing their coughs! You will note that many of the recipes below tell you to mix the essential oil with honey. It is a part of the treatment, not just a yummy sweetener. (Raw honey has also been shown to have antibacterial effects.)

Diffusing is often the best way to deal with a cough as it allows the oil to be breathed in continuously. Another very good way to deal with a cough is to rub the oil on (using a carrier oil) the chest and throat area. You may also find that simply adding a humidifier to your environment will stop your cough. Be Young essential oils are safe to add to your humidifier (note: essential oils that have been cut will ruin your humidifier or fountain).

Good essential oils to use to combat a cough: (Select one and diffuse or dilute with a carrier oil and rub on the throat, chest, and back.)

- Eucalyptus
- Breathe Blend
- Frankincense
- Lemon
- Tea Tree
- Marjoram
- Myrtle (helps remove mucous from lungs, especially good for smoker's cough)
- Myrrh
- Peppermint (opens the sinus cavities, too)
- Rosemary
- Sandalwood
- Spice for Life

A soak in a hot bath with bath salts will do wonders. You can make your own bath salts by adding any of the above essential oils to Sol Saltz or Epsom Salts™ (see our article on Bath Salts to learn more and get recipes).

Make a cough drop:

- 1 tsp of raw organic honey
- 2 drops of Marjoram
- 1 drop Peppermint
- 1 drop Eucalyptus

Mix the oils together, then add one drop of your oil blend to the honey and then suck on the honey.

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For a cough and mucous in the throat:

1 drop of Eucalyptus

1 drop of Lemon

Gargle with water and spit it out.

Cough with Mucous Tea:

2 drops Eucalyptus

1 drop Thyme

1 drop Tea Tree

Blend together, then add 1 drop of your blend to 1 Tablespoon honey and stir into warm water to make a tea.

For a dry cough:

2 drops Eucalyptus

2 drops Lemon

2 Tablespoons raw organic honey

Mix together, use 1 teaspoon of the mixture to make a tea in warm water. Sip slowly.

Dry Cough:

2 drops Sandalwood taken in a capsule followed by rubbing 1 drop Sandalwood on the throat and chest.

(Sandalwood is also a good choice to diffuse to help quiet a cough so you can sleep.)

Dry Cough Rub:

3 drops Eucalyptus

2 drops Thyme

Dilute in 1 teaspoon carrier oil and massage over back and chest.

Chronic Cough:

1-2 drops Marjoram

1 glass water

Gargle and spit out.

Dry Smoker's Cough:

Add Quiet Scent Blend (1-2 drops) to a spoonful of honey. Slowly eat it.

There are some specific points on the body (acupressure points) that are good to work with the essential oil of your choice to help alleviate a cough. You can look up the specific points in any acupressure book, we'll tell you how to "hit" them in a general fashion here (you really need a full-color photo to figure out an exact spot). You will discover that the actual points you need to hit are often tender or painful, this can help you figure out where you need to be. Be gentle, you don't want to cause bruising or more pain.

The ear: rub the essential oil of your choice on the ear, starting at the top inside the "flap" and follow the curve around and down to the lobe. NOTE: NEVER ALLOW UNDILUTED ESSENTIAL OIL TO ENTER THE EARDRUM! If you get some in the eardrum immediately apply carrier oil NOT water.

The body: on the back (base of the neck) there are two vertebrae that protrude the most. To be sure you have the right ones, ask the person you are helping to turn their head, the vertebrae will remain stationary. Half a finger's width on either side of these vertebrae are the points you are looking for. Easiest way to do this is rub some essential oil on the back of the neck. You'll more than likely hit the points (and you can do it yourself this way).

The foot: Massage the bottom of the feet, just below the toes, on the pads where you would stand if you were to stand on tiptoe. Go from just below the toes to where the arch starts to go upwards (cover about 1/3 of the foot).

The hand: Place the hand palm side up, look at the thumb, work the area along the side of the thumb that is outside, or just rub some essential oil all over the thumb, then rub some essential oil over the pad of your hand all along the base of your fingers (palm side).

To order, for class information, or if you have questions contact:

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