

Salmonella or Food Poisoning

Lately we see reports of food poisoning and Salmonella in the news more and more often. There are ways to avoid food poisoning using your essential oils. Note: if you are using Spice for Life Blend, Guardian Blend, or Defence Blend either as daily maintenance or to deal with a challenge you are probably already protected, but the following won't hurt.

When I buy fresh fruits and vegetables I try to purchase organic, but that's not always available. If you know how to muscle test you can test your fruits and vegetables at the store before purchasing them. One day mom wanted some green onions, she muscle tested that none were good in the pile, she asked me to come over and test, I didn't even get to that section before I was getting a, "NO!" Needless to say, we didn't buy any.

Whatever fruits and vegetables we do buy, we always wash upon arriving home. You can wash raw fruits and vegetables in water with a few drops of Lemon essential oil to clean off bacterial residues and pesticides or use the following recipe:

Recipe:

10 drops Peppermint

2 drops Spice for Life

A bowl with enough water in it to submerge the fruits or vegetables

Use to wash your fruits and vegetables. Takes off the pesticides (you may see them foam) and kills bacteria present on the skins.

I have found that the fruits and vegetables seem to do best when washed in the coldest water. Watch out though, things like spinach will double and triple in size when they absorb that lovely water. They will not go back in the same package (not like you want to put them back in there, it still has the garbage in it that you just got done taking off your goodies!).

Additional preventatives to use when cooking:

First, if you want to cook with essential oils remember these two tips

- Add essential oils at the end, just before serving or the heat will evaporate them all away and you will lose their benefits.
- Remember, these are very, very strong! One drop of essential oil is like putting in 2 ounces of dried herb! Generally speaking you may want to use a toothpick (insert it in the orifice, get a little bit of the essential oil on it, then apply that essential oil to your food).

You can protect yourself when eating out in a very simple fashion (no, you don't need to ask the cook to add your essential oils). You simply add a drop of Lemon or Di-gest Blend to your drinking water.

Here is a list of essential oils generally regarded as safe (GRAS) by the FDA.

GRAS and FA Certified Essential Oils List

GRAS: Generally Regarded As Safe

FA: Food Additives

Angelica

Basil

Bergamot

Chamomile, Roman

Chamomile, German

Cinnamon Bark

Citrus rind (all)

Clary Sage

Clove

Coriander

Dill

Eucalyptus glob.

Frankincense

Galbanum

Geranium

Ginger

Grapefruit

Hyssop

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| Juniper | Nutmeg | Sage |
| Jasmine | Orange | Sandalwood |
| Laurus nobilis | Oregano | Spearmint |
| Lavender | Patchouli | Spruce |
| Lemon | Pepper | Tarragon |
| Lemongrass | Peppermint | Tangerine |
| Lime | Petitgrain | Thyme |
| Melissa (lemon balm) | Pine | Valerian |
| Marjoram | Rosemary | Vertiver |
| Myrrh | Rose | Ylang Ylang |
| Myrtle | Savory | |

Remember: NEVER consume an essential oil you aren't sure is pure! If you see the words EOBBBD guaranteed on the label then you know it has been tested for therapeutic use. In Europe that means that you can use the oil internally (they're the ones who perform the EOBBBD test).

As you can see there are plenty to choose from. I suggest you start with something you are already familiar with and familiar with using—something you've used in its whole form: Basil, Citrus Rind (Lemon, Lime, Orange), Lavender, Lemon, Rosemary, you get the picture. ALWAYS, let me say that again, ALWAYS make sure that any essential oil you are considering consuming is EOBBBD Guaranteed (Be Young essential oils are all EOBBBD Guaranteed). If they have received this certification you can rest easy knowing that your oils were not extracted using toxins, they were not extended with synthetic oils or synthetic ingredients, and that they were not extended by being placed in a base of... (generally a fatty oil).

Oops, you've got it: Food Poisoning

According to a Georgetown University study: Oregano stops food poisoning due to its antifungal and antibacterial properties. Take 2-3 drops of Oregano essential oil at the time of first symptoms in a capsule filled with carrier oil, then take 2 more times during the day. You may want to use Thyme instead or rotate it with the Oregano. Thyme essential oil has been shown to kill Salmonella bacteria.

Mix a drop of Spice for Life blend –OR– Di-gest blend (not both) in a quart of water or a trace on a toothpick stirred into a cup of hot or cold water. Drink ½ gallon of water per day. You may want to add them to a nice cup of soup or broth instead. Be sure you add them after removing your food from the heat. (NEVER MICROWAVE YOUR ESSENTIAL OILS!)

Use a probiotic product at double the dosage for several days to replenish the beneficial bacteria in the body and help overcome the toxicity.

To alleviate nausea, take a drop of Basil, Dill, Fennel, and a drop of Peppermint in an herbal tea or warm water. Or, you can just cheat and use the Di-gest blend (it has Rosewood, Lemon, Fennel, Spearmint, Eucalyptus, Dill, Coriander, Nutmeg, and Peppermint essential oils in it).

If you suspect contaminated food or drinking water, take traces of Tea Tree oil on your tongue every few minutes for an hour. Prepare vegetable capsules with 4 drops of Tea Tree plus 1 drop of Eucalyptus Radiata and fill the remainder of the capsule with carrier oil. Take a capsule 3 times daily with food. This is also a preventative measure if you are traveling in areas where food and water may be contaminated.

Refer to a medical professional for signs that your symptoms are more serious than home care alone should treat.

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

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