

Strep Throat

Strep Throat is a bacterial infection that affects the tonsils and throat. It is caused by the Streptococcal bacteria. There are lots of different types of strep; some are more painful and serious than others. Most sore throats are caused by a virus. Doctors will do a throat culture to determine if you have strep because bacterial and viral infections are treated differently. Generally speaking, if you have cold symptoms (cough, sniffles, runny nose, etc) with your sore throat you probably just have a cold (virus) and not a strep (bacterial) infection. The most common symptoms of Strep Throat are a sudden onset of sore throat, a fever (of 101 or more), pain when you swallow, swollen tonsils and lymph nodes (neck area), and you may have yellow or white spots at the back of your bright red throat. You may also have a headache and upset stomach (which may also indicate the flu, which is a virus). Strep is contagious, it is an airborne (as well as contact) virus. It generally takes 2-5 days for symptoms to appear.

The first thing the person who has Strep generally wants to address is the severe pain when swallowing. Apply Physical Touch blend to the throat area to soothe the pain. You will want to dilute it as this is a large area. This will help with the pain. If you're coughing a spoonful of raw honey, slowly consumed, works wonders. Not only is it a great cough suppressant (studies have shown it works better than over the counter cough syrups and drops), if you are using raw honey it has antibacterial properties. Mix a drop of Spice for Life blend or Cinnamon Bark essential oil into your honey for a pleasant taste and for additional anti-bacterial properties. You may also want to try mixing in a drop of Clove Bud essential oil for its numbing properties. You can do this as often as needed.

The next thing you want to address is the infection itself. Rosemary essential oil is the first oil you want to grab when dealing with Strep. Dilute a couple of drops (careful, it comes out fast!) in some carrier oil, apply it to the throat area and it will work wonders. You may also want to apply to the sinus area and along the back of the ears to help the sinuses drain. You can also take (Be Young brand only) 3-5 drops in a capsule, alternate with 2-3 drops of Oregano (Be Young brand only) in a capsule filled with carrier oil. If it were me I would apply the Rosemary oil to the throat and chest, take a capsule with Oregano, and suck on a spoonful of honey that had a drop of Spice for Life blend mixed in it. Do this 2-3 times daily. (Remember, ONLY take an oil internally that is truly 100% pure, essential oils with synthetics can cause complications, depending upon how much and what kinds of synthetics these complications can even result in trips to the hospital. Be sure you know the oil you're using is a true 100% pure essential oil. All of Be Young's essential oils are 100% pure and guaranteed to be free of synthetics.) Make a yummy hot cider by adding a drop of Spice for Life to a teaspoon of honey, and then dissolve the honey in the hot cider.

If you're experiencing discomfort from a runny nose that is draining into the throat and increasing irritation, Dill essential oil can help reduce that drainage. Again, mix a few drops in carrier oil and apply to the throat area. Other oils that will help clear the sinuses are Peppermint (strong, make sure you dilute well, it may still cause the eyes to water), Spearmint, Eucalyptus, and the Breathe blend.

To help get the swelling down in the lymph nodes apply one of the following (or rotate) to the lymph areas on the throat, neck, across the cheekbones, down the back of the ears, and even under the armpits, Bay Laurel, Spearmint, or Juniper Berry.

If the person who has strep is fussy and cranky (hey, they're miserable), you can often help reduce the whining by applying Geranium oil to the heart area and forehead.

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To reduce the risk of others in the household becoming infected spray down all surfaces with a spray bottle containing four ounces of water and 8-10 drops of Lemon essential oil. Remember to shake well before spraying or the oil will be on top of the water. You should smell the Lemon when you spray the water. Diffuse, diffuse, diffuse! If you don't have a diffuser you can diffuse by heating some water, putting it in a bowl and then adding your essential oil, or put a bowl of water with essential oil on a candle warmer. Diffusing essential oils will kill airborne pathogens, reduce negative ions in the air, and strengthen the immune system of all those in the house. The best essential oils to diffuse to strengthen the immune system are Rosemary, Eucalyptus, Spice for Life blend (only diffuse for 15 minute intervals, may cause eye irritation) and the Holiday Gift blend. Everyone in the home should be putting Eucalyptus on the bottoms of their feet every day (preferably just before or after showering) to boost their immune systems. Eucalyptus essential oil is the single number one oil for strengthening the immune system.

In addition to using essential oils to help strengthen the immune system, make sure you are drinking plenty of liquids, eating fresh fruits and vegetables, avoiding sugar, and take special care to avoid all dairy products as these will increase the mucus and aggravate the sore throat. Don't worry, you'll soon be feeling tip top again!

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

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