

Whooping cough (*Pertussis*)

The news seems to all abuzz about the Whooping Cough epidemic in California (five infants have died) and the news reports are stating (okay, some are just insinuating) that the epidemic has been caused by parents who haven't had their children immunized. I remember a class last year where Dana Clay Young, PhD discussed the fact that Whooping Cough was on the rise in the US and he talked about how to combat it. So I thought I'd write up a health article so that you could have knowledge instead of fear as you look at your options. I hope you find this useful.

First, the vaccine, should you vaccinate in order to protect your child from getting Whooping Cough, or should you, as an adult, run in and get a booster vaccination to make sure you are protected. This is a very personal decision. I encourage you to read some of the information that is out there regarding vaccines. I have read quite a bit on the subject and will not get one, however; I am not a mother and my mom says she would look at each vaccination individually and weigh the odds for her child. I very strongly encourage you to absolutely insist upon thermisol free (mercury = thermisol) vaccinations (yes, they are available, they may cost a little more, but they cost a lot less than risking your life or your child's life) and don't get numerous inoculations at once (for example, you want an inoculation for tetanus or an inoculation for pertussis, not the more common DTaP or DTP (diphtheria, tetanus, acellular pertussis or diphtheria, tetanus, pertussis) vaccination. The chances are very slim that one would be exposed to all three of these at once, especially in such a forceful way as having them injected into the body. The immune system is not made for dealing with this and can often be overwhelmed. I know as a child I would get sick with my shots until mom figured out I could get one at a time. (Note: don't increase the amount of shots a child needs if you're allowing them to use a vaccine with thermisol in it, you're increasing the mercury in the system.) I would also strongly encourage you to avoid the acellular pertussis vaccination—acellular means that it is an L-form (smaller than a cell) and can go anywhere in the body (including the brain). On a side note, even on pro-vaccination websites (including the government's) it notes that there is generally a whooping cough outbreak approximately every ten years, regardless of vaccinations. It has been approximately ten years since the last outbreak.

Now on to essential oils and how they can help you deal with whooping cough regardless of your vaccinated status. Whooping cough is on the increase in America right now. According to the CDC (Center for Disease Control) in 2008 approximately 360,000 people died in America from Whooping Cough. Whooping cough is a highly contagious bacterial infection best known for the whooping sound made after coughing and the person breathes in. There is a build up of mucus and fluid in the lungs. The whooping cough that is putting in an appearance is immune to the current antibiotics (they are working on some new ones), but it responds quite nicely to many essential oils, especially Rosemary and Ravensara. The CDC reports that they are seeing a higher than average number of people who are becoming ill with whooping cough even though they have been vaccinated. They theorize that this is either because the inoculation is not effective for as long as they originally thought or that the bacteria has mutated and the whooping cough people are catching is not the whooping cough they are inoculated against.

Almost all unadulterated essential oils are antibacterial, but there are several that are highly antibacterial and can be used to help strengthen your body as it strives to stay healthy or regain health. Remember, essential oils don't care if the bacteria they are fighting is an original strain of whooping cough or a mutated strain, they only care if the bacteria is a part of the body or foreign. Essential oils vibrate when they are near bacteria (or virus, or fungus, etc); if the bacteria vibrate back in the correct frequency then the essential oil recognizes it as belonging to the body or being a part of the body. If the bacteria vibrate at an incorrect frequency then the essential oil recognizes it as bad bacteria, alien to the body and sets about destroying it. Essential oils that have the best track record in dealing with whooping cough include:

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- Rosemary
- Ravensara
- Black Cumin
- Tea Tree
- Basil
- Lavender
- Spice for Life blend
- Clary Sage
- Oregano
- Thyme
- Cypress
- Fennel
- Helichrysum
- Eucalyptus
- Grapefruit
- Cinnamon

Rosemary is the number oil of choice for whooping cough. Take internally (in capsules) or rub on chest and throat. (Remember, only take essential oils internally that you are sure are free of adulteration and that are approved for internal use or you may wind up with a greater challenge than you started with. Be Young essential oils fall into this category.) Ravensara is a very, very close second choice.

If you have contracted whooping cough immediately cease use of all dairy products (this includes milk, yogurt, butter, margarine, cottage cheese, etc). Dairy products increase the mucus in the lungs, which can become a large challenge when dealing with whooping cough. Keep the room moist; don't allow the room to become over stuffy or dry. Open the windows if possible to air things out. Run a diffuser with Basil, Eucalyptus, Lavender, Peppermint, Roman Chamomile, or Rose oils to help prevent spread of infection and help ease breathing and keep the oils actively seeking out the infection. Massage the oils on the chest and throat; use a hot compress for deeper penetration. You want to use the oils often and always make sure you have good essential oils. You want them to help you win the fight not give aid to the other side.

Remember, it is far easier (and cheaper) to prevent than to overcome an illness. Be sure you're using your Spice for Life blend on a daily basis, apply Eucalyptus after your shower, eat plenty of fresh fruits and vegetables and drink lots of pure water and above all don't forget your Liver Cleanse. Give your body the tools it needs in order to be healthy and it will do its job.

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

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