

**NATURALLY CLEAN AND GREEN For Home and Office**  
**What Can We Do? Healthy Choices Abound**  
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*With a wave of awareness concerning nurturing and respecting our earth due to global warming, and builders in our area building green homes and buildings – there is an undeniable paradigm shift emerging. There was a time when only the hippies from the 60's were remotely concerned with “eco-friendly” products and their impact on the environment, and government's policies toward them. Whether it is now cool, “in”, financially feasible, or the right time for respectful, sound choices, many of us are choosing personal and cleaning products that now support, not detract from our health. These choices are equally protective, not damaging to the air, earth, and environment when we use them, especially in regard to our revered and ailing Chesapeake Bay.*

*Backed by scientific testing and confirmation from 25 U.S. hospitals using them daily, ( Sloan-Kettering Cancer Center and Beth Israel Complementary Care Center in N.Y.), therapeutic grade essential oils are by far, nature's ultimate answer to a myriad of present day health challenges. Essential oils have strong antiviral effects and even when diluted, kill bacteria antibiotics do not. They have been used for centuries as antiseptics, and are still used today in oral disinfectants. An oral mouth rinse with the essential oils of thyme, peppermint, wintergreen, and eucalyptus oils was more effective in improving oral health than a fluoride based antiseptic, according to a 1999 Journal of Clinical Periodontology.*

*The history of modern antiseptics reveals that Dr. Joseph Lister, a British surgeon, was the first to disinfect surgical rooms with eucalyptus oil vapors to stop deaths from infection. His surgical antiseptic that reduced the death rate from 50% to less than 3% during major surgeries contained phenols and other compounds from common essential oils – thymol from thyme, eucalyptol from eucalyptus, methyl salicylate from wintergreen and menthol from peppermint. Another historical essential oil testimony is the Legend of the Four Thieves when the bubonic plague struck Europe. Over 25 million people were wiped out in five years during which time four thieves circulated among the dead and dying to loot and rob their homes, while totally resistant to infection. When finally apprehended, and by threat of death, they were forced to reveal the recipe that kept them immunized. A copy is in the museum of Old Marseille and is the “four thieves vinegar” recipe, which is white wine vinegar, wormwood, meadowsweet, wild marjoram, 50 cloves, rosemary, horehound and camphor. After 15 days they would rub it on their hands, ears and temples when approaching the plague victims.*

*Dr. Diane Horne of Weber State University is confirming the above historical references through her research as mentioned in the Journal of Essential Oil Research. She found that the longer the essential oil blend was diffused, the greater the reduction in microbes. The blend she used was clove, cinnamon, lemon, eucalyptus and rosemary, which killed over 99% of Staphylococcus (Staph) bacteria in only 12 minutes of diffusion.*

*As antibiotic-resistant Staph (MRSA) has moved from hospitals to the general community, we can remain hopeful that essential oils in hand wipes, mouth washes, toothpastes and household cleaning products are a safe and simple delivery system for promoting and sustaining our home and family's health. Most specifically in this day and age of indoor allergies from pet dander, mold, dust and chemicals, certain awareness to causative effects undoubtedly can help many. There now is a clear link between childhood asthma and household cleaning products such as bleach, window cleaner, aerosols, carpet cleaner, pesticides and insecticides.*

*Personally used in my home as an oven cleaner (no toxic chemicals), drain opener, floor and bathroom cleaner, and disinfectant everywhere imaginable, it is actually fun and exciting to work with aromatherapy products that empower my health, and leave my house smelling great. In the office, my essential oil spray cleans and disinfectants everything – doorknobs, desks, bathrooms, keyboard, floors, and anything that is touched including the phone and mouse. When traveling it is simple to have some wipes for hands, the hotel bathroom, TV remote, doorknobs and to use as an air purifier.*

*Health affirming choices for ourselves, families, work spaces, and for this glorious earth that we live on, will not only benefit us now, in this day and age, but for many generations to come in the future when we have moved on ourselves.*

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