regular activities you'll be vastly more efficient than you were when running at half-mast. This is simply part of the natural cyclical wisdom of life!

**Resources:**

The Herbal BodyWorks has an Aromatherapy Kit for Colds & Flu for $42. Includes six basic oils and instructions. Write them at 219 Carl St., San Francisco, CA 94117, or call 415/564-6785.

**Ask Jeanne Rose**

**Persistent sniffs and cough**

I am at my wits end. My younger son has had a persistent sniffle and slight cough since October. I feel like I've tried everything (except prescription Claritin, which his doctor recommended). Sometimes the condition worsens or something else (like an appendectomy or conjunctivitis) happens and once that condition is treated, the sniffling disappears for about 3 days, then slowly returns. Thanks in advance for suggestions from a frustrated herbalist and mom,

V.

**Answer:**

My son and I have the same genetics and thus the same drippy nose - forever. The only long-term cure is twice a day lavage with a Neti pot. I also use various essential oils in the isotonic salt that I use for the lavage. Sometimes, a drop of Tea tree, sometimes Manuka, sometimes Thyme linalool, whatever passes my fancy for the day can be added to the salt. It keeps my nose and my son's nose clear. Neti pots are available at health food stores, natural pharmacies and even the Wal places. I also use “Sequential Steam Inhalation of the oils in my colds & flu kit. Works great and is easy.

J.Rose

**Sequential Inhalation with the Colds & Flu Kit (A Treatment)**

By Jeanne Rose

There are six essential oils in the Colds & Flu Kit and they include Black Spruce (stimulate the adrenal), *Eucalyptus radiata* (expectorant and mucolytic or liquefies the mucus in the lungs), Douglas Fir (antiseptic and disinfectant), *Rosmarinus pyramidalis* (sinus cleanser and relief), *Ravensara aromatica* (antiseptic, antiviral), and Fir Pine is *Abies spp.* (cleanser and respiratory tonic).

When there is any sort of respiratory congestion, it is good to inhale the essential oils in hot water. Your mother probably taught you to do this. You will need a pot, water, essential oils and a towel. Bring two cups of water to a boil in a small pot. Bring pot to table. Cover your head with towel over the pot making a tent. Now add one drop of essential oil at a time to the pot. Inhale until the scent is gone and then add the second oil. Continue until you have used all six oils. Use the oils in the sequence as given above. This will take about six minutes. Do not add more than one drop of essential oil at a time. Inhale the scent until the scent is gone (about one minute). [If you add more than one drop at a time you will probably gag and cough which is not a healthy act].

Inhale through the mouth, exhale through the nose; then inhale through the nose and exhale through the mouth. Alternate throughout the procedure. This gives the essential oils a chance to cleanse both the sinus area and the throat and lungs.

**SINUS & Bronchial TREATMENT (FLU) Oils from the Colds & Flu Kit**

By Jeanne Rose
EXTERNAL MASSAGE: Use *Rosmarinus pyramidalis*. Mix an equal amount with Jojoba or with almond oil—about 10 drops of each. Massage sinuses at either side of nose, 2-3 times daily for up to 3 days.

BRONCHIAL TUBE CLEANSER: Add 5 drops each of Pine, *Pinus sylvestris* and *Eucalyptus radiata* to a small bowl of steaming water or to any type of inhalant machine. Inhale for 10-15 minutes twice a day, once in the morning and once at night. See also the Bronchial Spray from France.

HERBAL AND AROMATHERAPY BATHS: Take an herbal bath using Seaweed, Pine boughs, Eucalyptus boughs and any other respiratory herbs, while in the tub add essential oils of Marjoram, Niaouli, Eucalyptus and Pine. Use 10-20 drops of essential oil depending on size and depth of tub. Take herbal/aromatic baths at least twice to three times per week.

MASSAGE: Gently massage the sidewall of the nasal passages to relieve congestion and to open up the nasal passages. With correct massage under the cheekbones with three fingers, you can drain the nose. Use carrier oils such as Calendula with a drop or two of *Rosemary pyramidalis* (an excellent sinus decongestant).

Use pressure point therapy every morning. Add the 3 points along occipital bone on the back of head (center, middle, outside).

COMPRESSES: Use alternately, hot and cold compresses on the face and forehead to encourage clearance and draining. These compresses can be soaked in herbal solutions with a drop of Lavender essential oil added. Alternatively, use the same herbs and essential oil as already mentioned.

DIET: Possibly, you can cleanse the body of all toxins over a 2-4 day period with a fruit juice diet, especially Carrot juice, Tangerine juice. Use one type of juice per day. One day use citrus, next day veggie juice, next day pineapple, next day dark Grape juice and so on.

HERBS: Plantain, Golden Seal, Elderberry flowers, Rocky Mountain grape root, Marshmallow root, Fennel seed, Hops; Yellow dock root, Burdock root and Red clover blossom can all be used as tea, indefinitely. These teas are drunk, used in the bath, or as a sinus compress.

ESSENTIAL OILS: Jeanne Rose Aromatherapy makes a great aromatherapy kit for Colds and Flu that works very well for sinus infections and stuffed bronchi: the oils are *Picea mariana*, *Pinus sylvestris* or *Abies alba*, *Rosmarinus pyramidalis*, *Eucalyptus radiata*, *Pseudotsuga menziesii* and *Ravensara aromatica*. In addition, you may wish to get *Inula graveolens*.

NASAL LAVAGE: The Neti Pot. This may possibly the most important part of the treatment. It is a Simple, Inexpensive Way to Relieve Nasal Symptoms. Often chronic sinus conditions have to do with mold trapped in the sinus passages. The addition of Palmarosa to your nasal wash is the most effective way to clean and remove mold and debris. Those who suffer from chronic sinusitis or from nasal allergies should try these most effective methods for clearing out sticky, persistent mucus that clogs sinuses — **nasal irrigation**. Nasal irrigation is a procedure that uses a saline solution to cleanse the nasal passages. It helps do the following:

- Clear out sticky, persistent mucus.
- Temporarily reduce symptoms of postnasal drainage.
- Help reduce nasal congestion.
- Cleanse and rid the nostrils of pollen and other irritants or contaminants.
- Relieve nasal dryness.
- Improve breathing.
- Reduce cough caused by postnasal drip.

**Nose Cold or Sinus Infection**

For a nose cold or a sinus infection, substitute 1/2 cup Tea Tree hydrosol for the saline solution in the Neti Pot and thoroughly rinse or lavage your sinus cavities twice a day. This will act as a cleanser and antiseptic anti-fungal cleanser that will help to deodorize your nasal secretions and help to kill any bacteria.
**Cleansing Salt**

1-cup salt to which you have added the following essential oils
2 drops each of *Rosemary pyramidalis*, *Eucalyptus radiata*, Tea Tree or Niaouli
With a mortar and pestle, integrate the essential oils into the salt.
Store the salt in an airtight container.

Using a Neti Pot or a Hydro Floss machine, add 1/4 teaspoon of this aromatized salt to every 4 ounces of water + 4 ounces of Tea Tree hydrosol, if you have it.

**The Saline Solution**

A saline solution for irrigation is easy to make. To make an isotonic solution (one similar to the salt content of your bodily fluids), mix 1/4-teaspoon salt in an 8-ounce glass of warm water and add a tiny pinch of baking soda. You may choose to use filtered or distilled water if your water contains many chemicals. Table salt can be used but I prefer non-iodized sea salt from a good source.

If you do not want to make your own solution, you can also purchase sterile saline at your local pharmacy or grocery store. The purchased solutions, however, do not contain baking soda. Using baking soda improves the mucus-solvent properties of the solution.

**Different Ways to Irrigate the Nasal Passages**

Once the saline solution is ready, it needs to be put in some sort of container that can be inserted in the nostril. That is, if you do not want to snuff the solution out of your hand. Here are a few containers that work for irrigation:

- High capacity syringes - ear or nose
- **NETI POT**: Finally, do not forget cleansing daily with the Neti pot using an aromatized salt. Your isotonic saline solution can have a drop of Thyme or Tea tree added.
- Nose spray bottles
- Grossan Sinus Irrigator Tip - a Water Pik attachment

The container should allow a continuous flow of saline solution to pass from one nostril to the next.

**How To Irrigate Your Sinuses Using the Neti Pot**

This is the trickiest part. Even though it is easy, it is awkward until you get used to it. Once you have the solution in a container:

- Lower your head over a sink.
- Turn your neck so your left nostril is down.
- Keep your nose slightly higher than your mouth.
- Pour solution from the container into your right nostril.
- Water will drain from your left nostril into the sink.
- Gently blow your nose.
- Repeat if needed.
- Repeat the same process for other nostril.

To keep the solution from running into your mouth, breathe continuously through your mouth.

**How Often Should It Be Used**

Nasal irrigation is not addictive and is safe for everyone no matter how long it is used or how often. For best results, it should be used once or twice a day.

Nasal lavage is so simple and so easy and so inexpensive it is surprising that it is not the first treatment of choice. Remember that this is not painful.

**Source:** Jeanne Rose Aromatherapy • 219 Carl Street, San Francisco, CA. 94117 • 415-564-6785, http://www.JeanneRose.net

http://www.jeannerose.net/calendar.html