



HELPING THE WORLD LOSE WEIGHT, ONE
MUFFIN TOP AT A TIME!



3 Plants
Remove Deep
Fat

How These 3 all Natural
Plants Increase AMPK
and Clean Out Deep
Fat From Your Body

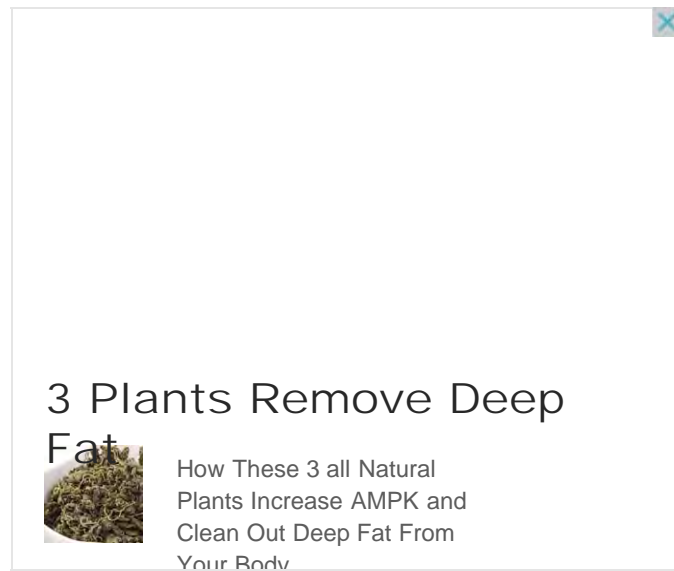


10 REASONS EVERY HOME NEEDS A BOTTLE OF EUCALYPTUS OIL





By Natural Living Ideas

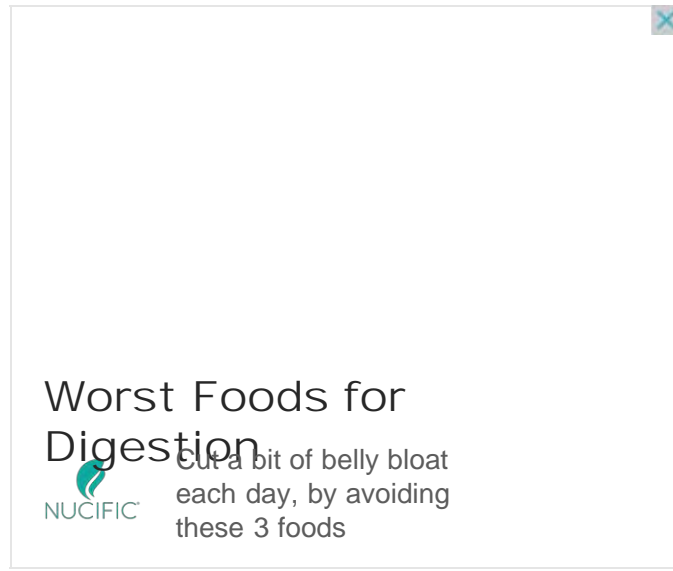


Eucalyptus Essential Oil, distilled from the Australian native *Eucalyptus globulus* tree, boasts a long list of traditional uses. Aboriginal Australians used Eucalyptus to heal wounds, cure fungal infections, and as a fever reducer. Chinese, Greek, European, and Ayurvedic medicine later adopted Eucalyptus as a disinfectant and expectorant.

Present day medicinal applications of Eucalyptus Oil may be seen in the majority of grocery stores and pharmacies around the world including the oil's use in vapor chest rubs, over-the-counter cough and cold medications, sore throat sprays, topical pain relievers just to name a few. (UMMC)

In the following list, we'll reveal the top ten health benefits and

uses of Eucalyptus Oil as well as some recipes and tips on how to use this versatile essential oil.



1. Sinus Decongestant



Use Eucalyptus Oil to relieve sinus congestion by adding a few drops of the oil to hot water and inhaling the steam. Just remember to close your eyes the entire time your face is over the water to avoid burning them with the powerful Eucalyptol fumes. Follow the guide provided by UMMC for the appropriate dilution ratio of Eucalyptus Oil to water.

Eucalyptus Oil may also be applied topically diluted in a carrier oil as a chest rub for extended relief of upper respiratory congestion and other symptoms. (*Check out this great recipe by Heather, the Mommypotamus!*)

2. Control Coughing

Eucalyptol, the active ingredient in Eucalyptus Oil can also help to control a cough. ([PubMed](#))



Again, [steam inhalation](#) is an effective method to loosen mucus and facilitate its removal from the body. Eucalyptus Oil chest rubs are another effective remedy for this purpose. Also, you may want to take [Eucalyptus lozenges](#) throughout the day to manage your cough between steam treatments.

3. Joint & Muscle Pain Reliever



Prepare Eucalyptus Oil as a cream or warming balm for topical application to soothe sore joints and muscles. ([PubMed](#))

Follow this recipe by [onegoodthingbyjillee.com](#) to make your own homemade pain relieving cream using Coconut Oil, Beeswax, Camphor, Menthol Crystals, and Eucalyptus Essential Oil.

Or learn how to make a [DIY warming rub for sore muscles](#) using Eucalyptus Oil and a few other all-natural ingredients from [Mommypotamus](#).

4. Sore Throat Spray

Eucalyptus Oil is anti-bacterial, in addition to being excellent for pain relief. To help reduce pain and swelling of a sore throat, try this recipe for a [DIY soothing throat spray](#), compliments of [ohlardy.com](#) using all natural ingredients including [Pure Himalayan Salt](#) and the [Four Thieves Synergy Blend](#) (essential oils of [Clove](#), [Cinnamon Bark](#), [Lemon](#), [Rosemary](#), and [Eucalyptus](#).)

Alternately, you can buy pre-mixed [Organic Herbal Sore Throat Spray with Eucalyptus](#) on [Amazon.com](#).

5. Disinfecting Cleanser

Eucalyptus Oil is a powerful anti-microbial, making it ideal for preventing the spread of bacterial and viral infections, as well as for general cleaning. ([Wiley Online Library](#))

Mix Eucalyptus Oil with Castile Soap for an all-natural disinfecting powerhouse. Also, be sure to read [How To Replace 10 Household Products With Castile Soap](#) for more great natural cleaning tips and recipes.

Remember that pure Eucalyptus Oil can easily burn sensitive

skin. If you intend to use this antimicrobial oil topically, be certain to dilute it in a carrier oil before applying it to your skin – especially for dry, irritated, or sensitive areas.

6. Dental Anti-microbial

Anti-microbial Eucalyptus Oil is perfect for killing germs in mouth, reducing plaque, and helping to prevent gum disease. ([PubMed](#))

Mix your own [Eucalyptus Mouthwash using this great guide](#) by BreathMD.

Also you may want to try out this [DIY Eucalyptus Toothpaste recipe](#), compliments of *simplegreensmoothies.com*.

6 tbsp [Coconut Oil](#)
6 tbsp [Pure Aluminum-Free Baking Soda](#)
25 drops [Eucalyptus Essential Oil](#)
1 tsp (approx.) [Stevia powder](#)

1. Mix all ingredients together in a bowl. (*Jen Hansard of simplegreensmoothies.com recommends whipping the ingredients together with a [SmartStick](#) to get a good creamy toothpaste texture.*) Then pour the mixture into a [resealable glass jar](#) and store it in your bathroom cabinet until it's time to brush your teeth.

Because coconut oil is solid at room temperature, you may need

to use a butter knife or popsicle stick to get your homemade paste from jar to toothbrush.

Remember that Eucalyptus Oil is toxic if swallowed in large enough quantities. For this reason, oral care products containing Eucalyptus oil are not recommended for small children.

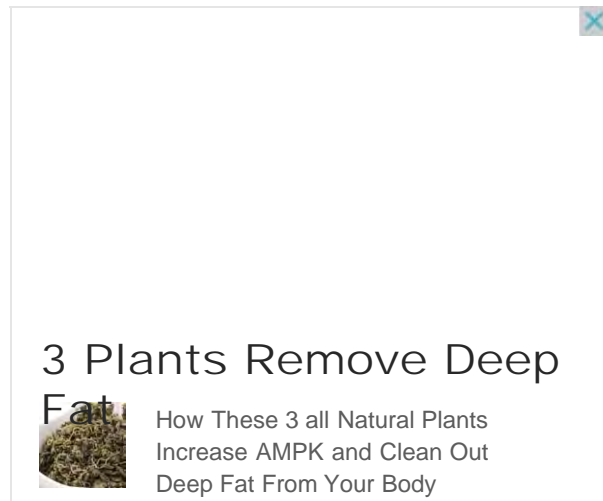
(Further reading: [24 Baking Soda Uses & Why You Need It In Your Home!](#))

7. Immune Stimulant

Eucalyptus Oil is known to increase phagocytic activity, meaning that it can be used to boost the immune system. ([PubMed](#))

If you're concerned at all about getting sick during cold and flu season or if you know you're going to be exposed to people who may already be carrying a bug, prepare yourself with Eucalyptus Oil by itself or with the [Four Thieves Synergy Blend](#) (essential oils of Clove, Cinnamon Bark, Lemon, Rosemary, and Eucalyptus.)

Aromatherapist KG Stiles of [kgstiles.com](#) recommends using Eucalyptus as an inhalant or in your diffuser to deliver the healing vapors directly into your circulatory system via the lungs. For more information on using Eucalyptus Oil for immune support, [check out her expert article on the topic.](#)



8. Asthma Relief

Due to the anti-inflammatory properties of Eucalyptol, use of Eucalyptus Oil has been studied and confirmed to be effective in the treatment of Bronchial Asthma. (resmedjournal.com)

Use Eucalyptus Oil either by inhalation or in a diffuser to help reduce inflammation and clear congestion from airways. Again, it is important to remember that Eucalyptus oil is toxic when taken internally.

Please Note: No herbal remedy is meant to take the place of prescribed medications.

Always consult with your doctor first before using herbal remedies containing Eucalyptus to treat Asthma as this oil is known to have adverse interactions with some Asthma medications.

9. Insect Repellent

Eucalyptus Oil can be effectively used either as an area treatment or as part of a topical insect-repelling spray. ([EPA R.E.D. Facts](#))

Try out this All-Natural Bug Spray Recipe using [Witch Hazel](#) as well as essential oils of Citronella, [Lemongrass](#), [Rosemary](#), Eucalyptus, and [Peppermint](#).

For more all-natural insect-repelling ideas, be sure to read up on these [13 Natural Ways To Keep Mosquitoes Away](#) and [22 Natural Ways To Repel Insects](#).

10. Aroma-therapeutic

Last, but
definitely not
least
– Eucalyptus
Oil provides a

wonderful
aromatherapy
experience.

Eucalyptus is

refreshing and powerfully stimulating. Use Eucalyptus Oil in your diffuser or create scented room fresheners by adding a few drops of oil to a hanging object. This oil is perfect for boosting concentration and keeping your energy level elevated.

Use Eucalyptus Oil on a rainy or cloudy day to clear the fog and lift your spirits.



(Craving more essential oil goodness? We've got you covered with [50 Magical Ways To Use Essential Oils To Improve Your Life](#) around the home, at the office, and even in your car!)

Where To Buy Eucalyptus Essential Oil



Ready to experience all of the benefits of Eucalyptus oil for yourself? Order this 30ml (1 ounce) bottle of 100% Pure Therapeutic

Grade Eucalyptus Essential Oil. Eucalyptus Oil is also included in the Immunity Essential Oil Set – a great collection to keep on hand through the winter months.

Want to really bolster your essential oil collection? Check out this Ultimate Aromatherapy Collection from Edens Garden which includes Eucalyptus, plus 31 other immensely useful essential oils for your medicine cabinet!

Precautions

Use of herbal remedies may have side effects. Herbal remedies

frequently interact with other herbs, supplements, or medications and these interactions can be very dangerous. Before using any herbal remedies containing Eucalyptus, it is strongly recommended to consult with a medical professional, especially if you are prone to seizures, liver or kidney disease, low blood pressure.

Always consult with your doctor before using Eucalyptus oil to treat asthma.

Pregnant and breastfeeding women should avoid using Eucalyptus oil.

Eucalyptus oil is toxic if swallowed in large enough quantities. Adults should exercise caution when using Eucalyptus oil for oral care.

Eucalyptus oil or products (chest rubs, salves, etc) should not be applied to children under 6 years of age. Also, children should not be allowed to use eucalyptus oil for oral care. Eucalyptus oil lozenges should not be administered to children under 6 years of age. When in doubt, consult with your pediatrician before using eucalyptus oil or products containing eucalyptus to treat children. (Source: [UMMC](#).)

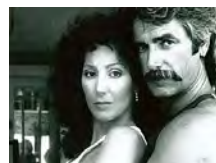
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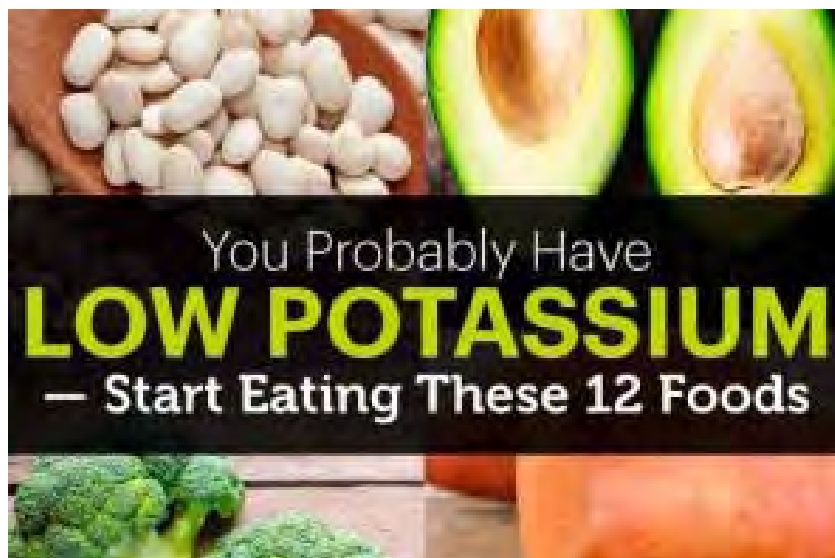
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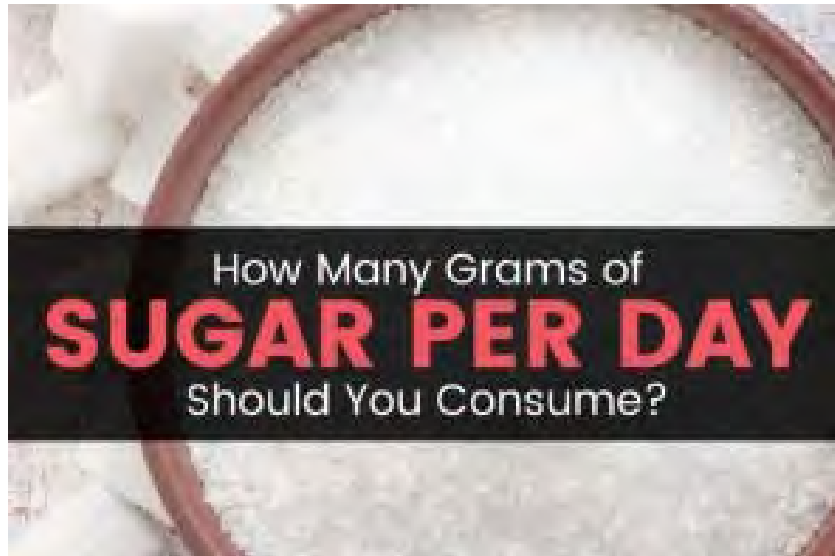


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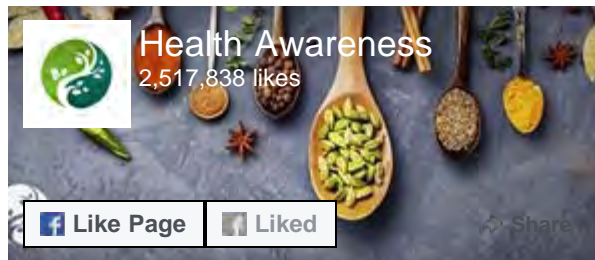
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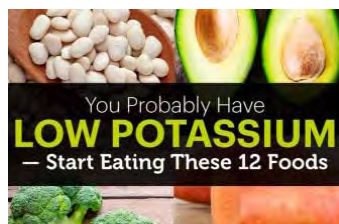
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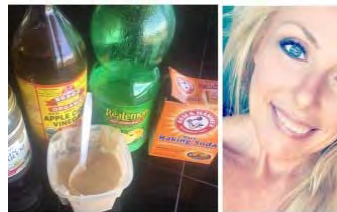


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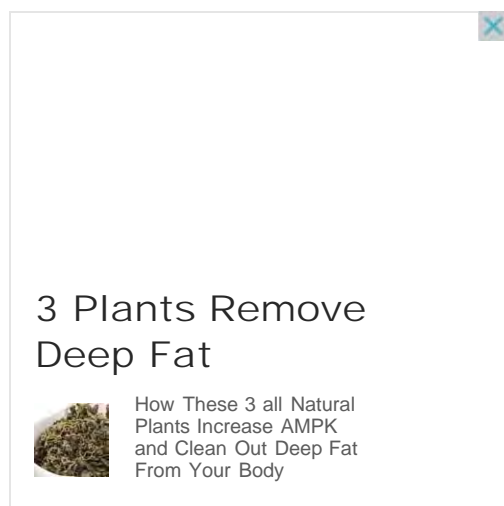


CDC CONFIRMS NATURAL MIXTURE OF LEMON & EUCALYPTUS OIL IS MORE EFFECTIVE THAN DEET! RECIPE INCLUDED!

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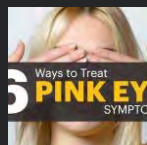
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