



EUCALYPTUS (*eucalyptus globulus*)

Common Uses

Eucalyptus is a powerful antiseptic and can be used to dilate the bronchioles of the lungs. It is antibacterial against several forms of streptococcus (the organism that causes strep throat). Eucalyptus has the ability to relieve mucous in the throat and sinuses. The diluted essential oil, when used as a chest rub has a warming effect, which helps relieve respiratory infection; as does a gargle made with Eucalyptus tincture. Diluted essential oil can help to relieve rheumatic joints as well as some bacterial skin infections.

Precautions

Always dilute essential oils before applying, full strength oils can be extremely harmful. Do not use internally (tincture or tea) if you suffer from stomach inflammation, ulcers or liver/digestive problems. Do not take essential oils internally.

Dosages

TINCTURE: Take 30-40 drops in water 2 times per day

TEA: Steep one tea bag in 8oz. hot water for 10 minutes. Drink 3 cups per day (great for bronchitis)

CAPSULES: Take 1 capsules 3 times daily

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.



