

Contact:

# Immune Health, Surgery and Parasites



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## **Index of Immune Health, Surgery and Parasites**

Immune Protection Tips .....	3
Preparing for Surgery .....	6
Lime & Fennel – Enteric Nervous System Tonic.....	8
Lime Essential Oil .....	8
Lime and Fennel Tonic .....	9
Lets Talk Parasites and Essential Oils .....	10
Internal Parasites .....	10
Symptoms .....	10
Suggested Oil Usage.....	11
Suggested Protocols.....	11
Skin Parasites .....	11
Suggested Oil Usage.....	11
Suggested Protocols.....	11

- Fever
- Gas and bloating

### **Suggested Oil Usage:**

Cinnamon, DigestZen, Lemon, Melaleuca, OnGuard, Oregano, Purify, Roman Chomomile, Thyme.

Essential oils based products: GX Assist

Also consider: Bergamot, Clove, Eucalyptus, Fennel, Lavender, Melissa, Peppermint, Rosemary.

### **Suggested protocols:**

Strong: 3 - 4 drops each of On Guard, Oregano, Lemon and Melaleuca in a capsule and take internally 2 times a day for 10 - 14 days.

Also effective: GX Assist capsule 2 - 4 times a day plus DigestZen topically to stomach area or internally to sooth discomfort also 10 - 14 days.

### **Skin parasites**

#### **Suggested Oil Usage:**

Clear Skin, Eucalyptus, Geranium, Lavender, Lemon, Melaleuca, On Guard, Rosemary Terra Shield

Also consider: Cinnamon, Clove, Lemongrass, Oregano, Thyme.

#### **Suggested protocols:**

Apply Clear Skin, Lavender, On Guard, Terra Shield or other anti-parasitical oils topically to the area of infestation. If using a "hot" oils like Oregano consider mixing with a carrier like Fractionated Coconut Oil. Lavender coupled with any oils will provide additional soothing relief from itching.

NOTE: Use 'Elevation' for the same effect, one of the master essential oils in the Elevation blend is 'Melissa'. Elevation stimulates the bodies chemistry when a person is feeling lethargic or sad. Ideal for Anxiety, Depression, Energy, Shock, Stimulating, Stress and even Weight Loss!

### **Let's Talk Parasites & Essential Oils - with Annie Clark.**

The most common parasites affecting humans are those that live in the intestines and on the skin. They range in size from the single cell amoeba to much larger flukes, roundworms, and tapeworms. A human parasite is defined as an organism or animal which lives on or inside the host human and survives and thrives by either eating the food ingested by the host, or by eating body cells and tissues of the host. The parasite, which is able to find enough food to survive, will reproduce and eventually cause an infestation.

### **Internal Parasites**

The four common groups of parasites are:

- protozoa
- round worms
- tapeworms
- flukes

They are most common in the third world but with much more travel abroad they are not uncommon in the developed nations. A very common parasite is the one cell protozoa, the amoeba responsible for amoebic dysentery.

### **Symptoms of the various types of intestinal infection can include:**

- Anemia or loss of energy
- Appetite loss
- Diarrhea

### **Anne Clark's 21 TOP SELF CARE Immune Protection Tips.**

Prevention is always better than cure.

My Self Care Immune Protection pointers...

1. Start the day with warm water, place 1-2 drops of your essential oil Lemon, Lime, Grapefruit or Smart n Sassy, or even peppermint (if you like that flavor), use this as your Blood Cleanser.
2. Drink a litre of water minimum, and add some chlorophyll - i.e., 1 teaspoon barley grass, of Terra-greens to your water, stir and drink. (this is a must to have something green first thing). If not barley grass, fresh greens from the garden!
3. Diffuse any one of these oils/blends. On guard, Easy Air, Lavender, Tea tree, Lemon, Lime, Elevation (remember Elevation has Melissa EO as one of the ingredients don't underestimate Elevation).
4. Exercise, walk fast, jump up and down on the spot, stretch, just EXERCISE this is vital. Dance move enthusiastically every day.
5. Eat live greens, lettuce, spinach, sprouts, alfalfa with every savory meal.
6. Eat less, or smaller meals more often. Consider your digestive system.
7. Carry out intermittent fasting, stop eating after 7 pm. and resume at midday the next day, consume plenty of fluids before that mid-day meal! How many times you do this in a week will better equip your body for the strength it will need and increase the efficiency of your digestive system.
8. Enjoy fresh vegetable juices (add ice to the empty jug where the juice will go). Add fresh juice to your jug with ice, then you can and add 1-2 drops of Doterra Ginger essential oil to your full jug of fresh juice, stir and then consume over the day.

NOTE: A good juice combination, Carrots, Apples, Cucumber and/or Celery. Another good combination, Beetroot, Carrots, Apples, and Parsley.

9. Diffuse Douglas Fir EO, alternatively to the citrus oils, Douglas Fir is good respiratory oil and helps to lift the mucus off the Alveoli in the lungs.

10. Breathe deeply with awareness, and inhale selectively your oils of choice, I use Spearmint, Elevation, and apply the roll-on Lavender Peace to the skin before bed.

11. Reduce screen time, and spend time in the garden, create a vegetable garden if you don't already have one. Grow greens. Simple crops that produce in 4 weeks. Purchase seedlings and grow them in small pots if you don't have much room. Rotate your crops, always have fresh greens coming through!

12. Sing, yep, sing, out loud, find a song you like get to know the words, and just SING, it's very good for expression and does help your immune system.

13. Apply Frankincense liberally and often to your face, neck, and arms. Frankincense helps the nervous system, which speaks to the Adrenal Glands, so if your nervous system has been under attack lately you should be going through Frankincense like water, high in sesquiterpenes, Franky will help you to cope, but it never does anyone any good just staying in the bottle.

14. Supplement with the Life long Vitality, if you are like me and can't stand taking capsules, tablets, etc, just reduce the consumption to 1 of each a day, then 2 of each, and if that is all you can tolerate that is better than a poke in the eye with a purple stick. The best way to consume and get the benefits of any supplement is to make sure you have it with food, so just after food is better, so that the digestive juices can go to work. LLV comes with some inbuilt essential oils that act as bodyguards to the nutrition, so be sure to enlist the LLV. If not LLV, get a good Vitamin C.

15. Watch a comedy, or something uplifting, make your screen time USEFUL, not destructive!

16. Be aware of people who cause you to feel stressed, just notice how

ney stones, lactation (increases milk production), pancreas support, parasites, skin revitalizing, toxin cleansing and wrinkles.

- ◆ Up to 80% in Phenolic Ethers, and 50% monoterpenes. (great for inflammation)
- ◆ Antiparasitic, antiseptic, antispasmodic, antitoxic, diuretic and expectorant.
- ◆ Very good for the respiratory system, skin and calming upset babies.
- ◆ Has been used for cystitis, sluggish digestion, flatulence, gout, intestinal parasites, intestinal spasms, increase lactation, menopause problems, pre-menopause, urinary stones, vomiting.
- ◆ Fennel affects the harsh realities of colic, stimulating the cardiovascular system, constipation, digestion (supports the liver), balancing hormones, nausea, obesity, PMS, and stimulating the sympathetic nervous system. So, the body systems that Fennel most affects are the hormonal and digestive systems.
- ◆ Can be applied neat with no dilution, directly to the skin – apply to gut area!

### LIME AND FENNEL TONIC

- ◆ For one cup – add 1 drop of lime and 1 drop of fennel to an empty mug. Add room temp water to half. Add hot water from kettle to fill cup.
- ◆ Sip on this drink any time during the day or even between meals. It's okay to drink directly after a meal or before!
- ◆ For a 1-liter glass jug – apply 3 drops each lime and fennel and add room temp water then hot water.

Uplifting bright and fresh blend, is useful for changing the environment of a room, elevating the vibration and perfect to diffuse when someone hasn't been very well. Diffuse in a bedroom, lounge or specifically in the office to keep up productivity.

The blend is 3 drops Easy Air, 2-3 drops of Wild Orange and 3 drops of Lime. Add Easy Air to the diffuser first!

Diffuse for 2, 3 and 4 hour periods. Refresh!

## Lime & Fennel – Enteric Nervous System Tonic

The Enteric Nervous System (ENS) is the invisible highway between the mind and the gut, which just like a highway, has debris and accidents piling up everywhere. The ENS is affected and driven by hormones too! I like to think of hormones as the semitrailers on our highway. If you can clear away the debris, then traffic (thoughts) can flow again, and the right messages will be transferred around the nervous system and back up into the brain. Clear thoughts equal effective decisions which means you are more empowered and able to look after your health.

There is a tonic that is ideal for helping you to calm down the whole digestive system and clear the emotional traffic in the enteric nervous system, which in turn helps you to concentrate, focus and think clearly.

Anxiety shows up throughout the day for many people and for many reasons. One of the reasons is 'Fear', thinking thoughts that are not helpful or positive, instead destructive and negative. These sorts of thoughts don't do anything for anyone! You can enjoy a tonic made up of essential oils Lime and Fennel that will change your chemistry for the better. Let's go over the benefits of both these oils.

### **LIME ESSENTIAL OIL:**

Common primary uses – Bacterial infections, fever, gum/grease removal, skin revitalizing.

- ◆ Can be applied neat (with no dilution). Antibacterial, antiseptic, antiviral, restorative, and a tonic. Monoterpenes up to 80%
- ◆ For some time, Lime essential oil was used as a remedy for dyspepsia with glycerin or pepsin. It was often used in place of lemon for fevers, infections, sore throats and colds.
- ◆ I use Lime in raw cashew nut pies and slices, and in this tonic.
- ◆ FENNEL (SWEET FENNEL):
- ◆ Fennel is part of the parsley family. It is steam distilled from the crushed seeds.
- ◆ Used for blood clots, bruises, digestive system support, gastritis, kid-

you are around them, and if you feel your heart rate going up in an unnatural way when you are with those people, then avoid them. If they are your life partner, then discuss with them in a quiet and loving time, how you are feeling, and how you would like to be able to spend time with them, but if you do walk away, it's because you are protecting your nervous system. \*\*\*\*

17. Take time to appreciate nature, something beautiful, something that inspires you.

18. Pat your dog, cat, bird, Lizard, Snake whatever creature you have around you that lives with you. Hang out with that animal and be still and present with your pet.

19. SUN BATH, yep 10 minutes each side, stark naked if you can. Get a private spot in your garden or on the balcony and allow the sun's rays to get onto your skin (no Sunscreen, just you), early morning 9 am or later in the afternoon. If you can do this every day, magnificent! If only a few times a week, again better than nothing!

20. Eat slowly when you eat, savour every mouthful, make sure most of it is alive, and support salads with a probiotic or some sort of fermented vegetable/food – every day would be good!

21. Enjoy raw garlic and onion with your salads.

Now that's my top 21. Even if you employ 10 of these top 20, you are ahead of the game.

## **PREPARING FOR SUGERGY:**

Everything I have suggested for building your immune system should be employed before surgery. Please consult that document first.

In the weeks, days and hours into the lead up to surgery, refrain from talking about it! Yep, just avoid this unless you can talk positively about it, don't talk about it at all, concentrate on anything else, be appreciate of your environment, and clean up, get your house and car clean if you need to. If you hire a cleaner, make sure they use responsible environmentally friendly products. Doterra has the On-Guard Cleaning solution. Fantastic! Use it!

With that said, here's the real hint and secret, apply frankincense and Yarrow Pom to the area you know will be surgical interfered with, and yes surgery is an interference!

Application of Sandalwood, Vetiver, Copaiba, Frankincense, Yarrow Pom, Blend, Geranium are all good preparation oils. If your surgery is the removal of something, Geranium and Sandalwood can be applied to the scar, after stiches removed!

Diffuse On Guard, Tea Tree, Lavender around your home.

Wash your sheets and linen, towels etc, with On Guard Laundry liquid and place a few drops of Petitgrain EO in the wash. Use Lavender Peace in your wash load too, very nice!

If you are consuming more green foods, your blood will respond more appropriately, this may help with dizziness and nausea. Salads after surgery will help with the healing!

With surgical procedures you have to fast sometimes 12 to 18 hours before hand, if you include your overnight sleep. You are often not able to drink any water on the morning of your procedure, so hydrate thoroughly the night before. Make sure the last meal is full of good protein, beans or legumes, green leafy vegetables, and High Vitamin C fruits, like Lime.

I incorporate a whole Lime in a carrot juice, (skin and all) along with the other ingredients mentioned on the 21 Top Self Care Hints.

Avoid gluten before and after surgery, just eat fresh as much as possible, Avocados, Paw Paw, Berries, Apple pieces (soaked in On Guard). Apply Sandalwood EO around your wrists, and on your spine. Get good sleep! Use Lavender Peace before bed, and Cedarwood.

Use Ice Blue Rub on your hips and around your area where you have been operated on.

Use Helichrysum on the scar when it is not too tender or apply just around your incision area. Helichrysum can help with the bruising.

Finally, at the time of my surgery I'm in a foreign country, no one speaks English or very little, I've got the rest of the world broadcasting 'the sky is falling, the sky is falling' (CORONA Virus), also all my flights home cancelled etc. My husband, was going to join me, but his flights and accommodation cancelled. So I was on my own. Back on the ground have a good support team, in my case 'poo hits fan', if it's not a virus it can always be something else. My husband and Travel agent were able to get me on the last flight back to Australia, they saved the day. So, don't listen to the doom stuff, engage in positive talk, write about your experience and HEAL WELL.