



## Therapeutic Thieves Oil

Thieves® essential oil blend from Young Living is one of the many therapeutic grade oils we offer in our Shop. An aromatic, concentrated plant extract, carefully obtained through steam distillation, cold pressing, or resin tapping, this oil blend is a powerful combination of Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, and Rosemary essential oils that fills any space with a rich, spicy aroma.

Essential oils have a long history of supporting the body's natural healing from many ailments. These oils are derived from plants. Plant medicines have been used widely and effectively for millennia – long before Western medicines or pharmaceuticals. Now that we recognize that pharmaceuticals can have such harmful side effects, many people are going back to nature – and to the 'medicine' found from plants. In fact, it's no surprise that the movement toward plant-based diets is growing rapidly as well. When we grow our own food it is medicine, when you buy it from the store, it's merely food.

### Do you know how Thieves oil got its name?

The use of Thieves oil dates all the way back to the year 1413. The time of the infamous Bubonic Plague (aka The Black Death) that devastated a large portion of France. The Black Death spread like wildfire amongst the citizens, and the doctors alike. It seemed impossible to be in the vicinity without contracting it, and at the time, the sickness really did mean ultimate demise.

During this time, however, four thieves were captured and charged for stealing from the sick and dying. These thieves never contracted the plague, despite the close contact with the Black-Death victims.

At this time, the crime these 4 men committed was punishable by burning alive. The judge was so intrigued by how these men had stayed immune to this terrible disease, that he told them if they shared their secret, he would spare them of this punishment.

The Thieves told the judge their secret: they were perfume & spice merchants who were unemployed due to the closure of the seaports and the devastation of the plague. They had prepared an essential oil recipe that when applied to their hands, ears, temples, feet & a mask over their mouths, kept them safe from infection. From then on, the doctors who treated the Black Death victims put the herbal infusion on their hands, ears, temples & feet, and wore beak-like masks stuffed with cloths containing this special blend.

### Ingredients:

- **Clove:** ties up the positively charged cell receptor sites normally reserved for a virus.
- **Cinnamon:** causes inhibition of growth and aflatoxin production.
- **Aspergillus parasiticus:** ties up the positively charged cell receptor sites normally reserved for a virus.
- **Lemon:** a 0.2% solution of lemon oil has been shown to kill diphtheria bacteria in 20 minutes and to \*inactivate tuberculosis.



- **Eucalyptus:** has the power of diffusing anything.
- **Rosemary:** possesses a degree of activity against bacteria, filamentous fungi and yeasts; Rosemary shows positive fungicide activity.

#### **Uses of Thieves Oil:**

- \*Antiviral, antiseptic, disinfectant, astringent, anti-inflammatory, antibacterial, breath freshener, deodorant/perfume, and bug repellent.
- Kills germs on hands and on cuts, scrapes and sores.
- Skin-safe pest repellent. The blend of lemon oil and eucalyptus oil is known to have qualities as effective as citronella.
- Wear Thieves Oil on a scarf around your neck or on a collared shirt when traveling. Helps to avoid contracting airborne viruses and germs.
- Helps relieve itching when applied to bug bites or stings.
- Apply Thieves Oil to blemishes to help keep them germ free and dry them up.
- Adding Thieves Oil to an oil burner or aromatherapy diffuser will help kill airborne germs, bacteria, viruses and mildew. It smells great too!
- Adding a few drops of Thieves Oil to steaming hot water and breathing in the steam will help with asthma, bronchitis, or other respiratory illness.
- Rubbing a drop or two of Thieves Oil into armpits will kill odor causing bacteria.
- A drop of Thieves Oil on your toothbrush or toothpaste will help kill bacteria which causes bad breath and plaque!

#### **Additional Uses of Thieves Oil:**

You can place a drop of it on the body, as mentioned above, or you can place a few drops in a spritzer bottle with water and use as a household cleanser. Or you can diffuse it into the air, through a cold diffuser, to kill airborne germs.

**NOTE:** Thieves Oil is a specific blend by Young Living Essential Oils. DoTerra Essential Oils makes a similar product called *On-Guard* (not guaranteed to have exact same ingredients and benefits – please check for yourself)

*\*Julie E Health is just passing on the above information to you. It is not intended to diagnose, treat or cure any disease. We have no direct affiliation with Young Living nor DoTerra Essential Oils. We have found the products to be effective, trustworthy and we recommend them. The above details were all extracted from published PubMed studies.*