



Essential Oil Blends For Bronchitis

by
The Reformed Bohemian



Table of Contents

1. Bronchitis	3
2. Symptoms of Bronchitis	4
3. Essential Blends oils for Bronchitis	5
4. Making your own essential oil blend	7
5. Ways to use your essential oil blend,...	8
6. Side effects	9
7. About the Reformed Bohemian	10

Find out more at www.reformedbohemian.com



Bronchitis

Bronchitis is a form of respiratory tract infection, it occurs when tubes called bronchial tubes which are responsible for transporting air from trachea (windpipe) to your lungs become inflamed causing mucus to build up in the lungs. Whilst it is often a minor illness it can become more serious, symptoms of bronchitis include low fever, shortness of breath, fatigue, tightness across the chest and coughing, it can be caused by a virus, bacteria or by chemical irritants.



Bronchitis

The symptoms of bronchitis include:

- A hacking cough bringing up phlegm which may be clear, yellow-grey or greenish
- Headache
- Cold/flu type symptoms such as a sore throat and a runny or blocked nose
- Fatigue
- Aches and pains

It's not uncommon for people to find they may have sore chest and stomach muscles from the continual persistent cough caused by bronchitis. This cough can last for a number of weeks after the infection has cleared up and all other symptoms have gone. People may also experience wheezing and a shortness of breath due to inflamed airways.



Essential Oil Blends For Bronchitis

Basil Blend

Basil – Basil is an excellent expectorant which can help to ease the congestion found in respiratory tract infections such as bronchitis.

Lavender – Lavender is an analgesic and anti-viral oil which can help to not only fight the virus but has pain relieving properties which can ease aching muscles, headache and sore throats. Lavender also has anti-depressant and decongestant properties which can help to relieve congestion but also lift up the spirits when feeling unwell.

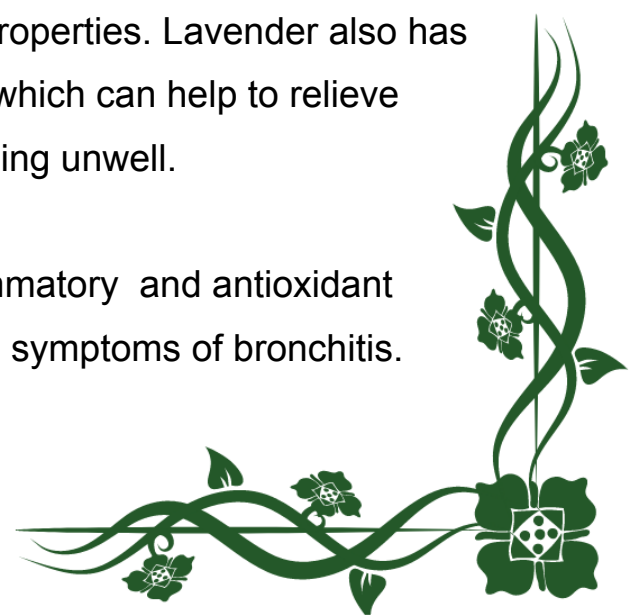
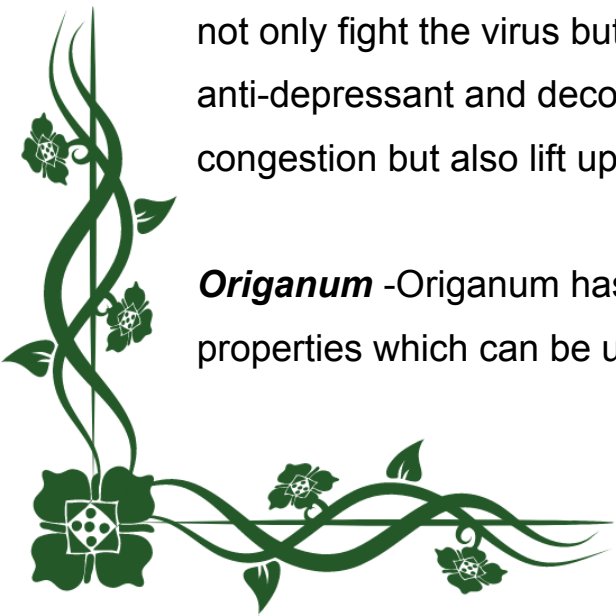
Clove - Clove has wonderful healing properties, it's analgesic, and anti-inflammatory properties can help to ease the pain and discomfort caused by bronchitis. Its antimicrobial and antiviral properties can help fight the infection whilst its stimulating properties can help to boost flagging energy levels.

Tea Tree Blend

Tea Tree – Tea Tree is a powerful antiseptic with expectorant properties making it an effective oil for relieving respiratory tract infections such as bronchitis, it helps to relieve congestion, clearing the chest.

Lavender – Lavender is an analgesic and anti-viral oil which can help to not only fight the virus but has pain relieving properties. Lavender also has anti-depressant and decongestant properties which can help to relieve congestion but also lift up the spirits when feeling unwell.

Origanum -Origanum has antiviral, anti-inflammatory and antioxidant properties which can be used to help ease the symptoms of bronchitis.



Eucalyptus Blend

Eucalyptus – Not only is Eucalyptus a great decongestant and anti-viral oil which can help with the congestion found in bronchitis and fight the viral infection but with its analgesic and anti-inflammatory properties it can be used as an effective pain reliever and help to reduce inflammation.

Lavender – Lavender is an analgesic and anti-viral oil which can help to not only fight the virus but has pain relieving properties. Lavender also has anti-depressant and decongestant properties which can help to relieve congestion but also lift up the spirits when feeling unwell.

Sandalwood - Sandalwood has anti-viral and expectorant properties making it excellent for helping to fight viral infections and clearing congestion associated with bronchitis.



Making Your Own Essential Blend

If you have an empty essential oil bottle you can clean it out and make a blend to use when needed or you can add them individually in the following ratios.

Basil Blend

Basil – 3 drops

Lavender – 3 drops

Clove – 3 drops

Tea Tree Blend

Tea Tree – 3 drops

Lavender – 3 drops

Origanum - 3 drops

Eucalyptus Blend

Eucalyptus– 3 drops

Lavender – 3 drops

Sandalwood - 3 drops



Ways To Use Your Blend

Now you've made your aromatherapy blend you need to think about the best way to use your blend. here are some ideas.

Diffuse

Diffusing a blend of these essential oils can help to relieve the discomfort from bronchitis and help to clear congestion from the chest. It can also help to fight the infection.

- Diffuse 1 - 3 drops of the your chosen essential oil blend in an oil burner or diffuser.

Inhalation

Inhaling these blends of essential oils can be effective in helping to relieve symptoms associated with respiratory tract infections like bronchitis. Steam inhalation helps to clear congestions in your head, nose and chest

- Simply drop 1 -3 drops of your chosen blend of essential oils on a tissue or handkerchief and breath in deeply. Use as needed



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Eucalyptus should not be used with Homeopathic remedies because Eucalyptus is very strong and can cause adverse reactions with homeopathic treatments. Tea tree oil especially is not advised to be taken internally as it can be toxic when ingested. Origanum can in rare cases cause skin irritation, if irritation occurs stop using. Pregnant and breastfeeding mums should avoid Clove oil. Excessive use of Clove oil can lead to respiratory issues and cause sores to the mouth.

There are no other specific cautions for Sandalwood or Lavender essential oils.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room.



About The Reformed Bohemian

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

www.reformedbohemian.com

email: hello@reformedbohemian.com

©2020 The Reformed Bohemian. All rights reserved.

No part of this publication may be reproduced in whole or in part, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission of the author.

The information in this ebook is for educational purposes only. The information within this ebook is not intended as a substitute for the advice provided by your physician or other medical professional. If you have or suspect that you have a serious health problem, promptly contact your health care provider. Always consult with a health care practitioner before using any herbal remedy or food,

