

## Four Thieves Essential Oil Blend

Helpful during the cold and flu season, studies conducted at Weber State University show that the Four Thieves blend of essential oils had a 99.96 percent success rate against airborne bacteria. Recently it was reported that using it in hospitals during outbreaks of C-Difficile and MRSA may have eradicated them among those patients whose rooms were treated with it. There was also a reduction in the presence of other microorganisms that are dangerous to weakened immune systems, such as E. Coli, Nosocomial Pneumonia, and Norwalk.

So while on a jet or other closed space in which there is a number of people, a solution of this with distilled water in a pocket-sized spray bottle is helpful to spray around your space during the flight, and also helpful for spraying on taps and toilet seats in public restrooms. It has a nice fragrance as well, so if you need to freshen your underarms or use it as a quick hand sanitizer, you can use it that way, too.

### Four Thieves Oil

Some authorities use equal parts of the above, and some recipes call for the addition of Oregano EO, which makes the fragrance less appealing but helpful against viruses and fungi. After all my research, this is the best blend I have found. It works and it smells great. I use it in my bathroom's foaming soap dispenser and gotten compliments on its fragrance.

100 drops Cinnamon EO  
200 drops Clove Bud EO  
75 drops Eucalyptus EO  
175 drops Lemon EO  
50 drops Rosemary EO

Measure the above into a sterile bottle of dark glass.

*Legend has it that during an outbreak of bubonic plague in Marseilles, France, four thieves were arrested while robbing the dead. The court offered clemency on the condition that the culprits shared the recipe that kept them from catching the dreaded disease, which they had gotten from ships' captains. Peppermint was traditionally one of the herbs used in the vinegar, the medium in which the herbs and spices were originally steeped.*