

## Four Thieves Oil Blend

*Recently it has been learned that using Four Thieves Oil in hospital patients' rooms during outbreaks of C-Difficile and MRSA may have eradicated them and other microorganisms dangerous to weakened immune systems (e.g., E. Coli, Nosocomial Pneumonia, and Norwalk) among patients with treated rooms.*

100 drops / 1 t.	Cinnamon Bark Oil
200 drops / 2 t.	Clove Bud Essential Oil
75 drops / ¾ t.	Eucalyptus Essential Oil
175 drops / 1-¾ t.	Lemon Essential Oil
50 drops / ½ t.	Rosemary Essential Oil

Put these into a sterile 2-oz. glass bottle, amber or cobalt if possible, and keep in the medicine chest.

Note: You can also use equal parts of the oils to make your blend. Some recipes call for the addition of Oregano Essential Oil. As you will read below, the original thieves claimed to have used garlic as well.

*The article below is worth reading for ideas as to how to use the blend around the house.*

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### ***Have You Heard Of Thieves Oil? --Breath Of Life Blog***

*[I have edited the following article for health safety reasons, as the writer advised taking potentially lethal doses of essential oils internally. Hundreds of people wind up in North American ERs every year due to such advice from multi-level marketing companies that sell essential oils. It is illegal to prescribe essential oils for ingestion unless one is 1) a medical practitioner licensed to prescribe medication, and 2) they have certification in clinical aromatherapy. –Sylvia Genders]*

Here's the legend:

Century after century, bubonic plague outbreaks decimated the population of Asia and Europe for the better part of a thousand years. Out of this period emerged a legend of four Thieves who were captured and charged with robbing the dead and dying victims. When the Thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the infection as they performed their gruesome acts. They told of a special concoction of aromatic herbs, including garlic, cloves and rosemary, that they rubbed on themselves before committing their crimes.

Studies conducted at Weber State University in 1997 showed it to have a 99.96% success rate against airborne bacteria. The bacteria cultures were sprayed in an enclosed area, and Thieves Oil Blend was diffused for a given amount of time.

After only 10 minutes of exposure, there was a reduction of

82% in *Micrococcus luteus*

96% in *Pseudomonas aeruginosa*

44% in *Staphylococcus aureus*

## **Four Thieves Recipes For Household Use**

**A Surface Disinfectant Spray:** To clean and sanitize surfaces and freshen the air, especially in sick rooms, fill spray bottle with water and add 6 drops for every 1 oz. of water.

**Air vents:** Add several drops of oil onto a cotton ball and place in home, office, car, or hotel air vents to mask odors and purify the air.

**Bed Bugs:** Spray mattresses to help dispel bed bugs.

**Cell phones and handsets:** Spray a cloth very lightly and gently wipe down the phone.

**Dishwasher:** Add 4-5 drops to thoroughly clean dishes, eliminate bacteria and odors.

**Fabric freshener:** Put 4–5 drops onto a cloth and place in clothes dryer.

**Floors:** Add 10-15 drops to ½ bucket of cleaning water.

**Fragrance:** Add a few drops to potpourri or cinnamon sticks to fragrance your home.

**Laundry:** Add 5-6 drops per load to the wash cycle to freshen and disinfect.

**Pet Bedding:** Spray down cat boxes, dog houses, and pet cages to clean and disinfect.

**Pet Dishes:** Add 1-2 drops to soapy water and wash dishes. Rinse well.

**Plants:** To repel aphids, spray plants with a mixture of 2 drops to every 4 ounces of water.

**Stuffed Animals:** To disinfect and clean, place toy inside pillowcase and tie shut. Fill washer with detergent, use fabric softener if desired. Add 5-10 drops of Thieves Essential Oil, (for small load) to washing machine. Wash on gentle cycle.

**Toys:** Add 4-5 drops to sink water and wash children's toys to clean and disinfect them.

**Travel Spray** – put 12 drops in a 2 oz. spray bottle of distilled water, and use when travelling for spraying the air around you during flights, headrests, around hotel rooms, and on toilet seats and handles in public restrooms. Also as a hand cleaner and deodorant in a pinch!

## Thieves Oil For Common Ailments

**Flu:** Dilute 3 drops with 1 t. of carrier oil. Apply to lower back (where viruses and bacteria tend to hibernate), to the upper back of thighs, and back of neck to help with symptoms.

**Immune support:** Dilute 1 drop of Thieves to 6 drops carrier oil and apply to feet. Apply twice daily, morning and night, for extra support during cold and flu season. (especially before leaving for school, work, or going out in public).

**Bronchitis:** Apply to lower back, sternum, chest and throat, sinus and bronchial areas.

**Insect bites** (mosquito, bee & wasp stings): Apply dilution to bite or sting to reduce inflammation, relieve pain and counteract toxins.

**Sore throat:** Add 2 - 3 drops to 2 tbsp. of water and gargle, or put 12 drops into 2 oz. of water in a spray bottle for sore throat spray.

**Cuts and scrapes:** Dilute 1 drop Thieves Oil to 6 drops of vegetable or carrier oil to prevent and apply to wound to help prevent infection and speed healing and you can apply diluted Thieves on gauze or band - aid and cover wound or scrape

**Headache:** Place 1 drop diluted with 6 drops of coconut oil on your thumb and place on the roof of your mouth.

**Head and lung congestion:** Place a few drops in a steaming bowl of hot water, cover head with towel and inhale vapors.

**Poison Ivy:** 3 drops of Thieves mixed with 1 t. of vegetable oil; if there is swelling add 2 drops of lavender.

**Acne:** Apply 1 drop diluted with ¼ t. water to pimple. This works great and dries the pimple out quickly.

### Thieves Oil Recipe For Health And Wellness

Put a drop of Thieves on your toothbrush before brushing to kill cavity producing germs and to sanitize your toothbrush.

Mouthwash: Add 1 drop per ounce of water, shake well before use.

Toothpaste: Add 2 drops to 4 tbsp. of baking soda, place in small container (not plastic) and shake well. Dip toothbrush in mixture and brush.

For protection against colds, flu, and other infectious disease, apply one drop neat to the bottom of each foot.

Add 1 drop to a bottle of water and drink during the day to boost immune system, break up internal mucous, and help clean digestive tract.

Add 1 drop Thieves to a cup of warm water and drink as a tea, wait 15 minutes before eating, excellent for and cleaning digestive system.

Add 1 drop to orange juice, soy milk, apple juice, etc. to boost immune system, break up phlegm and congestion.