



Breathe Free

Stock# 3919-9 (5 ml.)

Breathe Free provides a blend of pure essential oils that act synergistically to fight respiratory infection and relax bronchial spasms associated with asthma and dry coughs. Breathe Free also helps relieve bronchial and sinus congestion by promoting the expectoration of mucus.

Geranium oil was shown to be effective as an antibacterial and antifungal against at least 12 bacterial strains (Gram-positive and -negative) and 12 yeast-like and filamentous fungi in vitro. Extensive research conducted in Scotland has confirmed geranium's antibacterial activity. Geranium oil contains the ketone isomenthone—non-toxic ketones such as isomenthone are helpful as mucolytics (mucus-dissolvers). Geranium oil also provides a mild antispasmodic effect.¹⁻⁵

Niaouli Bio* (*Melaleuca viridiflora*) contains substances that help increase lymphocyte activity and balance immune function. Niaouli oil is actually one of the most important anti-allergens available in the realm of aromatherapy. Gentle to the mucous membranes, niaouli provides an expectorant action that makes it an excellent remedy for respiratory and bronchial ailments, as well as sinus problems. In addition, niaouli demonstrates tissue regenerative properties that specifically help increase tissue oxygenation, thus counteracting the effects of smoking and air pollution.^{1,2,4} *(Biologic/Eco-Cert Organic Essential Oil)

Peppermint oil has the ability to clear the head, increase mental clarity and alertness, and sharpen the senses. Peppermint oil's analgesic (pain-relieving) and antispasmodic properties help relieve headache and sinus pain, while its antiseptic and decongestant actions make it especially effective as an inhalant for respiratory conditions, including colds, flu and general malaise. Research shows that peppermint oil is effective as an antibacterial and antifungal against at least 22 Gram-positive and Gram-negative bacteria and 11 yeast-like and filamentous fungi in vitro. In addition, peppermint oil acts as a bactericide against *Escherichia coli* (*E. coli*) strain SP-11. Furthermore, peppermint oil was found to be among the most potent of botanical oils tested against anaerobic oral bacterial.^{2,4,6-9}

Rosemary oil (*Rosmarinus officinalis*) is regarded as one of the best essential oils to use as an inhalant for the treatment of chest infections and other respiratory problems. Rosemary oil contains the oxide cineole, which is a strong expectorant. In addition, cineole and the terpene alpha-pinene are believed to provide rosemary oil with antibacterial activity. For example, Egyptian researchers have demonstrated the effectiveness of rosemary oil (*Rosmarinus officinalis*) in vitro against cryptococcal meningitis, cryptococcal pneumonia, and systemic infections of mycobacterium—a bacteria responsible for diseases such as leprosy and tuberculosis. NSP's rosemary oil is obtained from sources in Morocco, providing the oil with a higher cineole content. This type of rosemary oil is particularly beneficial for catarrhal conditions—cold in the nose and throat with secondary bacterial infection and excess mucus—and related respiratory problems. Rosemary oil is an especially effective inhalant when used in a diffuser.^{1,4,5}

Breathe Free is not recommended for individuals with epilepsy or hypertension, or during pregnancy. In addition, Breathe Free should not be used topically on children under 3 years of age.^{1,2,5,6}

References:

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- 4 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
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- 9 Shapiro, S., et. al. "The antimicrobial activity of essential oils and essential oil components towards oral bacteria." *Oral Microbiol Immunol*; 1994, 9(4): 202-208.