



Guardian

Stock# 3922-9 (5 ml.)

Guardian provides a blend of pure essential oils that act synergistically to counteract the effects of weakened immunity and fight bacterial, viral and fungal infections. Guardian is particularly beneficial for disinfecting the air to help prevent the spread of infectious airborne pathogens (disease-causing organisms).

Lavender Fine AOC* (*Lavandula angustifolia*) has antiseptic and fungicidal properties that make it an excellent aerosol disinfectant, useful for all chest infections and other respiratory and sinus problems. Lavender oil contains linalyl acetate, which contributes to the oil's antiviral and antifungal activity. In addition, lavender oil was found to be one of several oils capable of purifying and deodorizing the air, destroying bacteria such as *Proteus*, *Staphylococcus aureus* and *Streptococcus pyogenes*—vaporized lavender oil was found to effectively destroy 90% of microbes within 3 hours. Furthermore, lavender oil is believed to be particularly effective against infection by *Streptococcus aureus*, a common cause of colds and coughs.¹⁻³ *(Appellation d'Origine Contrôlée - Controlled Designation of Origin)

Ravensara Bio* is an effective expectorant that also provides anti-asthmatic activity, due to the presence of terpineol. Ravensara oil is particularly beneficial for use at the beginning of a cold, in order to prevent the condition from progressing or developing into bronchitis. According to recent research, ravensara oil has been found to be an effective antibacterial agent against methicillin-resistant *Staphylococcus aureus* (MRSA), an antibiotic-resistant strain that has been responsible for the rapid spread of infectious outbreaks around the world. Despite its range of action, ravensara oil is primarily used in the treatment of viral conditions. Ravensara oil has been shown to provide excellent results with acute cases of flu, improving overall energy and even brightening mood. However, ravensara oil may be best suited for treating mononucleosis and alleviating insomnia.^{1,3,4} *(Biologic/Eco-Cert Organic Essential Oil)

Roman chamomile oil is an extremely versatile and effective remedy. Its low toxicity makes it particularly safe for treatment of childhood illness. Roman chamomile oil fights bacterial and fungal infections and has the ability to reduce fever. Roman chamomile oil also possesses antispasmodic and calming effects—using the oil as an inhalant can be especially advantageous for individuals with “nervous and allergic” asthmatic conditions that are exacerbated during times of stress.²⁻⁵

Tea tree oil (*Melaleuca alternifolia*) has been described by *The Australian Medical Journal* as “the finest antiseptic known to man.” Studies have shown that tea tree oil acts as a broad-spectrum antibiotic, capable of killing a wide variety of microorganisms. In fact, tea tree oil has shown incredible effectiveness against all three main infectious groups—bacteria, fungi and viruses. Such diverse application makes tea tree oil an excellent remedy for treating cold sores and herpes; sinus/throat infections and respiratory ailments; yeast and fungal infections; genito-urinary disorders such as bladder and *Trichomonas vaginalis* infections; and nearly any other condition involving infection or infestation of bacterial, fungal or viral origin. Unlike conventional antibiotics, tea tree oil's remarkable range of activity is the result of the interaction (synergism) of approximately 100 components, thus making it difficult, if not practically impossible, for an infectious organism to develop resistance to it. Recent research indicates tea tree oil is not only useful as an anti-microbial and disinfectant, but also may prove beneficial against “superbugs”—antibiotic-resistant bacteria. A study published in the *Journal of Antimicrobial Chemotherapy* showed that low concentrations of tea tree oil (*Melaleuca alternifolia*- 0.5%) killed over 60 strains of *Staphylococcus aureus*—a common bacteria responsible for numerous hospital-acquired infections—that had become resistant to the antibiotics methicillin and mupirocin. In addition, tea tree oil is classified as virtually nontoxic and hypoallergenic, and can thus be used in baths, gargles and mouthwashes, diffusers and vaporizers, and in conjunction with massage.^{2,3,6-8}

Guardian should be used with caution if applied topically to individuals with sensitive skin. Guardian is also not recommended for use during the first trimester of pregnancy, due to the presence of Roman chamomile.^{1,9}

References:

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- 2 Damian, P. and Damian, K. *Aromatherapy: Scent and Psyche*. Rochester, VT: Healing Arts Press, 1995.
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- 4 Schiller, C. & Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publish., 1996.
- 5 Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.
- 6 Hamilton, R. “Tea tree oil: Nature's antiseptic.” *Nature's Impact*, June/July 1998.
- 7 Jones PhD, C. “Tea tree oil may kill superbugs, studies show.” *Herbs For Health*; 1999, 3(6): 32.
- 8 Carson, C.F., et. al. “Susceptibility of methicillin-resistant *Staphylococcus aureus* to the essential oil of *Melaleuca alternifolia*.” *Journal of Antimicrobial Chemotherapy*, 1995, 35(3): 421-424.

9 Wildwood, C. *The Encyclopedia of Aromatherapy*. Rochester, VT: Healing Arts Press, 1996.