

## SCIENTIFIC RESEARCH

### ESSENTIAL OILS FOR INFECTION / IMMUNITY

Categories :

1. Drug resistant Superbugs
2. Respiratory infections
3. Digestive & Food Borne Infections
4. Fungal infections
5. Misc, Wound & Urino-genital infections, Cavities

#### 1. DRUG RESISTANT SUPERBUGS

**breathe me:** [super-immunity](#) | [decongest, immunity](#)

**breathe pure:** [clean air](#), [pink peppermint](#), [fresh forest](#), [citrus burst](#)

Drug-resistant Staph Infection (MRSA) & Drug-resistant Candida species. (Thyme, Lemongrass)

The battle against multi-resistant strains: Renaissance of antimicrobial essential oils as a promising force to fight hospital-acquired infections

<http://www.ncbi.nlm.nih.gov/pubmed/19473851>

Drug-resistant Staph Infection (MRSA), ESBL-producing E. coli, Multi-resistant Pseudomonas aeruginosa, Vancomycin-resistant Enterococcus (VRE) (Lemongrass, Eucalyptus)

**Conclusion:** Lemongrass and Eucalyptus globulus proved to be particularly active against gram-positive bacteria.

<http://www.ncbi.nlm.nih.gov/pubmed/23199627>

MSSA and MRSA

The antimicrobial activity of high-necrodane and other (lavender oils) on methicillin-sensitive and -resistant Staphylococcus aureus

**Conclusion:** All four lavender oils inhibited growth of both MSSA and MRSA by direct contact.

<http://www.ncbi.nlm.nih.gov/pubmed/19249919>

Escherichia coli, Klebsiella pneumoniae, Pseudomonas aeruginosa, Proteus vulgaris, Bacillus subtilis and Staphylococcus aureus (MRSA)

*In vitro* antibacterial activity of some plant essential oils (Rosemary, Orange, Lemon, Clove)

<http://www.biomedcentral.com/1472-6882/6/39>

H1N1 Swine influenza A (Star anise)

Production of shikimic acid - used in antiviral drug oseltamivir (Tamiflu®) - Star Anise

<http://www.ncbi.nlm.nih.gov/pubmed/22445787>

Drug resistant Salmonella typhi (Oregano, Thyme)

In vitro study of synergistic antimicrobial effect of carvacrol and cymene on drug resistant Salmonella typhi

<http://academicjournals.org/journal/AJMR/article-abstract/915B2AF15110>

## 2. RESPIRATORY INFECTIONS (COLD, FLU, PNEUMONIA, BRONCHITIS, ETC)

Recommended Products:

**breathe me:** [decongest](#), [immunity](#) | [decongest](#), [immunity KIDS](#) | [super-immunity](#)

**breathe pure:** [clean air](#), [pink peppermint](#), [fresh forest](#), [citrus burst](#)

### ENTIRE RANGE OF RESPIRATORY INFECTIOUS AGENTS

Screening of the antibacterial effects of a variety of essential oils on microorganisms responsible for respiratory infections. (thyme)

*Conclusion: Thyme showed inhibition of bacterial growth against most of the organisms examined and can be considered a potential antimicrobial agent for the treatment of some respiratory tract infections in man.*

<http://www.ncbi.nlm.nih.gov/pubmed/17326042>

### ASTHMA

Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices. (Eucalyptus)

<http://www.ncbi.nlm.nih.gov/pubmed/20359267>

### BLACK MOLD

Effects of Citrus sinensis (L.) Osbeck epicarp essential oil on growth and morphogenesis of Aspergillus niger (L.) Van Tieghem. (orange)

<http://www.ncbi.nlm.nih.gov/pubmed/16870411>

Origanum vulgare L. and Rosmarinus officinalis L. essential oils in combination to control postharvest pathogenic Aspergilli and autochthonous mycoflora in Vitis labrusca L. (Oregano & Rosemary)

<http://www.ncbi.nlm.nih.gov/pubmed/23810954>

### BRONCHITIS

Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices. (Eucalyptus Globulus)

<http://www.ncbi.nlm.nih.gov/pubmed/20359267>

Effect of Eucalyptus globulus oil on lipopolysaccharide-induced chronic bronchitis and mucin hypersecretion in rats (Eucalytus Globulus)

<http://www.ncbi.nlm.nih.gov/pubmed/15719688>

Inhalations of essential oils in the combined treatment of patients with chronic bronchitis. (sage)

<http://www.ncbi.nlm.nih.gov/pubmed/2396397>

COPD

Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices. (Eucalytus Globulus)

<http://www.ncbi.nlm.nih.gov/pubmed/20359267>

Effect of Spearmint oil on inflammation, oxidative alteration and Nrf2 expression in lung tissue of COPD rats. (Spearmint)

<http://www.ncbi.nlm.nih.gov/pubmed/18705008>

FLU - HUMAN PARAINFLUENZA VIRUSES

Effect of eucalyptus essential oil on respiratory bacteria and virus (Eucalyptus Globulus)

<http://www.ncbi.nlm.nih.gov/pubmed/17972131>

PNEUMONIA ( HUMAN RESPIRATORY SYNCYTIAL VIRUS)

Essential oil diffusion for the treatment of persistent oxygen dependence in a three-year-old child with restrictive lung disease with respiratory syncytial virus pneumonia . (Balsam fir & Peppermint)

<http://cms.herbalgram.org/herbclip/371/pdfs/080281hc.pdf>

STAPH (STAPHYLOCOCCUS AUREUS) - frequently found in the human respiratory tract and on the skin.

Composition and antibacterial activity of Abies balsamea essential oil (Balsam Fir)

<http://www.ncbi.nlm.nih.gov/pubmed/16619365>

The effect of lemon, orange and bergamot essential oils and their components on the survival of Campylobacter jejuni, Escherichia coli O157, Listeria monocytogenes, Bacillus cereus and Staphylococcus aureus in vitro and in food systems. (Bergamot)

<http://www.ncbi.nlm.nih.gov/pubmed/17105553>

Antimicrobial Effect and Mode of Action of Terpeneless Cold Pressed Valencia Orange Essential Oil on Methicillin-Resistant *Staphylococcus aureus*. (Orange : citrus burst)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3324624/>

The anti-biofilm activity of lemongrass (*Cymbopogon flexuosus*) and grapefruit (*Citrus paradisi*) essential oils against five strains of *Staphylococcus aureus*. (Grapefruit Oil: clean air)  
<http://www.ncbi.nlm.nih.gov/pubmed/22862808>

Chemical composition of lavender essential oil and its antioxidant activity and inhibition against rhinitis related bacteria (*staphylococcus aureus*, *Micrococcus ascoformans*, *Proteus vulgaris* and *Escherichia coli*) (*Lavender Augustifolia*)  
<http://www.academicjournals.org/ajmr/pdf/Pdf2010/18%20Feb/Hui%20et%20al.pdf>

### STREPTOCOCCUS PYOGENES

In Vitro Antibacterial Activity of Essential Oils (inc. Lemongrass) against *Streptococcus pyogenes* ( which plays an important role in the pathogenesis of tonsillitis). (Lemongrass)  
<http://www.ncbi.nlm.nih.gov/pubmed/23662123>

### 3. DIGESTIVE & FOOD BORNE INFECTIONS

**breathe me:** [decongest, immunity](#) | [super-immunity](#)

**breathe pure:** [clean air](#)

### E. COLI

The ongoing battle against multi-resistant strains: in-vitro inhibition of hospital-acquired MRSA, VRE, *Pseudomonas*, ESBL *E. coli* and *Klebsiella* species in the presence of plant-derived antiseptic oils. (lemon, lemongrass, eucalyptus)  
<http://www.ncbi.nlm.nih.gov/pubmed/23199627>

The potential of use basil and rosemary essential oils as effective antibacterial agents.  
*Conclusion: The results showed that both tested essential oils are active against all of the clinical strains from Escherichia coli.*  
<http://www.ncbi.nlm.nih.gov/pubmed/23921795>

Antibacterial potential assessment of jasmine essential oil against *e. Coli*. (jasmine)  
<http://www.ncbi.nlm.nih.gov/pubmed/20046722>

### GENERAL INFECTIONS

Coriander (*Coriandrum sativum* L.) essential oil: its antibacterial activity and mode of action evaluated by flow cytometry.

*Conclusion: The results further encourage the use of coriander oil in antibacterial formulations due to the fact that coriander oil effectively kills pathogenic bacteria related to foodborne diseases and*

hospital infections.

<http://www.ncbi.nlm.nih.gov/pubmed/21862758>

The antibacterial activity of oregano essential oil (*Origanum heracleoticum* L.) against clinical strains of *Escherichia coli* and *Pseudomonas aeruginosa*. (oregano)

<http://www.ncbi.nlm.nih.gov/pubmed/23484421>

GARDIA

Antiprotozoa activity of some essential oils (*Lavandula Augustifolia* against *G. lamblia* *T. vaginalis*)

<http://www.academicjournals.org/jmpr/pdf/pdf2012/23Apr/P%C3%A9rez%20et%20al.pdf>

#### 4. FUNGAL INFECTIONS

***breathe me:*** [de-stress, unwind](#) | [super-immunity](#) | [decongest-immunity](#) | [calm, relax](#)

CANDIDA & MICROSPORUM CANIS

Antifungal activity, toxicity and chemical composition of the essential oil of *Coriandrum sativum* L. fruits.

<http://www.ncbi.nlm.nih.gov/pubmed/22785271>

Antifungal activity of *Coriandrum sativum* essential oil, its mode of action against *Candida* species and potential synergism with amphotericin B.

**Conclusion:** *Coriander essential oil has a fungicidal activity against the Candida strains.*

<http://www.ncbi.nlm.nih.gov/pubmed/21788125>

Antimicrobial and antioxidant activities of three *Mentha* species essential oils.

**Conclusion:** *All essential oils exhibited very strong antibacterial activity, in particularly against E. coli strains. All tested oils showed significant fungistatic and fungicidal activity.*

<http://www.ncbi.nlm.nih.gov/pubmed/12802721>

Biofilm inhibition by *Cymbopogon citratus* and *Syzygium aromaticum* essential oils in the strains of *Candida albicans*. (Clove & Lemongrass)

<http://www.ncbi.nlm.nih.gov/pubmed/22326355>

Scientific basis for the therapeutic use of *Cymbopogon citratus*, staph (Lemongrass).

**Conclusion:** *Studies indicate that lemongrass (Cymbopogon citratus) possesses various pharmacological activities such as anti-amoebic, antibacterial, antidiarrheal, antifilarial, antifungal and anti-inflammatory properties.*

<http://www.ncbi.nlm.nih.gov/pubmed/22171285>

#### ANTIMYCOTIC-RESISTANT CANDIDA SPECIES

The battle against multi-resistant strains: Renaissance of antimicrobial essential oils as a promising force to fight hospital-acquired infections (Lemongrass & Eucalyptus)

<http://www.ncbi.nlm.nih.gov/pubmed/19473851>

#### BLACK MOLD

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<http://www.ncbi.nlm.nih.gov/pubmed/23810954>

#### RINGWORM

Oil of bitter orange: new topical antifungal agent (Petigrain sur fleurs)

<http://www.ncbi.nlm.nih.gov/pubmed/8737885>

### 5. WOUND & URINOGENITAL INFECTIONS, CAVITIES

Yeast Infection & Lavender (T. VAGINALIS)

Antiprotozoa activity of some essential oils (Lavandula Augustifolia against G. lamblia T. vaginalis)

<http://www.academicjournals.org/jmpr/pdf/pdf2012/23Apr/P%C3%A9rez%20et%20al.pdf>

Proteus vulgaris (urinary tract infections and wound infections) - (Rosemary, Orange, Lemon, Clove, Lavender Augustifolia)

Chemical composition of lavender essential oil and its antioxidant activity and inhibition against rhinitis related bacteria (staphylococcus aureus, Micrococcus ascoformans, Proteus vulgaris and Escherichia coli)

<http://www.academicjournals.org/ajmr/pdf/Pdf2010/18%20Feb/Hui%20et%20al.pdf>

*In vitro* antibacterial activity of some plant essential oils (Escherichia coli, Klebsiella pneumoniae, Pseudomonas aeruginosa, Proteus vulgaris, Bacillus subtilis and Staphylococcus aureus and rosemary, orange, lemon, clove)

<http://www.biomedcentral.com/1472-6882/6/39>

## CAVITIES

Antimicrobial activity of commercially available essential oils (clove) against *Streptococcus mutans*.

*Conclusion: Clove oil, cinnamon oil, lemongrass oil, cedarwood oil and eucalyptus oil exhibit antibacterial property against S. mutans. The use of these essential oils against S. mutans can be a viable alternative to other antibacterial agents as these are an effective module used in the control of both bacteria and yeasts responsible for oral infections.*

<http://europepmc.org/abstract/MED/22430697>

Antimicrobial activity of commercially available essential oils (eucalyptus) against *Streptococcus mutans*.

*Conclusion: Eucalyptus oil, cinnamon oil, lemongrass oil, cedarwood oil, and clove oil exhibit antibacterial property against S. mutans. The use of these essential oils against S. mutans can be a viable alternative to other antibacterial agents as these are an effective module used in the control of both bacteria and yeasts responsible for oral infections.*

<http://europepmc.org/abstract/MED/22430697>

Vapour phase: a potential future use for essential oils as antimicrobials

*Conclusion: the use of EOs (essential oils) such as tea tree, bergamot, lavender and eucalyptus in vapour form has been shown to have antimicrobial effects against both bacteria and fungi.*

<http://europepmc.org/abstract/MED/22133088>

Disclaimer : These statements made in this report have not been evaluated by the FDA (US Food & Drug Administration). Our product are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician or healthcare provider. The information provided by his website or this company is not a substitute for a face-to-face consultation with a health care provider, and should not be construed as individual medical advice. The testimonials on this website are from individuals and do not guarantee or imply the same results.

General Safety Information: Do not take any essential oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. (Please note that all [Nectar Essences, Breathe Me](#) personal remedies have been diluted for your safety). If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use essential oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest of oils at extremely low doses. It is safest to consult a qualified aromatherapy practitioner before using essential oils with children. A skin patch test should be conducted prior to using an essential oil that you've never used before. For very in-depth information on essential oils safety issues, read [Essential Oil Safety](#) by Robert Tisserand and Tony Balacs.