

## Tea Tree Oil and a Whole Foods Diet: A Complete Cure for Chronic Conditions

Tea tree oil has various uses in first aid treatments because of its triple antibiotic features: it's an antiviral, antibacterial, and anti fungal agent. The oil's first aid uses are fairly straightforward because we all know what to expect from a first aid treatment: we know we can use the substance to sanitize, heal cuts and wounds, and ease pain.

A chronic condition is more complex. It's common to hear someone with a chronic disease, such as acne, asthma or a yeast infection for example, say that "such-and-such a remedy" worked at first, or was effective for a while, and then the problem came back. Or maybe the symptoms were lessened but never completely disappeared. That's because many of the organisms responsible for these conditions occur naturally in our environments, or in our own bodies, and are kept in balance until something causes the balance to shift and the organisms to experience overgrowth. That's when we experience a severe acne outbreak, an asthma attack, or the symptoms of yeast infection.

In order to effectively treat the chronic condition, we have to recreate the state of balance, or in other words, we have to treat the root of the imbalance. In many cases this can be accomplished through the use of tea tree oil along with dietary changes.

In most cases, when you feel a cold coming on or sense the onset of a cold sore, you can simply apply tea tree oil to your temples, throat and chest or wherever you feel the aches or the cold sore coming on. You can ingest a cough drop containing minute amounts of tea tree oil, and eliminate sugar from your diet. You can also buy a bag of oranges and eat them freely, drink plenty of water, and get a few extra hours of sleep at night or by napping during the day. Also, a steamy hot bath with a few drops of tea tree oil in it works wonders. These things usually will return you to good health *before* you become seriously ill.

As for a whole foods diet, include:

- \* Fresh vegetables and fruits
- \* Fish and poultry
- \* Flax seed (Linseed)
- \* Other essential fatty acids, such as olive oil and nuts
- \* Whole grains
- \* Organically raised foods where possible.
- \* Plenty of fresh water
- \* 1 tablespoon psyllium seed husk fiber and/or 6 to 8 tablespoons flax seed meal and/or ¼ cup oat bran daily

**Avoid:**

- \* Alcohol
- \* Animal fats
- \* Caffeine
- \* Dairy products
- \* Fast foods
- \* Hydrogenated oils and margarine
- \* Processed foods
- \* Junk foods
- \* Sugar
- \* White flour products

Perhaps like many people, you usually feel dis-ease approaching during the winter months, because of bad eating habits during the holiday season, and because of occasionally using junk food to ease "cabin fever" symptoms (depression, uneasiness, lethargy). You may know better, but you're probably not a saint! Learn to forgive yourself, then get back into healthier habits with renewed vigor.