

Tea Tree Oil

Safely Kill Infection While Numbing Pain

An Article by
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Tea Tree Oil: Safely Kill Infection While Numbing Pain

Tee Tree herbal essential oil is something I've had a lot of experience with, and can recommend for all kinds of infections. Of course, as with any product, test with a tiny amount for allergies before using it, and observe cautions.

If you're not accustomed to using herbal essential oils, please be aware that they are VERY potent. Some sources state that essential oils are 250 TIMES more powerful than dry herbs. You'll never need to use more than a few drops of essential oils for any application.

Here are a few things you might not know about Tea Tree Oil.

Melaleuca alternifolia, or **Australian tea tree oil** as it is more commonly known, is a native Australian plant. It can be used full-strength topically, unlike most essential oils, unless the person has a sensitivity to it.

Tea Tree Oil acts as a mild anesthetic to relieve pain while treating infection as an antiseptic, antifungal, antiviral, antibacterial, antimicrobial germicide; but will not harm healthy tissue. (Avoid the eyes, of course.)

For an ear infection, place a few drops on the oil into the ear canal and let it soak in for several minutes.

For an abscessed tooth, take a cotton-tipped swab with a few drops of tea tree oil, and gently massage the oil into the tooth and gum.

For an ingrown toenail, apply a few drops of oil directly or rub it in gently with a swab.

For sore throat and tonsillitis or mouth ulcers, add a few drops to your warm gargle.

For ringworm or athlete's foot, apply tea tree oil directly to the skin using a soft gauze or cotton ball.

For dandruff, massage a few drops of the oil into the scalp, leave for 30 minutes, then rinse.

A drop of tea tree oil can be applied directly to an insect bite or sting for immediate relief of pain and itching, and to prevent infection.

The aroma of tea tree oil is very antiseptic and pungent; so you'll want to wash your hands immediately after application and take care not to spill any. The taste is equally strong; but if you have an abscess tooth, you can get past that. We've used tea tree oil for years in my family, and cured many infections before getting to the doctor or dentist.

Most infections can be cleared up with only a few applications. Many times a single application is all that is required. Rarely are more than three applications needed to completely heal an infection.

There are varying grades of tea tree oil; so check the label to get the best product for your money. You want a low Cineole number (3 percent or less) and a high Terpinen-4-ol number (37 percent or more.)

There is now a caution for use on young boys because tea tree oil may produce an estrogen-like effect that could lead to gynecomastia.

More Resources:

Holistic Online Directory of Essential Oils: Tea Tree Oil

http://www.holisticonline.com/Aromatherapy/aroma_ess-oil-tea-tree-oil.htm

All Natural.Net Herbal Encyclopedia: Tea Tree Oil

<http://www.allnatural.net/herbpages/tea-tree.shtml>

Sun Spirit Aromatherapy: Tea Tree Oil Articles

<http://www.sunspirit.com.au/teatree.htm>

Molly's Herbals: Tea Tree Oil

<http://fiascofarm.com/herbs/teatree.htm>

PDR Health: Tea Tree Oil

http://www.pdrhealth.com/drug_info/nmdrugprofiles/herbaldrugs/102757.shtml

The Healing Properties of Tea Tree Oil

<http://www.life.ca/nl/52/teatree.html>

Article on gynecomastia

<http://www.newsmax.com/archives/articles/2006/7/17/213024.shtml>

Further Reading:

"Prescription for Nutritional Healing": "A Practical A-Z Reference to Drug-Free Remedies Using Vitamins, Minerals, Herbs and Food Supplements" by James F. Balch & Phyllis A. Balch

"Essential Oils": "An introductory guide to the healing power of essential oils" by Sara Rose

"Nature's Antiseptics: Tea Tree Oil and Grapefruit Seed Extract" by C.J. Puotinen

"Australian Tea Tree Oil First Aid Handbook": "101 Plus Ways to Use Tea Tree Oil" by Cynthia Olsen

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