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Now that cold and flu season is here, it's just a matter of time before almost everyone winds up with a runny nose, hacking cough or a sore throat. For those already suffering from the common cold, a visit to the doctor for antibiotics won't do much good. Since a cold is a virus, antibiotics are ineffective in fighting the common cold, which is caused by one of hundreds of viruses. Essential oils are commonly used in spa treatments, for massage and relaxation. However, a select group of these oils is becoming increasingly well known for their therapeutic effect, providing effective, natural relief for symptoms of colds and flu.

According to Dr. Susan Smith Jones, “Olbas Oil was recommended to me as a teenager by my grandmother as the consummate blend of healing oils to help enhance breathing passages, ease joint discomfort, soothe tired muscles, and relieve a stuffy nose. I have not been without it for decades and also recommend it to everyone in my private practice. It’s always front and center in my natural remedy chest in my home and I also praise it highly in my new book "*The J oy Factor: 10 Sacred Practices for Radiant Health"*
Basle, a city in Switzerland nestled on the border of Germany and France, is world renowned as a center of pharmaceutical research. More than 100 years ago, herbalists in Basle developed a blend of pure essential oils that came to be known worldwide as Olbas Oil. Olbas is an acronym that stands for “Oleum Basileum,” or oil from Basle. The natural essential oils in Olbas are extracted from six medicinal plants that have been the basis of wellbeing in cultures around the world for centuries.

Individually, these oils have positive effects on the respiratory system and are effective to bring soothing relief during the cold and flu season.

• **Peppermint** has been valued for centuries as an aromatic stimulant, providing benefits to the nasal and bronchial passages.

• **Eucalyptus** promotes oxygen absorption by relaxing the respiratory muscles, enhancing the breathing passages.

• **Cajuput** is extracted from Melaleuca Cajuputi (closely related to tea tree oil). This powerful oil soothes bronchial and sinus passages and supports healthy breathing.

• **Juniper** stimulates metabolism and supports the immune system.

• **Wintergreen** contributes to the warm, soothing feeling when Olbas Oil is applied to the skin. It also has a pleasant aroma, and supports the breathing passages.

• **Clove** is a strong, stimulating aromatic spice that enhances the overall effect of Olbas Oil.

Blended together, the synergistic effect of these essential oils is even more potent. As an aromatic inhalant, Olbas delivers invigorating and soothing sensations to the nasal and bronchial areas. Olbas Oil can be dropped onto a handkerchief, or is available in a convenient, pocket-sized nasal inhaler. In England, Olbas is one of the top decongestants sold in drug stores. A popular use is to put a few drops into a bowl of hot water, drape a towel over the head and breathe in the powerful vapors. At night, a few drops on a tissue tucked inside a pillowcase can help stimulate and enhance breathing passages thus enabling a good night's sleep. For a powerful effect, Olbas Oil can be used in the shower with steaming hot water by dripping a few drops on the floor. It also makes an excellent soothing massage oil for stiff, achy joints and tired, sore muscles and feet. Olbas Oil is formulated into 7 additional Olbas remedies, including the inhaler, pastilles, sugar-free lozenges, cough syrup with wildflower honey, herbal bath, instant herbal tea and analgesic salve. All are imported and distributed by Penn Herb Company, Ltd. located in Philadelphia, PA.

To learn more about Olbas from Switzerland, visit www.OlbasMovie.com . For testimonials and more information, visit
www.Olbas.com
, or call (800) 523-9971.

For 30 years, Susan Smith Jones, PhD, taught students, staff and faculty at UCLA how to be healthy and fit. She is the author of over 27 books, including her latest best-sellers *The Joy Factor: 10 Sacred Practices for Radiant Health*
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