**Health Remedies**

**Guardian Gargle**
2 drops Guardian Blend (health food store)
2 Tbsp Colloidal Minerals (Colloidal Silver can be used)
1/2 tsp sea salt
1/2 cup Natures Spring water (warm)
Mix together & gargle.  Follow with the dose of Colloidal Silver internally.

**Throat Massage**
2 drops lemon
2 drops Bergamot
2 drops lavender
Place in massage oil and use topically, gently massaging the throat area.  Use once to twice per day for 3 to 4 days.

**Throat Massage II**
2 drops frankincense
3 drops lavender
1 drop sandalwood
Place in massage oil and gently massage throat area.  Can also be diffused at night before bedtime.

**Garlic Oil Ear drops**
1 garlic oil gel cap (opened)
Equal amount of olive oil
2 drops helichrysum
1 drop lavender
Place 2 to 3 drops of this blend directly in each ear and let settle for 3-5 minutes. Plug with cotton.  This is very effective for chronic inner ear congestion

**Colloidal Silver Ear drops**
Another ear formula includes
1 drop tea tree
1 drop Helichrysum
3 drops colloidal silver
Place directly in the ear and plug with cotton.  This is a very effective remedy for children who are experiencing constant inner ear problems from blocked eustachian tubes and chronic sinus problems.

**Ear Massage Blend**
Topical massage around the ear to reduce inflammation
2 drops Helichrysum
3 drops lavender
1 drop Roman Chamomile
Place in Massage oil and rub gently around outside of ear and throat area

**Aromatic Nasal Relief**
Salves, including eucalyptus, lavender & frankincense, rubbed on the chest are helpful in relieving congestion.    They work as antispasmodics and have expectorant qualities.
Equal parts of eucalyptus, pine & peppermint used as an inhalant are wonderful to clear sinus stuffiness.  Thyme, eucalyptus & myrrh can be used as an effective inhalation as well.
Baths are relaxing & beneficial for the body when the ears, nose and throat are in distress.  Oils in the bath act in 2 ways, absorption into the skin & by inhalation of aroma.

**Fact: Ear infection**
The most common cause of ear infections is food allergies, especially those from dairy products - cow's milk, cheese and ice cream.  Even nursing mothers must watch what they eat, as they can set off sensitivities in their nursing babies.  Bottle-fed babies suffer more frequently from ear infections than breast fed babies.

To switch from dairy products, consider using goat cheese, which is more easily tolerated & helps lymphatic drainage.  Milke substitutes include rice milk, soy milk & almond milk.  Many people tolerate frozen yogurt better than ice cream.