**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.