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Studies have shown that essential oils are effective against healthcare-associated microbes

Using the antibacterial qualities of essential oils to target MRSA in hospitals

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Combating multiresistant bacteria – sometimes called hospital bugs – has been given highest priority. In the face of the rapid spread and difficult treatment of intractable bacteria, the Federal Minister for Health, Hermann Gröhe, is tightening up hygiene regulations and the administration of antibiotics. 100% natural essential oils can provide valuable assistance in fighting multiresistant bacteria. Their widely bactericidal effect is currently the subject of many studies.

The 10-point plan set out by Federal Health Minister Hermann Gröhe (CDU) covers tougher hygiene regulations and appropriate training in hospitals as well as stricter provisions governing the administration of antibiotics. The spread of dangerous antibiotic-resistant bacteria such as MRSA can be prevented very easily, effectively and at low cost with aromatherapy and room scenting using high-quality 100% natural essential oils. Essential oils can make a valuable contribution to the treatment of even high-risk patients.

Studies on the effectiveness of essential oils against MRSA bacteria

Many studies, some published as early as the 1960s*, have confirmed the antibacterial and air-purifying effect of essential oils:

210 different types of micro-organisms including staphylococcus and persistent mold spores were found in a closed room. The bactericidal effect of essential oils could be seen just 30 minutes after they had been sprayed: only four types of organism remained.



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Dr. Jean Valnet, a prominent proponent of aromatherapy in France, had similar results in one of his studies. He compared the occurrence of microbes in a forest of spruces at Fontainebleau, a large area of woodland near Paris, and in the air in a Paris apartment. In the forest he found five microbes per cubic meter of air; the apartment, however, contained 20,000 microbes per cubic meter of air and there were 9 million instances of pathogens on the carpet. This demonstrated the hugely antiseptic power of essential spruce oil.

Thyme (main constituent thymol), peppermint (menthol) and eucalyptus (eucalyptol), and other conifers and herbal essences have a strong cleansing effect. Lavender and orange have also been subjected to in-depth study. Essential oils can be effective in even very small doses. A Swiss study** showed that adding essential oils (in this case mountain savory) to air-conditioning systems can be shown to have an antibacterial and therefore purifying effect.

Complexity – the natural recipe with which to combat microorganisms in hospitals

A plant's defenses are concentrated in 100% natural essential oils. They contain the natural metabolic products of plants which protect them from attack by insects, for example. With their complex composition, the volatile, strongly scented and fat-soluble oils are effective against even antibiotic-resistant microbes (multiresistant staphylococcus aureus – MRSA).

How? While antibiotics mostly consist of just one substance, which the pathogen can easily overcome after a while, essential oils have an extremely complex structure. Some of them are made up of more than 500 constituents and their composition constantly changes depending on the source, season and time of harvesting. This complex structure stops microbes and pathogens 'learning', which is what happens with antibiotics. Rather, they have to tackle the new action profiles offered by the essential oil repeatedly.



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Essential oils – useful support for health in everyday use

Experts today agree that if a room is fragranced with essential oils, contamination with bacteria, viruses and fungi is reduced. Essential oils are ideal for cutting the risk of infection and contagion in schools, nurseries, retirement homes and hospitals, for example. This simple and natural approach along with actively raising awareness can deliver very effective healthcare both in the domestic environment and on business premises.

Aromatherapy uses the power of essential oils to maintain health. It is acknowledged as an element of phytomedicine and categorized as science-based medicine. Whereas in some countries such as France and England doctors administer essential oils by the oral route, in Germany, essential oils are primarily applied externally through massage or rubs or non-invasive room fragrancing. Aromatherapy is practiced by trained staff in hospitals. The products used are subject to the regulations governing the use of cosmetics with which manufacturers are obliged to comply.

For personal use, aromatherapy products can be helpful in everyday use for protection from infection. This might be in the form of an air spray or a roll-on or in a diffuser; wherever, the beneficial and holistic effect of aromatherapy stimulates the body's defenses.

*) Kinadeter, Möhring, Poppe. "Bausteine für ein positives Mikroklima – Gesund wohnen und leben im biologischen Kraftfeld" [Components of a positive microclimate – living healthily in a biological force field] published by Delphin-Verlag Munich 1988, page 278: Prof. Griffon, member of the French Pharmaceutical Academy and of the leading hygiene association in France has investigated the bacteriological purity of the air. In his studies, Dr. Valnet refers to the 1904 findings of the pharmacist Cuthberg Hall.

**) M.C. Pibiri et al.: "Indoor air purification and ventilation sanitation with essential oils" in "The international Journal of Aromatherapy (2006) 16", 149-153 and V. Edward-Jones et al.: "The effect of essential oils on methicillin-resistant Staphylococcus aureus using a dressing model" in: Burns 30 (2004) 772-777.

Literature:

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Steflitsch Michaela and Wolfgang: Aromatherapie – Wissenschaft, Klinik, Praxis [Aromatherapy – science, hospital, practice] – Vienna 2007

Sources:

Around 6000 experts in aromatherapy and natural cosmetics come to the PRIMAVERA Academy for awareness raising and training every year. A dedicated department also makes aromatherapy findings available to businesses. www.primaveraproair.com



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THE COMPANY

For PRIMAVERA LIFE, a love of nature and respect for humanity and the environment have been guiding principles and part of the company's culture for more than 29 years. This traditional company based in the Allgäu region is committed to ethical business practices and to fulfilling its corporate social responsibilities. It pays fair prices to growers and suppliers, maintains long-term relationships, and supports the ongoing training and development of partners and cooperatives.

PRIMAVERA LIFE has the highest standards with regard to the quality and purity of ingredients and to sustainable farming and processing. The company uses certified organic ingredients and actively supports 19 organic farming projects worldwide which protect biodiversity and practice crop rotation, use chemical-free pesticides and fertilizers, and avoid GM technology. Synthetic additives, parabens, and genetically modified plants are never used. Formulations are true to nature and contain primarily organic ingredients. Products are made in a process designed to retain as many plant nutrients as possible using food-grade emulsifiers and only natural fragrances and colors.

In order to conserve the Earth's resources, PRIMAVERA keeps packaging to a minimum. Wherever possible, leaflets and secondary packaging are avoided.



PRIMAVERA is committed to zero animal testing. No ingredients that have been tested on animals since 1979 have been used, and not a single product has ever been tested on animals. This is indicated on products by the symbol of a hare with a protective hand over it.



PRIMAVERA certifies its entire range of natural beauty and skincare products with NATRUE. The benefits include complete transparency for consumers and clear information about the actual proportions of organic ingredients in cosmetics. Products are divided into three levels of quality: Natural cosmetics, natural cosmetics containing at least 70% organic ingredients, and organic cosmetics containing more than 95% organic ingredients.

PRIMAVERA products are available from organic retailers, pharmacies, natural cosmetics specialists, beauty therapists, spas and selected drugstores, perfumeries and whole food stores. For more information about PRIMAVERA LIFE, visit www.primaveralife.com

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