Have you ever heard the expression, “I need that like I need a hole in the head?” Well, it turns out that we really do need holes in our heads. Our “holes” are four pairs of hollow, air-filled sacs called sinuses. They are located over the eyes in the forehead, between the eyes, below the eyes behind the cheekbones, and near the center of the head.

In some ways, sinuses are a mystery. Scientists still haven’t unlocked the secrets of all they do. We know that the sinuses may help to insulate the skull, allow our voices to resonate, humidify and warm the air we breathe, and help to reduce the weight of the skull. Whatever their purpose is, they sometimes can be a pain—especially when you end up with a sinus infection or sinusitis (inflammation of the sinuses and nasal passages).

What we do know is that when your sinuses are inflamed, you want relief fast. The problem is, many over-the-counter drugs can make you jittery, tired, or simply feel “off.” Fortunately, there are two powerful fast-acting plant oil ingredients—eucalyptus and myrtle—that clear your sinuses and fight inflammation and bacteria. With this combination, you’ll:

- Relieve sinus congestion from colds, flu, or sinusitis
- Breathe easier
- Feel “clear headed”
- Bolster your immune system
- Fight allergy stuffiness
- Feel relief fast, without serious side effects

For milder sinus concerns, Terry recommends taking Eucalyptus (Eucalyptus radiata) Leaf Oil and Myrtle (Myrtus communis cineole) Leaf Oil up to three times daily.

For more serious sinus concerns, Terry recommends taking Eucalyptus (Eucalyptus radiata) Leaf Oil, Myrtle (Myrtus communis cineole) Leaf Oil and Lemon (Citrus limon) Zest Oil up to three times daily.
they can help increase recovery time significantly. Through trial and error, you may even find a food that is your favorite, eaten frequently, turns out to be your downfall.

Try eliminating the offending food for several weeks and you may be quite surprised at the improvement in the health of your sinuses. I’m not aware of any studies that can support this. However, based on my own personal experience and from the people I have counseled over the years, a change in diet can lead to significant improvement.

Along with these lifestyle considerations, I believe that eucalyptus and myrtle are two of the most effective botanicals for sinus relief and protection from bacteria.

**Sinus Relief from Eucalyptus and Myrtle**

Eucalyptus is one of the most well-known plant oils for clearing the sinuses. In this case, I recommend the oil of *Eucalyptus radiata*. The essential oil of this plant contains 1,8 cineole, alpha pinene, and limonene—compounds that have strong, anti-inflammatory abilities.

Another concentrated plant oil that has been well studied and sold in Europe for more than 75 years is myrtle (*Myrtus communis cineole*) oil. Like eucalyptus, myrtle has antibacterial and anti-inflammatory properties. And, like eucalyptus, myrtle also contains 1,8 cineole, the powerful plant compound. This compound stimulates tiny, fluttering projections in the sinus cavities called cilia to move mucus along more quickly, so you experience even more sinus clearing and comfort.

**Even More Relief from Concentrated Lemon Oil**

For even more sinus relief, you may also want to consider increasing the amounts of the eucalyptus and myrtle oils, along with adding lemon oil for additional sinus-clearing power.

**Concentrated Plant Oils**

The concentrated plant oils I have recommended are potent medicines. They are very different from those that massage and aroma therapists use (sometimes called “essential” oils) outside the body, as infusers, or topically, on the skin. And if you’ve ever used them for their aromatherapeutic properties, you know what a difference these essences can make to your sense of well-being. However, not every plant oil is only intended for external use. In fact, some of them are toxic if swallowed!

That’s why you need to be sure that the plant oils you use for clearing sinuses and preventing infections are meant to be taken internally. These oils have been examined and certified to be the correct plant species, contain beneficial key compounds, be safe for internal use, and are extremely concentrated. In fact, they are up to 100 times more concentrated than herbal extracts.

Because advanced technology is used to take a “fingerprint” of the oil to confirm its identity, you’ll know that the most important compounds in these concentrated botanicals are present to make the product effective. For example, did you know there are over 900 kinds of Eucalyptus trees? While many share similar characteristics, not all of them can clear and protect your sinuses. And there are 2800 varieties of myrtle, but here again; you want to make sure you’re getting the best compounds from the best species. The best concentrated plant oils are tested for purity as well, so you’ll know what you’re getting.

**You CAN Breathe Easy Naturally!**

Chronic problems with sinus infection and congestion can get in the way of enjoying life to the fullest. They not only cause pain and discomfort, they interfere with your ability to savor your meals and smell the flowers. At their worst, they can even interfere with your hearing.

By using the powerful, concentrated plant oils I recommend from eucalyptus, myrtle, and lemon for especially stubborn sinus problems, your congestion will clear in your upper respiratory tract and sinuses. You’ll be amazed at the difference that feeling “clear” again can make!

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.