

A photograph of several amber-colored glass bottles of essential oils with black caps, arranged on a white surface. In the background, there are green plants and some dried botanicals like red berries and leaves. The text is overlaid on a dark grey rectangular box in the upper half of the image.

Essential Oils

(The Top 10 BEST, The 6 for Fighting Allergies, & 4 Better Than Antibiotics...)

By Mike Geary & Catherine Ebeling

The Top 10 Essential Oils: Impressive Benefits

by Cat Ebeling & Mike Geary

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The Top 10 Essential Oils: Impressive Benefits

Essential oils seem to be showing up everywhere lately, but they have been in use for thousands of years for many different types of health, medicinal, meditational and spiritual purposes. **These healing oils work well as a natural medicine without the dangerous side effects.** You can use essential oils effectively for relaxation, a better night's sleep, aromatherapy, cleaning, and alternative medicine.

Essential oils get their power from being distilled or extracted. **Leaves, flowers, bark, peels and many other parts of plants are used in this process.** Essential oils are highly concentrated and it often takes only a drop or two to deliver some amazing health benefits. Essential oils can have many different therapeutic benefits that stem from their antioxidant, anti-inflammatory, antimicrobial properties.

Essential oils have been in use by many different civilizations for thousands of years and have been put to use by the Chinese, Indians, Egyptians, Greeks and Roman civilizations. Today, many of the healing arts use essential oils in their practice such as physical therapists, massage therapists, alternative medicine practitioners, and yogis.

Today even hospitals and midwives use essential oils for their patients to reduce anxiety and pain and improve moods. Essential oils contain some very powerful antibacterial compounds and have been know to fight even the most antibiotic-resistant bacteria!

The Top 10 Essential Oils: Impressive Benefits

How do you use essential oils? Essential oils, molecularly, are very small and are very easily absorbed into the skin. Once they penetrate the skin, they can be absorbed into the blood stream by the tiny capillaries and sent to all parts of the body. They can also be mixed with other carrier oils (like coconut oil) to be spread out over the skin. Because essential oils are highly concentrated as well, they have strong aromatic benefits and once inhaled, are absorbed by the lungs into the body. Some essential oils work well when ingested, but because they are so concentrated, they usually need to be diluted. And essential oils are a wonderful addition to add to your natural personal care products like shampoo, lotions, deodorant, bug spray, and even laundry soap and household cleaners.

Here are some of the top ten essential oils (according to Dr. Josh Axe) and the best ways to use their powerful properties:

1. **Clove**—clove oil is an antibacterial, anti-parasitic, antioxidant oil. It has natural anesthesia properties and can be used for pain. It is often used on wounds to prevent infections, and it has powerful pain-killing properties as well. Mothers often use clove oil for their teething infants since it is safe, natural and powerfully effective.
2. **Eucalyptus**—An invigorating oil that is often used in aromatherapy to help purify the body, and improve sinus and allergy symptoms as well.
3. **Ginger**—We know the value of [ginger](#) and ginger oil is just a more concentrated form of that powerful health elixir. Ginger is well known to reduce inflammation, help digestion, relieve nausea, and improve circulation.

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4. **Lavender**—Lavender oil is a great anxiety reliever, and excellent for sound sleep. Lavender oil also has powerful antibiotic powers and a few drops of will naturally clean and sterilize any surface.
5. **Tea Tree**—Tea tree oil is one of the most powerful anti-fungal, antibiotic oils that you can find and is excellent to keep on hand in a first aid kit for bites, scrapes, and cuts. It also works well for any type of fungal infection, such as athlete's foot or toenail fungus.
6. **Oregano**—Oregano oil has powerful antiviral and antibacterial properties, as well as anti-fungal power. It works well when fighting off a cold or a virus, and can also kill bacterial and parasitic stomach infections. It's a necessary item when traveling overseas to prevent traveler's diarrhea.
7. **Rosemary**— [Rosemary](#) is known to stimulate brain function, so it's great to use when working or studying. Rosemary also contains properties that can naturally thicken hair, so it's great added to shampoos.
8. **Orange**—Orange oil has a very 'happy' uplifting scent, so it's known to improve mood, and works as an antidepressant and a calming agent. Along with the mood lift, it has stimulating properties that can improve digestion, clear up skin, and even work as an aphrodisiac! Orange oil is also a strong anti-fungal and antibacterial. Orange oil contains d-limonene, which has been studied for its application to fight cancer.
9. **Peppermint**—Peppermint oil has been proven to help fitness workouts and help you workout harder and longer. Just add a dab on your wrist or other accessible area before you hit the gym. Peppermint has also long been known to sooth the stomach, improve focus, help reduce fever and stop muscle pain. Who doesn't love the uplifting smell of peppermint?

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10. **Frankincense**—Frankincense is one of the oldest essential oils and has a variety of uses. It has often been used in religious ceremonies and is considered an incense, mood enhancer, stress reducer, anti-inflammatory, and antibacterial and digestive aid. Frankincense oil also works well on the skin to heal wounds and reduce scarring, itching and swelling.

Essential oils are great for beautiful skin. The conventional cosmetic and body care industry contains products that are loaded with dangerous chemicals that can disrupt hormones, cause cancer, and even destroy your skin. Making your own beauty products with natural essential oils is a much better option! Tea tree oil can stop acne breakouts and help heal wounds. Rosemary, sage and lavender oils help to stop hair loss and thicken hair. Lavender and chamomile calms irritated skin, frankincense can reduce age spots, and helichrysum and myrrh make a natural sunscreen.

Don't want to spray on dangerous DEET bug spray?

Make your own with lemongrass, eucalyptus, citronella, peppermint or clove oils. These oils will repel bugs, make you smell good and keep you away from those scary chemical bug sprays!

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Want your own natural first aid kit? So many essential oils work well for killing germs, soothing inflammation, and stopping pain. Try keeping some lavender oil on hand to soothe burns, rashes, bee stings, and heal cuts and scrapes. What's more, the soothing aroma of lavender is very relaxing as well and helps to calm ragged nerves. My favorite addition to a natural first aid kit is tea tree oil—its powerful properties kill infection-causing germs, kill fungus, and help bring on fast healing. Peppermint helps those sore muscles and achy joints, relieves tummy aches, lowers fevers, and helps to get rid of headaches. And don't forget the frankincense—it helps to heal up bruises faster, reduce scars, and get rid of inflammation.

Essential oils can possibly for weight loss too! Cinnamon oil is extremely valuable at keeping blood sugar levels even, keeping you from the resulting insulin and fat storage surge. It's also very effective if you have diabetes. Peppermint oil helps burn fat because it not only helps you workout harder and longer but it also helps to suppress munchies cravings. And don't forget metabolism-boosting ginger oil. A few drops of this can increase your body's ability to burn fat and gain energy!

Not all essential oils are alike, so it's important to get the highest quality therapeutic essential oils, as some of the cheaper ones may be synthetic oils and worthless for health benefits.

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The 6 Most Effective Essential Oils for Fighting Allergies

The 6 Most Effective Essential Oils for Fighting Allergies

Spring allergy season is upon us, and for some of us, that means, itchy red eyes, runny nose, sinus headaches, aches and pains, and for some, even life-threatening asthma. Respiratory allergies are the most common, for the simple reason that we do not have much choice of the air we inhale. Pollens, dust, and other airborne allergens are everywhere, even indoors.

Allergies are closely tied to inflammation, which is also the beginning of many diseases. The key then is to treat the inflammation. Many people, especially those who are eating a standard American diet of processed foods, vegetable oils and sugar have even higher amounts of inflammation. Result—bigger and stronger allergic reactions.

Allergies and allergic reactions have increased over the last fifty years, and continue to grow, while climate change and warmer winters have created longer and longer allergy seasons as well. While allergic folks try to avoid the triggers that cause reactions, often that is impossible with seasonal allergies. You are literally surrounded by allergens in the air.

Allergies are natural substances that the body reacts strongly to—the same as if a dangerous pathogen has entered your body. The immune system goes into overdrive, trying to fight it, all the while releasing immunoglobulins that contain histamine, creating the allergic reaction. The most common allergens include: pollen, dust mites, mold, insect stings, animal dander, latex, medications, and then foods.

The 6 Most Effective Essential Oils for Fighting Allergies

While there are plenty of medications to help with seasonal allergies, they often have undesired side effects, such as sleepiness, dryness, agitation, impaired immune response, and even weight gain. There are some effective alternative natural supplements that help, and essential oils are at the top of the list of safe, natural and effective treatments.

One of the primary ways essential oils help with allergies is to [reduce inflammation](#). Much of what we experience as allergy symptoms is actually the result of inflammation. Tame the inflammation and you tame the response. Essential oils also boost the immune system which can often be run down, fighting the imaginary invaders that allergens are. Essential oils can also help to detox and eliminate parasites, bacteria, viruses, and unhealthy fungal infections. There are also specific essential oils that can mitigate asthma issues, sinus and respiratory problems, and soothe nasal passages, bronchial tubes and even allergic skin reactions.

I put together a list of the most effective essential oils to help overcome allergies, with the help of Dr. Josh Axe's recommendations on utilizing them.

1. Peppermint Oil

Peppermint oil is at the top of the list when it comes to one of the most effective essential oils. Peppermint is a very effective alternative treatment that can help to clear congestion, open airways, unclog the sinuses, and help relieve a scratchy throat. Peppermint is also valuable for coughs, asthma, sinusitis, and bronchitis.

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[This study published in the *Journal of Ethnopharmacology*](#) investigated the effects of peppermint oil on the trachea and the conclusion was that peppermint oil acts as an antispasmodic, making it extremely effective at calming a cough—without the harmful side effects of over the counter cough medicine. [And this study](#) shows the anti-inflammatory effects of peppermint oil, helping to stop the chronic inflammation of seasonal allergies and asthma.

Peppermint oil can be used topically, diffused in the air, or ingested in small amounts. Use about 5 drops of peppermint oil at home to diffuse in the air to help unclog sinuses and open airways. 1-2 drops of peppermint oil can be taken internally to help reduce inflammation in the body. You can also add a couple drops of oil to water, coffee, tea, etc.

Diffuse five drops of peppermint essential oil at home to unclog sinuses and treat a scratchy throat. This will also help to relax the nasal muscles, enabling the body to clear out mucus and allergens like pollen. To reduce inflammation, take 1–2 drops of pure peppermint essential oil internally once a day. To relieve a headache, rub a drop of peppermint oil on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck. To open up and unclog the nose and sinuses, you can also rub a small amount under the nose. I like to mix 10-12 drops of peppermint oil into a few tablespoons of coconut oil and put it in a tiny tupperware container, and then rub the coconut oil and peppermint oil mixture beneath my nostrils each day.

Peppermint is also a mood lifter and helps to make one feel more energetic and alert, and has even been shown to increase and improve your fitness workouts.

The 6 Most Effective Essential Oils for Fighting Allergies

2. Lavender Oil

Lavender oil has a variety of uses, and is a great oil to keep on hand for many different ailments. Lavender oil is excellent for seasonal allergies because it contains natural antihistamines which help to tone down your body's reactions to pollen, dust, animal dander and other airborne allergens. Lavender oil is also an effective antibacterial cleaner in the home and can be used to disinfect many surfaces safely without creating the super bacteria that many toxic household cleaners do.

Rubbing a small amount on the palms and inhaling it periodically helps to clear your sinuses and reduce inflammation. It also smells great! One idea is to carry a few cotton balls with lavender oil in a container during allergy season, so you can use it as needed. Or try dabbing a bit on the forehead, cheeks and chest.

This oil is mild and will not irritate the skin. Lavender oil is also especially soothing for allergic reactions like rashes, blisters, insect bites, etc. You can rub directly on the affected area or add a few drops to a cool compress. Lavender is also very calming and relaxing and works well at nighttime near your bed. Use a diffuser for its anti-inflammatory, soothing properties and to help you sleep better. You can also try several drops of lavender oil in your hot tub or in a hot bath at night to help relax you before bed. Add some [epsom salt](#) with your lavender in a night time bath for the extra benefits of magnesium for relaxation and muscle recovery.

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3. Basil Oil

Basil has very powerful antioxidant capabilities, along with its anti-inflammatory properties. Basil also helps to not only strengthen the immune system, but it also has the ability to reduce the inflammation from allergies. Basil oil helps to balance and support the adrenal glands, which has much to do with lowering stress response, and balancing other hormones in the body.

Basil is also a [scientifically proven](#), highly effective antibacterial, antiviral, anti-inflammatory substance. Basil is also very effective at fighting yeasts and molds and can help ward off an asthma attack or other illnesses such as colds and flu.

Dr. Josh Axe recommends one drop of basil oil taken internally by adding it to foods such as soups, drinks, salad dressings, etc. For the respiratory system, add 2-3 drops basil oil to a couple drops of coconut oil and apply topically to chest, back and temples.

4. Eucalyptus Oil

Eucalyptus oil is that refreshing, slightly medicinal, menthol smell that helps to open up the sinuses and bronchial tubes. That cold, slightly numbing feel it produces in the nose actually [helps to improve breathing](#).

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Citronellal, one of the primary ingredients in eucalyptus, [helps to treat and prevent respiratory infections](#) as well as helping reduce the inflammation from allergies, according to a 2011 study in *Evidence-Based Complementary and Alternative Medicine*. Patients who were treated with eucalyptus spray reported an improvement in the severity of their most debilitating respiratory tract infection symptoms compared to participants in the placebo group.

Diffuse 5 or so drops of eucalyptus at home in your diffuser or apply it topically to the chest, back or temples. You can also try adding a couple drops of eucalyptus oil to a bowl of boiling water, and place a large towel over your head to keep the steam in, inhaling deeply for 5-10 minutes. This helps to treat any respiratory issues and any inflammation from allergies.

5. Lemon Oil

Lemon oil's fresh, sunny smell will help to drain the lymph system (part of the immune system that cleans toxins and pathogens out of the body), and soothe respiratory issues. Lemon essential oil also fights bacteria, molds and viruses, all the while boosting your immune function. Lemon oil is especially effective, when diffused, [at killing bacteria, molds and other allergens that are airborne](#).

Lemon water is also a great detox aid, stimulating the immune function by increasing white blood cell production. On the other hand, it helps to detox the liver, which helps to calm down the immune system and protect against overreaction to allergens. You can also add a couple of drops of lemon oil to water to help balance the body's pH. Generally, when the body becomes too acidic, you become more prone to illnesses, so it's a good idea to keep the pH in balance.

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Lemon oil, with its fresh, clean, yummy smell also helps to kill germs and mold around the home, which are often allergic triggers as well. It works as well as bleach, without any harmful side effects. Add lemon oil to your laundry, or dilute with water for cleaning.

6. Tea Tree Oil

Tea tree oil should be on hand in everyone's medicine cabinet. It has an amazing variety of uses from antibacterial to antifungal and everything in between. Tea tree oil is not to be ingested, but is safe for use on the skin without dilution. Tea tree oil works well for skin irritation, such as redness, inflammation, and even swelling from poison ivy or allergic rashes, insect bites and other allergic reactions.

Tea tree oil has the ability to destroy bacteria, molds and viruses that are airborne. [A 2000 study](#) conducted in Germany found that tea tree oil exhibits antimicrobial activity against a wide range of bacteria, yeasts and fungi. These microbes lead to inflammation and force our immune system to work on overdrive.

Use tea tree oil on rashes and hives, or use as a household cleaner to eliminate bacteria and mold—common triggers for allergies. While tea tree oil can be used directly on skin, if you are sensitive, as many allergic people are, you can dilute with a carrier oil first.

Other effective uses for essential oils include taking 1-2 drops of lemon or peppermint oil internally to calm down an allergic reaction from foods; tea tree oil or basil oil work well on rashes, as well as lavender oil.

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Use lemon oil and tea tree oil for cleaning around the house by adding about 40 drops of lemon oil, and 20 drops of tea tree oil to water and a small amount of vinegar. This kills bacteria, molds, dust mites, viruses and also catches any animal dander or pollen that may be floating around or sitting on the surfaces of your home.

And lastly, combining 2 or 3 drops of peppermint, eucalyptus, and lavender oil together with coconut oil, makes a great massage oil, especially on the temples, back, chest and bottoms of the feet for allergies.

Essential oils are powerful aids in fighting off the effects of seasonal and other allergies, but combined with a clean healthy diet that eliminates all processed starchy foods, grains, sugars, and chemical preservatives, and is high in fresh, organic, antioxidant filled veggies goes a long way towards calming allergic reactions.

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4 Essential Oils More Powerful Than Antibiotics

4 Essential Oils That Are More Powerful Than Antibiotics:

Antibiotic overuse is creating monstrous superbugs that can cause incurable infections, serious illnesses, amputations, and even death. Antibiotic overuse in the beef, pork and poultry business, in human medications, and even antibacterial hand soap and cleaners has created a new breed of bacteria that is antibiotic-resistant. Latest news shows some new bacteria strains that are totally resistant to ALL forms of current antibiotics! It's really only a matter of time before these bacteria become out of control and even more deadly.

Antibiotics kill off the all-important microbiome existing in our bodies, that does everything from helping protect and preserve the immune system, prevent overgrowth of dangerous bacteria, fungus and viruses, but it is now known that these beneficial bacteria also affects moods, anxiety and depression and overall wellbeing. After antibiotics, it may take up to a year or more to regrow the healthy populations of essential beneficial bacteria in the gut. My best advice to you is to avoid antibiotics if at all possible and to try a natural approach first. Essential oils offer a first line of defense against antibiotic resistant and common bacteria—as well as yeasts and fungus. Certain essential oils can be as effective—if not more effective—at doing the job that antibiotics do—without the harmful side effects.

In one study of essential oils' effectiveness against certain bacteria, ten different essential oils were tested for their antibacterial activity against 22 bacteria and fungi. It was found that lemongrass, eucalyptus, peppermint and orange were effective against all 22 bacteria and fungi.

How Antibacterial Essential Oils Can Help You

4 Essential Oils More Powerful Than Antibiotics

Essential oils have been scientifically proven to fight many bacteria, even the antibiotic-resistant bacteria as well as—or better than conventional antibiotics and antifungals which are harmful to your health. Essential oils work against candida, staph, salmonella, E.coli, giardia and more.

Hospitals are fighting a losing battle trying to stay a step ahead of antibiotic-resistant bacteria. Some of these bacteria are deadly and resistant to every known antibiotic and can spread very easily within hospitals from patient to patient. Essential oils are now being used in many hospitals as an alternative to the powerful and dangerous synthetic medical antibiotics.

Another strain of resistant bacteria that has recently developed is the MARCoNS bacteria which is a type of staph. It actually has the ability to protect itself from antibiotics by forming a protective film.

MARCoNS is a tricky strain of bacteria defined as multiple antibiotic-resistant coagulase negative staph. MARCoNS is challenging because it has this unique ability to protect itself from treatment, even antibiotics, by forming a protective biofilm. Biofilms can cause deadly infections and are very resistant to most antibiotics, but cinnamon oil has been found effective against this deadly bacteria.

Traveling is especially risky for being exposed to new and dangerous bacteria, fungi, and parasites, especially in underdeveloped countries that don't have good sanitation or water supply. You can also be exposed to dangerous bacteria and other pathogens through the air, as in airplanes when in close contact with others. Oregano oil and other essential oils are very effective in fighting off these invaders when traveling without the side effects of antibiotics.

4 Essential Oils More Powerful Than Antibiotics

Let's take a look at the top four most versatile and powerful antibiotic essential oils:

Tea tree essential oil

Tea tree oil is one of my favorites for powerful antibiotic activity. It is one of the few essential oils that can be applied directly to the skin. Tea tree oil is effective for infections, scrapes, cuts, burns, and even skin conditions like eczema, psoriasis, acne, and even warts. I especially like it for fungal infections like athlete's foot and nail fungus.

Tea tree oil, or malaleuca oil, has had numerous studies done on its ability to kill even superbug bacteria like MRSA (methicillin-resistant staphylococcus aureus). [And this study from 2013](#), showed tea tree oil not only killed powerful antibiotic resistant bacteria, but also significantly speeds up the healing time compared to conventional treatments.

Tea tree oil can also be used in a diffuser to help kill cold or flu virus, stop a sinus infection, or clear up nasal or chest congestion.

Oregano essential oil

4 Essential Oils More Powerful Than Antibiotics

Oregano has been used by the ancient Greeks and Romans for more things than just seasoning their food. Oregano oil is a powerful antibiotic and has been used for years to treat wounds and infections on the skin. Its ability to knock out an infection has shown effective even against staph infections. It is also antiviral, antioxidant, antifungal, anti-parasitic, anti-inflammatory, and has anesthetic (pain-relieving) properties as well! Its two active ingredients, carvacrol and thymol have very powerful antibacterial and antifungal properties. A [2001 study](#) from Georgetown University found the oil to be as effective as most antibiotics and is especially effective against fungus like athlete's foot and toenail fungus.

Oregano oil can kill off a sinus infection just by inhaling the steam from a few drops of the oil in water. Oregano oil can also stop pneumonia in its tracks as well—even the antibiotic-resistant types of bacterial pneumonia.

If traveling, don't forget your oregano oil capsules. Common parasitic infections such as giardia lamblia can make you extremely ill with debilitating diarrhea, fever and stomach pains for several weeks. But oregano oil has been shown to be highly effective against giardia, E.coli, salmonella, campylobacter, and staph. The key is to take regularly in foreign countries, and increase the dose if you feel any symptoms of illness.

Oregano is best taken on a short term basis (no more than two weeks at a time).

Cinnamon essential oil

4 Essential Oils More Powerful Than Antibiotics

Besides its great aroma, cinnamon oil is one of the strongest antibacterial oils of all of them, according to some research. A study in [2006 study](#) on cinnamon oil and bacteria such as staphylococcus aureus, E. coli, pseudomonas, and klebsiella show cinnamon oil to be more powerful than even other antibacterial oils including clove, rosemary, geranium, lime, orange and lemon. Cinnamon oil is also effective against common dental bacteria that cause cavities and root canal procedures. Cinnamon oil works well added to toothpaste or you can make your own. Using cinnamon oil in a diffuser or steamer will add a delicious fragrance to your home and also help to kill off airborne bacteria.

Cinnamon oil has other amazing benefits too. It's a powerful antioxidant, digestive aid, blood sugar stabilizer and blood circulation booster. It can relieve depression, stimulate the immune system, and combat cardiovascular disease. It also works as an antiparasitic, and anti-inflammatory. Oh, and it's an effective remedy for impotence too. Cinnamon oil contains the active ingredients eugenol, cinnamaldehyde, and phellandrene.

Clove essential oil

Clove oil has been a favorite of new mothers for years as a soothing relief for baby's teething pains or for toothaches. It's been used for toothaches since the 1600's when dentistry was not at its best, but it's thought that it's been in use for over 2000 years. In one study, it was shown that clove oil had the same effect as benzocaine. What's more, clove oil can actually help to re-calcify teeth, as well as prevent cavities.

4 Essential Oils More Powerful Than Antibiotics

Clove oil also contains the same active ingredient as cinnamon oil, eugenol. Clove oil came out second only to cinnamon oil in studies of essential oils effectiveness against common bacteria and candida albicans. Clove oil has been shown to be as effective as the conventional medication, nystatin, in treating yeast infections, as well as intestinal parasites. Clove oil is also especially good at treating acne, as it can kill the bacteria responsible for causing acne breakouts, as well as warts, coughs, colds and asthma.

4 Essential Oils More Powerful Than Antibiotics

Read These Next...

* [These 23 "healthy" foods HARM your metabolism & pack on belly fat](#) (avoid these!)

* [1 Simple trick to REVERSE your Diabetes, naturally](#) (while getting off drugs ASAP)

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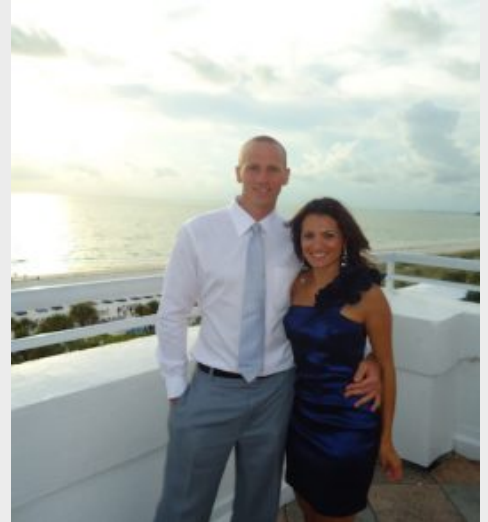
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Who is the Nutrition Watchdog?

Mike Geary:

Hey there my fellow nutrition/fitness/health/foodie enthusiast! My name is Mike Geary and I've been a Certified Nutrition Specialist and Certified Personal Trainer for over 15 years now, as well as a best-selling author of 5 different books/ebooks with more than 1.2 million copies sold in the last 10 years (I'll list out all of my best-selling books/ebooks for you later.)



I've also been studying nutrition and exercise for almost 25 years now, ever since I was about 15 years old and used to carry around a little book called "The Vitamin Bible" with me everywhere I went. I know, I know...what a **nerdy teenager** I must have been, right? Oh well, at least it gave me my healthy obsession with Nutrition from a very young age, and I've continued to immerse myself in the study of health and nutrition for the last 25 years of my life.

I just turned 40 this year, but I feel WAY better and healthier than I was 20 years ago when I was in college. This just shows that you don't have to gain weight and let your health fall apart as you get older. Instead, you can decide to get SMARTER with what you put inside your body, and make yourself feel younger even though your chronological age keeps getting older.

Who is the Nutrition Watchdog?

And if you think eating “healthy” means eating nothing but dry flavorless chicken breasts and broccoli, you’re sadly mistaken... Here’s a quick glance at some of the great quality enjoyable food (that’s still very healthy as I’ll explain throughout this blog), that I LOVE to eat every day, yet that I know is protecting my health...

- Organic coffee or espresso with REAL heavy cream (pasture-raised cream of course) and a small touch of coconut sugar (for the [awesome health benefits you can get from grass-fed dairy fat as I explain here](#))
- 2-3 WHOLE eggs most days of the week, along with grass-fed sausage and veggies (I certainly HOPE you already know that [whole eggs are WAY healthier than egg whites](#), right?)
- Delicious high-fat foods like creamy avocados, butter, coconut cream/oil, dark chocolate, walnuts, almonds, pecans, macadamias, and even paleo muffins made out of delicious nut flours instead of the typical blood-sugar destroying and glutenous wheat flour. You can see my [article here with 7 of my favorite lean-body fatty foods](#).
- Grass-fed steaks, organ meats, veggies with melted pasture-raised cheese, sweet potatoes with real butter, and other rich-tasting but healthy dinners
- A tasty and healthy glass of red wine with dinner (Too much might not be healthy, but 1-2 glasses per day can be very heart-healthy, but also [good for your gut health as explained here](#))
- Delicious rich and creamy [healthy chocolate pudding recipe](#), or maybe my [healthy chocolate superfood fudge recipe](#)...Mmm! Btw, here’s another super-tasty [healthy coconut oil fudge](#) from our Paleohacks blog.
- and so much more tasty treats that many people don’t realize can fit into a healthy lifestyle.

Who is the Nutrition Watchdog?

I grew up in Pennsylvania, attended a small college called Susquehanna University, spent 8 years living in New Jersey, and finally have found a permanent home and happiness in the incredibly beautiful rocky mountains of Colorado and Utah. I enjoy skiing most days during the winter in Utah and spend a lot of time mountain biking, hiking, golfing, fishing, kayaking, paddle boarding, gardening, and enjoying other fun outdoor activities and sports here in the mountains.

Although this has nothing to do with nutrition per se, you might want to know just a tad bit more about my personality and what I do for fun when I'm not writing about health, so.... As an avid adventurer, here's some incredibly fun stuff I've done in the last 10 years:

Who is the Nutrition Watchdog?

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 6 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a “Zero-Gravity Flight” where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in the Andes of Chile and the Canadian Rockies of British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-foot visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Driving Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico for 3 weeks.
- Dog sledding in the Arctic circle of Sweden, along with staying at the famous Ice Hotel in northern Sweden, made entirely of ice!
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, Sweden, Hawaii, Dominican, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, Croatia, France, and all over the US/Canada.

Who is the Nutrition Watchdog?

You may have heard before that I authored what's become sort of a famous program over the years for six pack abs enthusiasts...a book/ebook called [*The Truth About Six Pack Abs*](#) that has sold over 1 Million copies in the last 10 years. This ebook has also been translated currently into Spanish, German, Italian, Portuguese, and French as seen below:

[German version of Truth About Abs](#)

[Spanish version of Truth About Abs](#)

[French version of Truth About Abs](#)

[Italian version of Truth About Abs](#)

[Portuguese version of Truth About Abs](#)

I'm also super-passionate about skiing and I've authored a program [here for hard core skiers to get their legs in the shape of their lives for the skiing season](#). Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel, if that's one of your goals!

Other popular best-selling books/ebooks that I've written are [*The Top 101 Foods that Fight Aging*](#) (all about anti-aging foods, spices, herbs, and other tips), [*The Fat Burning Kitchen*](#) (super-popular manual that I co-authored with Cat Ebeling), and a fun little ebook called [*Do THIS, Burn Fat — 101 Sneaky \(but simple\) Weight Loss Tricks*](#) (co-authored with Jeff Anderson.)

I'm also the President and owner of the [#1 most popular Paleo Community on the internet, PaleoHacks.com](#). You can always check for updates at the [PaleoHacks blog here](#).

Who is the Nutrition Watchdog?

I'm also a contributing author and advisor for one of the biggest [alternative health sites on the internet, called TheAlternativeDaily.com](#).

In addition, I'm a contributing author and advisor for [DanetteMay.com](#), and Danette is a good friend and one of the top women's fitness experts in the country.

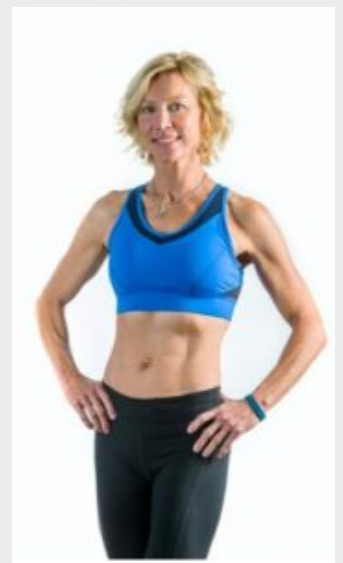
Okay, enough about me! The purpose of this blog isn't about me...I created this blog to help YOU live a healthier, more energetic and youthful life, and actually ENJOY the food you eat, and enjoy the exercise that you do! It's all about happiness in LIFE, and much of that health and happiness starts with one of THE most important aspects of your life...what you EAT!

You can go back to the [homepage of this blog here](#) to browse current articles, recipes, and more.

-Mike Geary, aka – The Nutrition Watchdog

Catherine Ebeling:

Catherine (Cat) Ebeling is an RN, BSN (Bachelor of Science in Nursing) with a background in physical therapy and over twelve years as a nationally certified fitness professional.



Who is the Nutrition Watchdog?

After learning that she had several food allergies at the age of 20, as well as celiac disease—an autoimmune disease of the GI tract in which the body attacks the digestive system—she started looking for solutions. Undiagnosed celiac disease can lead to malnutrition, osteoporosis, anemia and many other serious diseases, including cancer.

Once she figured out what caused her health issues, she studied every nutrition and diet book available to find out the best way to be healthy and avoid those foods that she was allergic to.

Cat has had more than thirty years of intense study in diet, nutrition, disease and natural alternatives to drugs for health issues. As an RN and part of the medical community, it became very clear that there was a lot of ignorance among doctors and her peers in regard to nutrition and health, so she often became a resource for both doctors, other nurses, and patients for their dietary concerns.

Through the study of diet and health, as well as her work as a fitness professional, she has learned tried and true ways to lose weight, get healthier, look great, feel young and have tons of energy. Cat has been able to educate thousands of readers worldwide with her many articles on diet and health in her website, www.simplesmartnutrition.com.

This “simple, smart, nutritional” approach has created real results for many people. In addition, through her intensive study of diet, health and nutrition, she has helped many people overcome serious health issues, reduce their medication, lose weight and regain their youth and energy.

Who is the Nutrition Watchdog?

Cat is currently traveling, observing and studying diet and health issues around the world, and working on her Masters degree in Nursing and Public Health. She has traveled to Puerto Rico, Mexico, Canada, St. Thomas, Costa Rica, Belize, Columbia (South America), Italy, Germany, France, Spain, Morocco, Thailand and Cambodia.

Catherine graduated Magna Cum Laude with a Bachelor of Science in Nursing from St. Louis University, a prestigious medical and scientific university. She also has an Associate's Degree in Physical Therapy, and a BS in Marketing. In addition, she is a certified Personal Trainer and Nutrition Consultant.

Cat has been an athlete since she was a child, participating in track, gymnastics and cheerleading. Throughout her active adulthood, she has pursued many activities including running, weight lifting, aerobics, spinning, water skiing, snow skiing, competitive mountain, cyclocross, and road biking. Cat attributes her success in athletics as well as her youthful, healthy outlook to a healthy diet and exercise.