

## Use Essential Oils For Your Health

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Essential oils actually have many purposes besides just smelling good. An example is Tea Tree oil, promoted heavily by Dr. Oz, it can be used for so many things from cold sores, acne, and dandruff to minor cuts and burns. Essential oils may also be used as an alternative to antibiotics, which is both a cheaper and healthier alternative. Per [Massagemag.com](http://Massagemag.com) they could also be used to combat drug-resistant hospital superbugs according to research presented in Scotland recently, even though essential oils have been used for hundreds of years. According to the article

["Use Essential Oils to Fight Superbugs,"](#)

"the essential oils of thyme and cinnamon were found to be particularly efficient antibacterial agents against a range of Staphylococcus species. Strains of these bacteria are common inhabitants of the skin and some may cause infection in immunocompromised individuals. Drug-resistant strains, such as methicillin-resistant Staphylococcus aureus (MRSA) are extremely difficult to treat." Makes you want to go out and purchase some essential oils, huh?

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