

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## **Tea Tree Oil – Part I**

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It seems like there has been a rash (literally) of people lately breaking out with various skin conditions. In addition, they've usually had it for several months before telling me about it – as if by ignoring it, it might go away. Instead, it gets worse and travels to different areas of the body, and gets harder to treat.

I have been telling people to think about using Tea Tree essential oil in addition to the other therapies that they are trying. Tea Tree Oil can easily be added to ointments or oils that would be beneficial for the skin condition that needs treating. For example, Tea Tree Oil is easily added to Complete Tissue and Bone ointment, and gives it an anti-bacterial edge.

### **Why Tea Tree Oil?**

Tea Tree Oil is the essential oil steamed distilled from the Australian plant *Melaleuca alternifolia*. This oil is anti-fungal, anti-bacterial, anti-biotic, anti-microbial, anti-septic and anti-inflammatory. This is definitely something you want to add to your first aid kit. Tea Tree Oil seems to be one of a few essential oils that can be applied directly to the skin, although we generally recommend using a carrier with all essential oils.

Tea Tree Oil once healed a persistent infection that had been treated with conventional antibiotics for 12 months! It is a very potent oil.

### **History of Tea Tree Oil**

Tea Tree Oil has been around for a long time. Thousands of years ago, Australian aborigines were crushing the leaves and using them for medicine. During World War II, the Australian Government commandeered all of the Tea Tree Oil for the use of the military. The soldiers in the Pacific carried Tea Tree oil in their first aid kits. After the war, Tea Tree Oil fell out of fashion for awhile, as everyone embraced anti-biotics. Fortunately, in the late 70's interest in Tea Tree Oil started up again.

### **What Do I Use Tea Tree Oil For?**

Tea Tree Oil is an excellent alternative to topical anti-biotics that may need to be used every day. This oil has been used with great success for psoriasis, sores, eczema, rashes, thrush, foot odors. It is also used for cuts, stings, burns, bites, acne, vaginal infections, sore throats, cold sores, and warts. It can be used for infected or ingrown toenails. You can use it in shampoo to treat dandruff. Tea Tree Oil works well for athlete's foot. It can be beneficial for chicken pox. New uses are being discovered all the time.

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