

Actions: Antibacterial, antimalarial, antifungal, antipyretic, antiseptic, stimulates mucous secretions, diaphoretic.

Active against: Malaria, *Staphylococcus aureus*, *Shigella dysenteriae*, *Haemophilus influenzae*, enterobacteria, *Escherichia coli*, *Pseudomonas aeruginosa*, *Candida albicans*, *Klebsiella pneumoniae*, *Salmonella* spp., *Helicobacter pylori*. The essential oil is effective against just about every microbe.

About Eucalyptus

Eucalyptus is excreted from the body through the lungs and urine. It is therefore especially useful for upper respiratory and urinary tract infections. Test results by researchers throughout the world have confirmed eucalyptus as one of the agents with the broadest spectrum against antibiotic-resistant disease. Though there has been a great deal of research on its effects in animals, there has been little in humans other than its long historical use by indigenous peoples and, subsequently, medical practitioners of many countries. One major advantage of the herb and essential oil is that its scent is pleasing, especially in a sickroom and to the sick. This uplifting odor of the herb is in its own way a powerful additive to the healing process in that it helps alleviate the inevitable depression attending long and severe illness.

Preparation and Dosage

The leaf can be prepared as tea, powder, tincture, gargle, nasal spray, steam inhalant, smoke, or douche. The essential oil is used as an inhalant for aromatherapy.

Tea: 1 ounce (25 g) herb in 8 ounces (237 ml) water, steep 30 minutes. Use as external wash for infected wounds or up to 6 times a day internally for colds, sore throat, bronchial congestion, fevers, chills.

Antimalarial Properties

Note: Though I have been unable to find any clinical trial data for the use of eucalyptus as an anti-malarial agent, it has been found specific (and powerful) for that microbial disease in several *in vitro* studies. Historical use, both in indigenous practice and in medicine, shows it to be specific as a treatment for malaria as well as typhoid, diphtheria, and influenza, especially with attending fetid conditions such as upper respiratory infection with foul breath or fetid catarrh, infected wound with foul discharge, foul diarrhea, vaginal infection with foul discharge, and gangrenous conditions.