



Aromatherapy vs MRSA: Antimicrobial essential oils to combat bacterial infection, including the superbug

Maggie Tisserand

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Addressing the challenge of serious infection, especially MRSA, in hospitals, in the community, and in animals, Maggie Tisserand focuses on the scientifically proven effects of antibacterial essential oils, and their usefulness in managing infection, including the 'superbug'. She profiles the key essential oils - tea tree, manuka and thyme - covering everything from habitat, chemistry and commercial uses to the latest scientific research that proves their effectiveness against bacterial infection, and how they should be used. She also includes information about other methods that have been shown to help with the management of acute infection, including allicin from garlic, silver, manuka honey and phage therapy.

Breaking new ground in the field of essential oils, this scientifically based but accessible book will be essential reading for aromatherapists, health professionals and everyone interested in effective ways in which to combat infection and stay healthy. With the increase in antibiotic-resistant bacteria and the danger of bacteria staying alive on surfaces and clothing, it is in the interests of every therapist and practitioner to be aware of these threats and instigate preventative measures.



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