

Ways of Protecting Yourself from Viruses

Anti-virals are substances that kill viruses in general.

There are many natural anti-virals, for example–

- **SALINE (salt water)**
- **TEATREE OIL**
- **EUCALYPTUS OIL.**

Do Anti-virals Work?

Some minerals are natural anti-virals. Salt preserves. And it does so by killing bacteria AND viruses. The University of Edinburgh found that gargling with salt water each day reduced colds and flu by 50%. The chloride in salt is used by cells to make hypochlorous, which is a strong antiviral.

Some oils are natural anti-virals. The University of Brisbane found that when influenza virus was sprayed onto a pad that had previously been sprayed with Teatree oil, all the influenza virus was destroyed within 1 minute. Eucalyptus oil also works.

How to Apply Teatree oil or Eucalyptus oil?

Put 3 drops in a nebuliser with 2 ml of saline. Take 3 breaths from the nebuliser each morning. This will reduce the viral load in your nose, throat, and lungs – and help you to fight off any viral infection.

Hypertonic saline nasal irrigation and gargling should be considered as a treatment option for COVID-19

Sandeep Ramalingam et al

Inactivation of Airborne Influenza Virus by Tea Tree and Eucalyptus Oils

[Oleg V. Pyankov](#), [Evgeny V. Usachev](#), [Olga Pyankova](#) & [Igor E. Agranovski](#)

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