

American College of Healthcare Sciences

Where Tradition Meets Science. Since 1978.

Antibacterial, antifungal, and antiviral effects of three
essential oil blends

02

Meet Our Experts

03

ACHS Essential Oil Summary

04

Essential Oil Blogs and Blends

05

Contacting ACHS

All rights reserved. © American College of Healthcare Sciences 2021

5005 S. Macadam Ave, Portland, OREGON •

[achs.edu/consumer-disclosures](https://www.achs.edu/consumer-disclosures) • DEAC ACCREDITED

Who we are

About ACHS

ACHS has a heritage of excellence in education that spans over 40+ years of teaching complementary alternative medicine (CAM), Aromatherapy, and Integrative Holistic Healthcare. We offer uniquely tailored programs that focus on occupational health and wellness professional clinical protocols in an easily digestible online learning platform.

ACHS programs are designed for student success. The goal of our educational models has focused on learning outcomes offered in a low stress, easy to understand manageable modules with research, a science-based curriculum taught by industry-leading practitioners in a collaborative experiential learning environment.

Why Complementary Alternative Care for the Current COVID-19 Crisis?

Awareness and competency of integrative and holistic health practices stimulate outside-the-box thinking and can arm providers and patients with tools that directly address stress and environmental wellness. Now more than ever, all members of health care teams and the public need access to evidence-based practices and inputs that support self-care and resiliency.

Fostering self-care and resiliency benefits all of us globally as we learn to live within a new normal that is filled with stress and uncertainty.



DORENE PETERSEN, BA, DIP.NT, DIP.ACU, RH (AHG)

ACHS President, Principal, and CEO

Email: dorenepetersen@achs.edu

The American College of Healthcare Sciences was founded in 1978 by Dorene Petersen in New Zealand. She later opened additional branches in Australia and Hong Kong. Today, ACHS is housed entirely on the U.S. campus located in Portland, Oregon.

In May 2009, the College officially changed its name from the Australasian College of Health Sciences to the American College of Healthcare Sciences. The name change celebrated the College's 20th anniversary of operations in the United States and better represented the College's long-term goals as an Institute of Higher Learning in the U.S. In 2018, ACHS celebrated four decades of excellence in holistic health distance education.

ACHS President Dorene Petersen holds a BA in Archaeology and Anthropology from Otago University, New Zealand, a Diploma in Natural Therapeutics from the South Pacific College of Natural Therapies in Auckland, New Zealand, and completed specialized training in Chinese herbal medicine and moxibustion. She has also completed part one of the Advanced International Training Program in essential oils at Purdue University.

[Find out more](#)



AMANDA LATTIN, BA, MAT, DIP. AROMA., MH, RA

Professor & Aromatherapy Program Chair

Email: amandalattin@achs.edu

Amanda Lattin has had a passion for growing and using nutritional and medicinal plants since she planted her first garden at age six. She followed this passion and inquiry while finishing her B.A. in Chemistry at Huntingdon College. She performed research on Ionic Liquids, the Study of Chinese Culture through Chemical Analysis, and Transitional Metal Oxides in Tattoo Pigments. She also traveled to China with Huntingdon College to share water quality research after the opening of the Three Gorges Dam.

Amanda continued her education by completing her Master's of Teaching with a concentration in Chemistry at Lewis and Clark College. There her thesis designed curriculum about the Geochemistry of the Oregon John Day Region. After teaching chemistry at West Linn High School, Amanda returned to her interest in medicinal plants and began studying essential oils with Dr. Kurt Schnaubelt at the Pacific Institute of Aromatherapy. She continued her studies by completing her diplomas in Aromatherapy and Herbal Studies at ACHS. Amanda also trained for a year in Applied Kinesiology with Dr. Robert Ciprian, DC, D.I.B.A.K.

[Find out more](#)



ACHS Summary

Presented by:

President Dorene Petersen

Professor Amanda Lattin

Antibacterial, antifungal, and antiviral effects of three essential oil blends

Excerpt of Published Paper:

Abstract:

New agents that are effective against common pathogens are needed particularly for those resistant to conventional antimicrobial agents. Essential oils (EOs) are known for their antimicrobial activity. Using the broth microdilution method, we showed that (1) two unique blends of *Cinnamomum zeylanicum*, *Daucus carota*, *Eucalyptus globulus* and *Rosmarinus officinalis* EOs (AB1 and AB2; cinnamon EOs from two different suppliers) were active against the fourteen Gram-positive and -negative bacteria strains tested, including some antibiotic-resistant strains. Minimal inhibitory concentrations (MICs) ranged from 0.01% to 3% v/v with minimal bactericidal concentrations from <0.01% to 6.00% v/v; (2) a blend of *Cinnamomum zeylanicum*, *Daucus carota*, *Syzygium aromaticum*, *Origanum vulgare* EOs was antifungal to the six *Candida* strains tested, with MICs ranging from 0.01% to 0.05% v/v with minimal fungicidal concentrations from 0.02% to 0.05% v/v. Blend AB1 was also effective against H1N1 and HSV1 viruses. With this dual activity, against H1N1 and against *S. aureus* and *S. pneumoniae* notably, AB1 may be interesting to treat influenza and postinfluenza bacterial pneumonia infections.

These blends could be very useful in clinical practice to combat common infections including those caused by microorganisms resistant to antimicrobial drugs.

[Read Original Paper](#)

ACHS Summary

The results and conclusion of the paper indicate the blend AB1 demonstrated in vitro antiviral activity against H1N1 and HSV1 viruses, particularly " For example, eucalyptus EO and its compounds 1,8 cineole and β -caryophyllene exhibit an anti-HSV1 activity by directly inactivating free-virus particles and might interfere with virion envelope structures required for entry into host cells (Astani, Reichling, & Schnitzler, 2011; Astani et al.,2010)".

This blend would then be appropriate for diffusing, for cleaning, or for inhalation and has the potential to interact with free virus particles that have not entered cells yet. We do not know if antiviral activity against H1N1 would carry over to COVID-19 as they are different classes of viruses. The antibacterial action is not as relevant in COVID-19 has clinical data has shown no indicators of secondary bacterial infections as present with influenza.

Blend

Inhalation Formula Master Blend (5ml)

1.60 ml *Eucalyptus globulus* CT cineol (leaf)
1.60 ml *Cinnamomum zeylanicum* CT cinnamaldehyde (bark),
1.33 ml of *Rosmarinus officinalis* CT cineol (leaf),
0.47 ml of *Daucus carota* CT carotol (seed)

Same formula to 1ml if needed for production paperwork:

0.32 ml *Eucalyptus globulus* CT cineol (leaf)
0.32 ml *Cinnamomum zeylanicum* CT cinnamaldehyde (bark),
0.26 ml of *Rosmarinus officinalis* CT cineol (leaf),
0.10 ml of *Daucus carota* CT carotol (seed)

Diffuse 3 to 4 drops for no longer than 30-minute intervals, 2 to 3 times daily in well-ventilated area.

For topical application:

Add 1 ml to 100 ml of carrier oil for a 1% dilution. Apply 1 tsp (5ml) over the desired area 3 times a day. If any irritation occurs, discontinue use. Discontinue use after (DP how long?)

Please note, this dosage would equal about 3 drops a day of this formula. *Cinnamomum zeylanicum* CT cinnamaldehyde (bark) essential oil is a known skin irritant and sensitizer and is in a .32% dilution rate in this prepared formula.

1. Loizzo, M. R., Saab, A.M., Tundis, R., Statti, G. A., Menichini, F., Lampronti, I., Gambari, R., Cinatl, J., & Doerr, H. W. (2008). Phytochemical analysis and in vitro antiviral activities of the essential oils of seven Lebanon species' *Chemistry & Biodiversity*, 5(3):461–470. <https://doi.org/10.1002/cbdv.200890045>
2. National Institutes of Health. (2020, March 17). New coronavirus stable for hours on surfaces. <https://www.nih.gov/news-events/news-releases/new-coronavirus-stable-hours-surfaces>

Essential Oil Blends, Blogs, and Free Education



Essential DIY Aromatherapy

Supplies for DIY Hand Sanitizer and Wipe

By now, we all have our handwashing technique down and are practiced at the physical distancing dance. We have all mastered the method of using disinfecting wipes for every touched surface and hand sanitizer even though handwashing is best.

But what can we do when our stash of disinfecting wipes and hand cleanser /sanitizer is running low, and the supermarket shelves are empty? Or, if you are like me, a recycle reuse junkie and are fretting at filling up the landfill with all those packaged wipes, get started on DIY, disinfecting wipes, and hand sanitizer. It is so easy that even the kids can get involved, under your supervision, of course.

As an added plus, essential oils are a perfect combo with homemade hand sanitizer, disinfecting wipes. Though there is no essential oil or a blend of oils that are active against the Sars-Cov-2 virus there is some limited, in vitro, and in vivo, research that shows essential oil activity against other viruses. Just like bacteria, all viruses are not alike (some have an outer envelope, and some do not and will not react the same way on surfaces or in the body). [1]

[Read the Blog](#)

Calm is Contagious

Essential Oils for staying calm in a crisis

During this crazy time, when everything feels out of our control, it feels good to tackle the things you can control such as your stress level. Our new Calm is Contagious Blend will help take the edge off and give you that tranquil vibe that is eluding us all right now. Diffuse it or add to a nasal inhaler and inhale deeply, or try combining Calm is Contagious Blend with your favorite carrier oil (I added some of mine to the collection) for a luxurious moisturizing rub after a bath. If you prefer you can even add this carrier oil blend to your bath and enjoy a de-stress soak. Another effective way to use it is to add it to argan oil which is great for hair health and give yourself a deep scalp massage and leave on overnight. De-stress and healthy hair!

Now breathe and enjoy

Note: When diffusing, don't exceed 30-minute intervals and diffuse in well-ventilated areas.

Calm is Contagious Blend

Lavender Lavandula angustifolia oil: 20 drops
Ylang ylang Cananga odorata var. genuina essential oil: 15 drops
Marjoram Origanum majorana essential oil: 10 drops
Neroli Citrus aurantium var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.

[See The Collection Now](#)

Immune Support

Essential Oils for immunity

Certified organic and pesticide-free essential oils may support an already healthy lymphatic and immune system when administered as a part of a wider holistic immunity support approach. We have curated a collection of our favorite healthy immune system support oils along with our favorite diffusers for you to use and enjoy as part of your daily wellness support. To use inhale via a diffuser. Inhaling oils is the fastest way for them to enter the bloodstream. Choose a single oil from the collection or a blend of the oils (any combo will work as long as it smells good to you) and shake well. Use 3-5 drops in the diffuser and enjoy. Note: When diffusing, don't exceed 30-minute intervals and diffuse in well-ventilated areas.

[See The Collection Now](#)

Essential Oils for Immune Support

Cedarwood Atlas Essential Oil Organic
Black Pepper Essential Oil Organic
Basil ct. Linalool Essential Oil Organic
Chamomile, Roman Essential Oil Organic
Cistus Essential Oil Organic
Clove Bud Essential Oil Organic
Oregano Essential Oil Organic
Elemi Essential Oil Wildcrafted
Lemon Essential Oil Organic
Frankincense ct. α -pinene Essential Oil Organic
Pine Essential Oil Organic
Cajuput Aromatherapy Essential Oil Organic
Eucalyptus globulus Essential Oil Organic
Lavender Essential Oil Organic
Tea Tree Australia Essential Oil Organic
Tea Tree New Zealand ct. Triketones Essential Oil
Niaouli Essential Oil Organic
Vetiver Essential Oil
Cinnamon Essential Oil Organic
Ginger Essential Oil Organic
Rosemary ct. 1,8-cineole Essential Oil Organic
Carrot Seed Aromatherapy Essential Oil
Three Thieves Essential Oil Blend Organic

FREE ONLINE CLASSES



[Connect to Free Classes](#)

ESSENTIAL OIL SAFETY GUIDELINES

HOW TO SAFELY USE AROMATHERAPY ESSENTIAL OILS WITH CONFIDENCE



[Download Your Guide](#)

Where tradition meets science.

About ACHS

[American College of Healthcare Sciences](#) is a world-renowned accredited online college. Our mission is driven by the principles and vision of our president, [Dorene Petersen](#), who founded the college in 1978 as a pioneer in holistic health education.

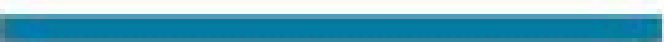
We award degrees, diplomas, certificates and microcredentials in Integrative Health, Aromatherapy, Holistic Nutrition, Herbal Medicine, and an MBA with Specializations in Integrative Health & Wellness and Sustainable Business.



Want to learn more?

Fill out a form to request more information and one of our helpful admissions advisors will get in contact with you to discuss your educational goals.

We look forward to hearing from you!



Request Information

Free Education

Enjoy and share our free online Continuing Education (CE) classes. We want to do all we can to help during these difficult times and have made these resources free. Together we are amazingly strong, resilient, and educated!

Connect to Free Classes

Free Ebook

View ACHS's guidance on essential oil safety and best practices in our Ebook Essential Oil Safety Guidelines.

Download The Guide

Holistic Health Blog

The ACHS blog, which made the [Best Holistic Health Blogs of 2020](#) list, covers all aspects of holistic health and wellness - Aromatherapy, Herbal Medicine, Holistic Nutrition, Coaching, Wellness, and more!

Read and Subscribe

Enjoy these free essential oil blend recipes:

CALM IS CONTAGIOUS BLEND

- **Lavender** *Lavandula angustifolia* oil: 20 drops
- **Ylang ylang** *Cananga odorata* var. genuina essential oil: 15 drops
- **Marjoram** *Origanum majorana* essential oil: 10 drops
- **Neroli** *Citrus aurantium* var. amara essential oil: 2 drops

You will need a separate empty bottle to blend the oils together in. Blend all the oils and shake well.

Please note, the marjoram essential oil in this formula can be substituted with Roman chamomile or clary sage essential oil.



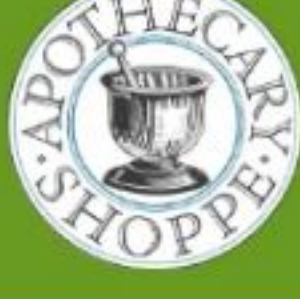
<https://www.apothecary-shoppe.com/>

CLEAR MIND ROLL ON

- **Peppermint** *Mentha x piperita* (L.) oil: 5 drops
- **Lavender** *Lavandula officinalis* oil: 5 drops
- **Eucalyptus** *Eucalyptus globulus* oil: 5 drops
- **Lemon** *Citrus limonum* oil: 5 drops
- **Carrier oil** or blend of oils of your choice: 1 Tablespoon (4 % dilution ratio)

Blend the essential oils and carrier oil in a glass beaker or another glass container that is easy to pour from.

Fill a 1 or 10ml roll-on bottle and roll on to any tight areas on your shoulders, neck, and temples. Do not get it near your eyes. If there is any blend left over, store it in a glass bottle or jar with a lid.



<https://www.apothecary-shoppe.com/>

If you are excited to try out these DIY blends, head over to the [Apothecary Shoppe](#) where we specialize in certified organic and pesticide-free essential oils and wellness supplies!