

## Tea Tree Wild, Australia (*Melaleuca alternifolia*)

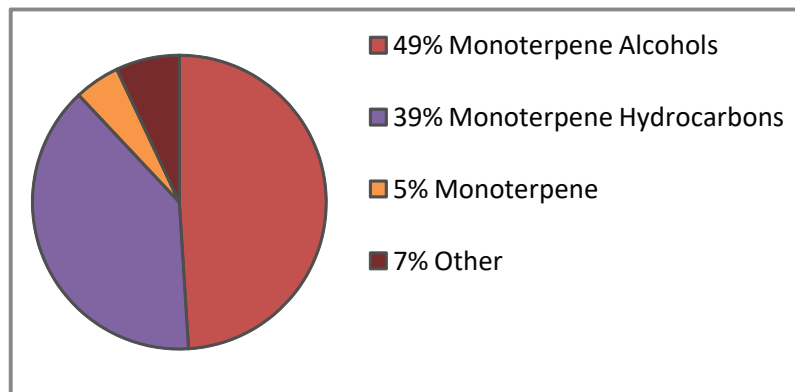
Tea Tree (*Melaleuca alternifolia*) is a member of the Myrtle tree family and is native to Australia. In the 1770's, the British explorer Lt. James Cook, brewed tea from the leaves to prevent scurvy and named it Tea Tree. The Aborigines of Australia highly valued tea tree and used the crushed leaves for the healing properties of cuts, burns, infections, protection, spiritual cleansing, healing rituals for sickness, and to clear energy blockages.

In the 1920's, Tea Tree, was popular in its use dentistry and surgery to clean wounds and prevent infections because it's natural antiseptic properties. Tea tree was considered more effective the accepted antiseptic used at the time. During World War II, producers were exempt from the military service until a large supply of the essential oil was accumulated. Military personnel were issued tea tree oil as part of their survival supplies to treat infections and wounds. Today Tea Tree is used in soaps, disinfectants, shampoos, and other personal care products.

**Primary Usages:** Highly beneficial to combat bacterial and viral infections (infectious diseases, cold sores, herpes, shingles, MRSA, vaginitis, cystitis, pruritus, staph, strap, Candida, Thrush, chicken pox, athlete's foot, natural disinfectant), assists with skin issues (rashes, cuts, bruises, blisters, sunburn, acne, warts, abscess, regenerates tissue, inflammation, dandruff, wounds), and respiratory issues (bronchitis, asthma, congestion, tuberculosis, sinusitis, whooping cough, colds, flu).

**Secondary Usages:** Insect repellent (bites, stings, lice, fleas) and dental care (gingivitis, gum disease, mouth sores).

**Has Been Reported:** Considered an immune and lymphatic stimulant, assists emotional trauma (mental stress, distrust, heals old emotional wounds, guilt, shock, hysteria, depression).



**Descriptor:** Antimicrobial, Anti-Viral, Anti-Fungal, Antiseptic, Antibacterial, Insecticide, Expectorant, Regenerative, Immune Stimulant, Anti-Depressant

**Application:** Apply topically or diffuse.

**Caution:** Possible skin irritant. Highly

antibacterial so use with caution. Main chemical about 40% terpinen-4-ol

**Found In:** Allergy Free, First Aid

**Influences:** Allows the letting go of pain and trauma. Cleansing and uplifting.

**Medicine Wheel:** A Primary North.

**Blends Well With:** Bergamot, Black Pepper, Cinnamon, Clary Sage, Clove, Cypress, Eucalyptus, Geranium, Juniper Berry, Ho-Leaf, Lavender, Lemon, Marjoram, Myrrh, Nutmeg, Oregano, Peppermint, Pine, Rosemary, Rosewood, Spruce, Thyme

**Recipes:** Used one drop on the toothbrush while brushing to disinfect. Use one drop with water as a mouthwash. For lice, mix several drops of Tea Tree with the shampoo and wash hair. Repeat process.