

# Thing or Two About Essential Oils



Antibacterial treatments currently used for treatment cause several side effects, and bacterial resistance to the antibiotics is also increasing. Therefore, there is need to find better alternatives. Essential oils (EOs) have been used for treatment of various ailments since ancient times and have gained popularity over the years. Safety and efficacy of EOs have been proved by several clinical trials.

## DID YOU KNOW?

- **Lemon Essential Oil** shows therapeutic antifungal activity, potential against three *Candida* species!
- **Clove Bud Essential Oil** is widely used in dentistry as an antioxidant, anti-fungal and antibacterial agent. It was found to possess inhibitory effect on multi-resistant *Staphylococcus*.
- **Cinnamon Essential Oil** possesses antimicrobial effects in treating the growth of various isolates of bacteria including Gram-positive, Gram-negative, and fungi. Studies also suggest that this power house of an essential oil has anti-parasitic, antioxidant, and free radical scavenging properties.



**Dr. Ilona Fotek**

*Always seeking natural ways to help her patients.*

