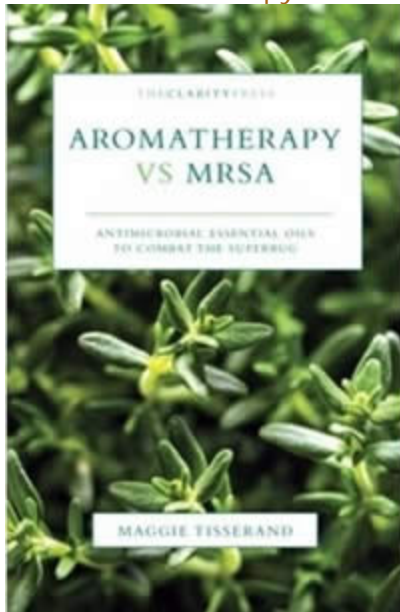


# Aromatherapy vs MRSA: Antimicrobial Essential Oils to Combat the Superbug

by Maggie Tisserand  
listed in [aromatherapy](#)



This book particularly interested me because of its current relevance and scientific basis. I appreciated its small, light, and manageable size.

In the introduction Maggie notes that "Each chapter stands alone, as do each of the appendices, and the book is designed more for reference than light reading." I read the book from cover to cover, even though my instinct was to go straight to the chapters on essential oils, as that was my main interest. I enjoyed it all the more for doing so.

I knew some details about MRSA from the press and news, and over the years have read various articles about essential oils used in relation to MRSA; as a result I always recommend NHR Organic Oils floral waters to spritz in the hospital room if a client is going into hospital. Part one of the book gives a history and understanding about MRSA, its effects and shows the seriousness and scale of the situation, I certainly won't hold back in recommending the spritzes in the future.

Maggie also covers other effective methods of treating MRSA including Silver, Garlic and Manuka, which I found especially interesting, as it explains how this works.

I felt a little bit dubious about the title of the book, because of some people's interpretation of 'Aromatherapy' and wonder whether 'Essential oils vs MRSA' could be more appropriate, although this is specified in the sub title "*Antimicrobial Essential oils to combat the superbug*", which provides more clarity on what the book presents.

## **What I got out of Reading this Book**

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I have a greater understanding of the science of the bacteria MRSA. I feel as though I've had a revision session on essential oil chemistry and a great reminder of the importance of the chemical make up of an oil. I feel more confident about talking to people about using essential oils for their antimicrobial effects, as my understanding of this is deeper.

There are also a couple of oils, Lelechwa and Agonis, that I was unfamiliar with, which I intend to look into, and perhaps consider adding to the NHR Organic Oils range. Having spent the last 3 years really feeling how many of the oils support me and bringing them into my every day life, which I find to be the best way to share the oils with clients, this book allows me an insight of how the oils are supporting others in completely different situations that I am not exposed to, but now feel confident in sharing with others especially because of the clear and concise instructions on wound care in Appendix V1.

Overall the book highlights to me how current medicine is always playing catch up with illness and disease. Maggie Tisserand has put together a book that scientifically supports the potential essential oils can have in helping humanity get to better medicine with facts, research and figures.

She comments in Acknowledgements that she is a "non-medical, non-scientific person", which I think is part of the reason the book is very open for anyone who is willing to begin taking more responsibility for their own health support in doing so.

I would recommend this book to the following people:

- Any one suffering with MRSA, or friend or relative of sufferer. Part 3 gives a lot of practical simple instructions on how to use the oils to support self;
- Any one facing a hospital appointment, especially more fragile cases, Appendix IV gives a thorough guide to preparing;
- Any one being prescribed antibiotics, especially those receiving repeat doses as the book gives a great understanding of their misuse, and may give an understanding of why someone gets repeated infections, or symptoms persevere;
- All Aromatherapists, the book in general will increase awareness about the oils and how to use them;
- Any one with an interest in learning more about essential oils/aromatherapy, and how it can support them;
- Any one of the many people I come across who "don't believe in essential oils' or who are surprised that Lavender 'actually works' when they've used it for various symptoms.

I will be keeping this book on my desk for reference and feel certain that it will be used frequently; thank you Maggie for your work and patience in putting this together in a simple and informative way.

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Reviewer

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[Laura Hoy](#)

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