

FOUR THIEVES OIL RECIPE

This blend was created from research about a group of 15th century thieves and grave robbers who rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended these thieves disclosed the formula of herbs, spices and oils they used to protect themselves in exchange for more lenient punishment.

This blend of therapeutic-grade essential oils was tested at Weber State University for its potent antimicrobial properties. Thieves Oil was found to have a 99.96% percent kill rate against airborne bacteria. The oils are highly antiviral, antiseptic, antibacterial, and anti-infectious and help to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, and more.

Here is the recipe for the mixture. Place the oils into a small brown glass bottle in the amounts listed below. Swirl, lightly shake, or use a non-reactive stirring device (non-metal).

- Clove oil (*Syzygium aromaticum*) 200 drops or 1/2 ounce.
- Lemon oil (*Citrus limon*) 175 drops
- Cinnamon Bark oil (*Cinnamomum verum*) 100 drops
- Eucalyptus oil (*Eucalyptus radiata*) 75 drops
- Rosemary oil (*Rosmarinus officinalis*) 50 drops

How to Use the Oil Mixture:

Apply 1-2 drops of the mixture to bottoms of feet

Apply few drops to palms of the hand, nape of the neck, under the arms, chest, or stomach and rub into skin.

Also could be put under the nose if you are around other sick people – this is what the grave robbers did.

Use in small spray bottle and mist the air in home and car. You could also place mixture in a pan of water and place on stove (or wood stove) during the fall, winter and spring; diffuse for about 20 minutes.