

Bronchitis

Female, 27; presented with bronchitis consequent to influenza – fever, hacking cough, expectoration of thick green mucus, frontal and occipital headache; tonsils slightly enlarged, pain in ears and throat. A course of antibiotics had not improved her condition.

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Clinical features/PMH

- Sinusitis (4 years ago), alleviated by avoiding dairy food; pleurisy (2 years ago); bronchitis three or four times in recent winters 'when run down' (treated by antibiotics)
- Sensitive to certain foods, especially bread (which caused bloating) and cheese (headaches); nausea from fatty foods; also felt drunk after small amounts of alcohol
- Loose motions, with stools often yellowish
- Recently some pre-menstrual tension and bloating
- Diet good (vegetarian + fish)

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Treatment

The aim was to resolve the immediate infection by the use of strongly antimicrobial essential oils, as well as expectorants, demulcents, and anti-tussives; attention was also paid to draining the liver and gall-bladder and to reducing parasympathetic tone.

1. EO *Thymus vulgaris* (Thyme)
EO *Satureja montana* (Winter Savory)
EO *Eugenia caryophyllus* (Clove Bud)
EO *Cinnamomum zeylanicum* (Cinnamon Bark)

1 capsule 6 times a day for 2 days, then 3 times a day for 8 days

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- 2. EO *Melaleuca quinquenervia* (Niaouli) 4 ml
 - EO *Melaleuca alternifolia* (Tea Tree) 1 ml
 - EO *Mentha piperita* (Peppermint) 5 gtt
 - EO *Thymus saturoides* (Thyme) 10 drops
 - EO *Origanum vulgare* (Oregano) 2 drops
- Inhale from nebulizer for 5 mins at least 3 x daily

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3. Tincture/fluid extract

Fumaria officinalis (Fumitory)

Silybum marianum (Milk Thistle)

Inula helenium (Elecampane)

Glycyrrhiza glabra (Liquorice)

Althaea officinalis (Marshmallow)

Lobelia inflata (Lobelia)

7.5 ml in water 6 times a day for 2 days, then 3 times a day for 8 days; to be gargled before swallowing

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Outcome

At the follow-up consultation three weeks later, the bronchitis had resolved, though some residual chest sensitivity remained. In contrast to her former pale, drawn appearance, the patient looked well, having gained 8 or 9 lb (4 kg) since her recovery.