Debunking Medical Myths: Essential Oils And Covid-19: What'S The Deal?

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WHAT DO WE KNOW?

SARS-CoV-2, the virus that causes the COVID-19 disease is extremely dangerous. We've learned that COVID-19 can cause painful body aches, loss of taste and/or smell, and significant difficulty in breathing. COVID-19 is particularly dangerous in groups with diabetes, asthma, and high blood pressure. Additionally, racial and ethnic minorities are at very high risk for contracting the virus due to complex barriers in the healthcare system.

HOW ARE ESSENTIAL OILS INVOLVED?

Although there is no one established treatment, existing research indicates that special anti-viral drugs. Additional studies have suggested that polyherbal oil could substitute for a formal drug regimen in emergency circumstances (1).

Additionally, some researchers believe essential oils can block inflammation (2) and destroy viruses (3).

SHOULD COVID-19 PATIENTS USE ESSENTIAL OILS?

NO!

The scientific evidence does not support the use of these substances to treat COVID-19 properly. Until a full-scale clinical trial is performed, such use should be avoided.

YOU SHOULD:

INFORM CLOSE CONTACTS

VISIT THE EMERGENCY ROOM

MONITOR YOUR TEMPERATURE & BREATHING