Eucalyptus

Did you know...

Eucalyptus is a powerful antihelminthic capable of expelling parasitic worms (helminths) and other internal parasites from the body?

Although there are numerous herbs with antiparasite properties that kill microorganisms, very few are strong enough to kill worms. Eucalyptus can now be added to a short list that includes Neem and Thyme.

Scientific Studies

The Google search engine has been connected to the National Library of Medicine’s PubMed/Medline database for approximately six years. Searches on the word Eucalyptus and parasitic worm species such as Strongyloide, Ascaris and Taenia turned up several interesting studies. A search on the word Eucalyptus and a parasitic Protozoan organism also turned up an interesting study.

Credibility is defined as “the quality or power of inspiring belief.” Studies that are archived in the National Library of Medicine are prestigious because the publications are peer-reviewed. The editors do not decide which papers are published. The papers are sent to a group of the authors’ peers prior to publication and they decide.

Citations tell readers the source of information. The following list contains the titles of scientific studies about Eucalyptus found in the National Library of Medicine archive (PubMed/Medline). The name of the publication is italicized. I have written et al. after the lead author’s name. Et al. is defined as an abbreviation for the Latin phrase et alia which means “and others.”

Also:

( Amazon) BODi: Eucalyptus Leaf - 100% Pure Natural Powder (4 8 16 32 oz) Superfood Immune Boost Breathing Inflammation (4 oz), $8.50 for 4 oz $11 for 8 oz $16 for 16 oz free shipping

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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3703330/

**Notes, Mary Jo (from the study):** In concentrations of 0.05, 0.01 and 0.15 ml/ml, respectively, all the oil samples showed potent anthelmintic activity as compared to that of the standard drug albendazole at a concentration of 10 mg/ml. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3141301


**Notes, Mary Jo (from the study):** EsEO efficacy against goat gastrointestinal nematodes was 76.57% at 15th day after treatment. E. staigeriana essential oil showed in vitro and in vivo anthelmintic activity. https://www.ncbi.nlm.nih.gov/pubmed/20609526


**Notes, Mary Jo (from the study):** Young’s modulus of the new-growth part of the cortex in Eucalyptus extract treated-hair increases in comparison with placebo hair (hair was thicker) https://www.ncbi.nlm.nih.gov/pubmed/19156331


**Notes, Mary Jo (from the study):** The results provide an excellent record of eucalyptus oil as antimicrobial agent and suggest its potential application for beverages preservation. Additional studies should be conducted to confirm the potentiality of eucalyptus essential oil in order to use it as a preservative in other food models. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4142273

**Hulda Regehr Clark, Ph.D.**

Hulda Clark (1928-2009) was an independent naturopathic research scientist and author who searched for the cause of cancer for over fifteen years. She built a sound resonance device to detect particle-level quantities of parasites, heavy metals and pollutants that she concluded were the cause of most diseases including cancer. In the last book she wrote before she died, Hulda identified Eucalyptus as a powerful herb that can kill worms. She recommended Eucalyptus tea.

**Steps for Making Eucalyptus Tea**

To make Eucalyptus tea, you will need Eucalyptus powder (preferably organic), a teaspoon, or measuring spoon, a mug, and a pan to boil Spring Water. Hulda recommended 18/10 stainless steel that does not leach metal into food or water. Walmart’s Web site has 18/10 stainless pans. Search for a 1 or 2 quart sauce pan.

Pans that are used to make tea will eventually stain. This stain can be removed with Vitamin C powder (also from Hulda).

To make tea, use your mug to measure the amount of Spring Water you plan to drink. Bring the water to a boil and then turn off the stove. Add 1/2 teaspoon of Eucalyptus powder to the pan or your mug and let the tea steep for 2 minutes.

I discovered coffee makers can be used to make tea. Coffee pots hold 72 ounces and I use three English Breakfast tea bags with slightly more than 1/4 of a teaspoon of Neem powder to make Neem iced tea by placing the ingredients in an unbleached coffee filter. I store the tea in Mason jars. I have not yet made Eucalyptus tea in a coffee maker. I would like to try making Eucalyptus tea with a 1/2 teaspoon of powder in a coffee filter (for a 12 ounce mug). Three teaspoons of powder would be required for for 72 ounces. I’m also planning to try Eucalyptus powder with English Breakfast tea. When I read Hulda’s last book in 2008, I remember that Eucalyptus is strong and it overwhelms the flavor of any other beverage. I have a feeling that the best Eucalyptus tea is made with just powder.

If Eucalyptus Iced Tea is a success, I may alternate this tea with Neem Iced Tea made with English Breakfast tea bags.