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shock of the Oil of Melaleuca, Inc. failure had settled, he realized that he now had the chance to start something new, something that had been hovering at the back of his mind for years.

He embarked on a quest for knowledge. He consulted marketing gurus, direct-sales experts and FDA attorneys. From them he took what he thought was the best and incorporated it into his own methodology. What he came up with was a risk-free plan with a low monthly production requirement well within the scope of any American household.

The plan was elegant in its structure, economically sound—and innovative. VanderSloot was no longer in pursuit of a dream but possessed of a viable strategy to facilitate it. It was to become no less than the ‘Melaleuca Way.’

### THE MELALEUCA WAY

“Give a man a fish; it feeds him for a day. Teach him how to fish and he can feed himself for a lifetime.” VanderSloot’s idea was not to give away opportunity but to empower people to make their own. And from the well of this simple philosophy have sprung many statements and slogans which are at the heart of the Melaleuca experience:

- “No one must get hurt from what we do.”
- “The magic is in helping others reach their goals and not in trying to reach our own goals.”
- “No amount of wealth will bring true happiness if it is gained unethically.”
- “We are not a multi-level company...Multi-level marketing has been used to con [people] into money-making schemes. We have never done that.”
- “We don’t have a right to be here unless we are marketing the best products for the best prices at the best value of anybody in this nation.”
- “Don’t quit your job.”
- “We’re telling about Melaleuca, not selling it.”
- “The marketing and delivery of exceptional products at reasonable prices has been the key to our success.”

Hundreds of thousands of people are now taking advantage of the opportunity to compete against the huge conglomerates. Marketing Executives are pulling customers away from these giants in tens of thousands by using Melaleuca’s unique Marketing Plan.

However, when VanderSloot hears his Executives enthusing about his “wonderful Marketing Plan,” he gives them a few home-truths. “I feel that sometimes there’s a tendency for people to perceive that it’s the Marketing Plan that brings us our success. It is not so.” His conviction is deep on this matter. “Without having the best products that money can buy, we don’t really have an excuse to be here.”

### THE BEST OF SCIENCE AND NATURE

It is for this reason that he was determined that, in the future, Melaleuca would use only those products that were the very best in nature, as supported and guided by scientific research. VanderSloot sought tirelessly to form relationships with pharmacists, nutritional experts, allopathic and homeopathic doctors, herbal experts, and scientists from all fields. His aim was to sort out the product wheat from product chaff.

As an illustration of how VanderSloot spent his time during this period, here’s an example of one of his contacts. Frank located a doctor who was something of an expert on tea tree oil. For more than ten years, this man had been using the oil in his practice to treat a wide variety of complaints. Frank spent the entire day with the doctor, extracting every scrap of information he could about the uses of tea tree oil and the various mixtures used to treat different complaints. They must have been mutually impressed with each other because when Frank established Melaleuca, Inc., the man became a loyal customer. So much so that in 1986 the doctor published his first book about Melaleuca products. Then, in 1995, the doctor greatly expanded his book and called it the *Melaleuca Guide*. It is said that the test of time is the true judge of all things. If so, his books have passed with flying colors, since over 700,000 copies have been sold. In fact, a historical footnote is that this worthy doctor has since moved on to other things. However, the book in your hand at the moment, *The Melaleuca Wellness Guide*, is a new and radically-revised book, but is still based on all the tried and tested product knowledge from the original *Melaleuca Guide*.

### THE PIONEER PRODUCT: MELALEUCA OIL

To create the exceptional product line he needed for the new company, VanderSloot had to have a dependable supply of high-grade *Melaleuca oil*. He went to great lengths to secure a crop which could propagate a superior tree line. No two strains of the *Melaleuca alternifolia* tree provided the same quality of oil. His investigations took him to Australia. The best stands of *Melaleuca alternifolia* trees are in an area called the Bungawalbyn Reserve.<sup>TM</sup> The Bungawalbyn varieties produce genetically-superior trees that give the highest quality oil. The properties of the tree were so highly thought of by the local Aborigines that the very word *Bungawalbyn* means ‘healing ground.’ Thus, VanderSloot was able to secure exclusive rights to oil harvested from natural stands; these Bungawalbyn trees had never been treated with herbicides or pesticides.

Under Melaleuca’s incentive, the growers sought out more robust and higher-yield trees, took seedlings from them, and from this superior line began establishing plantations of trees. The enthusiastic participation of the Australian growers was ensured by Melaleuca who supported them through years of poor yields, and the growers responded with a greater diligence in producing the highest-quality yield possible.

## PREFACE

Every week we see the same headlines in the newspapers “Head Lice Shampoo Cancer Scare”...“The Age of the Superbug is Here”... “Household Chemicals and Pollution Linked to Cancer”...“Acne Treatment Damages Skin Cells”... and so on.

We are now just beginning to wake up to the fact that the synthetic chemical cocktails we encounter during the course of a lifetime—hairsprays, cosmetics, deodorants, polishes, detergents, toothpastes, perfumes, aftershaves, first aid treatments, medicines, air fresheners, etc.—are systematically weakening our bodies. It is undeniable that our health is beginning to suffer. Where will it all end?

Germ, bacteria, and other parasites are evolving to beat their chemical killers. The “superbugs,” including MRSA (Golden staph), thrive. Mystery illnesses are on the increase. Do we then try to make stronger chemicals? You bet we do!

Are we not forgetting one simple, fundamental fact? Bacteria is a basic, one-celled form of life, and these chemicals are harmful to all life—including our own!! When we use harsh chemicals against bacteria we can also unbalance and even destroy our own body cells, too.

I am not denying that synthetic medicine was, and is, a great gift. But it is its indiscriminate use, in addition to all other synthetics and chemicals, that is causing the problem. Over fifty years ago society started to turn its back on nature, and the chemical industry took center stage. We seemed to forget that we were part of nature and that to turn against it, we would be turning against ourselves. It is only now that we are beginning to pay the price.

Now, wouldn't it be marvelous if we could find a safe, non-toxic, non-irritating substance that would play a role in replacing many of the strong chemicals in our cupboards? Well, we have!

Here is a product that is made by nature, for nature. It is a completely natural, topical, clinically proven anti-bacterial and anti-fungal substance. It has anti-inflammatory, immune system strengthening, pain killing, and wound healing qualities. It also exhibits anti-viral, expectorant, and balsamic characteristics.

All this, and it can be used as a powerful antiseptic, parasiticide and insecticide. AND it's also kind to our skin cells. The pure Tea Tree oil of the *Melaleuca alternifolia*, works with the body, not against it. Research shows it has rapid results against the new “20th Century Superbugs” including MRSA.

I still find it ironic that if man had made such a synthetic substance and had spent millions of dollars on the development program, it would have been hailed as the wonder of the century. Everyone would have known about it, and everyone would be utilizing its many properties. But because Tea Tree oil is found in nature, it is viewed with suspicion.

The sooner we all once again wholeheartedly embrace a more natural approach in both medicine and in industry, the sooner we will begin to stem the tide of the so called “superbugs” and “mystery illnesses.”

## THE TEA TREE OIL STORY

To trace the history of the “healing Tea Trees” we have to start on the North Eastern coastal region of New South Wales, Australia—the only place in the world where the *Melaleuca alternifolia* tree yields the “real” Tea Tree oil.

We then have to travel back centuries, long before Australia was “discovered,” and long before scientific evidence began, to a time when Australia belonged to its native inhabitants, the Aborigines. In particular, the Bundjalong Aborigines inhabited the wetlands around the Bungawalbyn Creek and, according to legend, were well aware of the medicinal qualities of their many “healing trees.” Although not documented, it is widely understood that they treated various wounds and skin infections with an early form of poultice made from crushed leaves and warm mud from along the banks of the creek. The poultice was excellent for drawing out infection and healing the skin.

These Aborigines also used the healing waters of the pools in the area which were surrounded by the trees. Falling leaves and twigs leached their “magical” healing liquid into the water, turning it a deep yellowish color. The Aborigines bathed and washed in this natural healing “spa” to treat any number of conditions from sore muscles to serious diseases. Maybe this is why they named the area “Bungawalbyn” in the first place. The name means “healing ground.”

The “healing trees” did not become commonly known as “Tea Trees” until around 1770 when Captain Cook, along with a botanist named Joseph Banks and the crew of The Endeavour, used the leaves with their distinctive aroma to brew a spicy and refreshing “tea.” It is most unfortunate that they did not “discover” and publish the unique healing qualities of the “Tea Trees.” But according to the account of that time, they drank the essence in varying concoctions, even alcoholic beverages such as a “Tea Tree beer.”

Thus the name “Tea Tree” became popular, especially with the first “white” settlers who colonized the low-lying areas around the Clarence and Richmond Rivers. From the 1790's on, they watched and learned from the Aborigines how to use the leaves and waters in various inhalations, poultices, and rubbing mediums. Because these first settlers rarely had medical or botanical backgrounds, there was no real “scientific” evidence recording the healing qualities of the Tea Trees. The European community was very skeptical of these “anecdotal stories.” It could not have helped that the Aborigines were often thought of as primitives from an uncivilized world. In the words of the settlers, “They didn't want to work or better themselves...they were always disobedient and lazy.” Thus the healing remedies, along with the Aboriginal way of life, were treated with contempt.

As new settlers arrived, they struggled to clear the harsh native vegetation to make way for settlements and dairy farms. They cursed every Tea Tree for its hardy and persistent hold on its own natural habitat. The Tea Trees tenaciously survived drought, fire, flood, and


 CHAPTER THREE

# IS YOUR HOME A HEALTHY HOME?

*How common household chemicals may gradually be making you and your family sick.*

by John K. Beaulieu

## IS YOUR HOME A HEALTHY HOME?

It's alarming but true—scientists and doctors have discovered that there is a connection between our health and the use of common everyday household chemicals. If yours is the typical home, you probably use dozens of cleaning and personal care products, purchased at the local grocery store, which contain chemical ingredients that could be harmful to your health and the health of your loved ones.

Since World War II, there has been a dramatic rise in the number of man-made chemicals we use in our homes. The typical home now contains over sixty-three hazardous products that together contain hundreds of different chemicals.<sup>1</sup> At the same time there has been an equally dramatic rise in the incidence of certain chronic health problems. Research indicates that it is more than coincidence that the dramatic rise in these various diseases has coincided with the increased use of hazardous, man-made chemicals in the home.

## HAVE WE ALWAYS BEEN THIS SICK?

Around the turn of the century the cancer incidence rate was about one in fifty. Today, one in three Americans will suffer with cancer, with that number expected to reach one in two early in the next century. Cancer is the number two killer of adults and the leading cause of death from disease in children.<sup>2</sup>

The incidence of central nervous system disorders like Alzheimer's and Multiple Sclerosis increases annually.

Birth defects are on the rise as well. Over 150,000 babies are born with defects each year for reasons unknown. Another 500,000 babies are

miscarried early in pregnancy each year with an additional 24,000 miscarried late in pregnancy or stillborn.<sup>3</sup> Infertility is increasing and widespread with over 2 million couples who want children and are unable to conceive.<sup>4</sup>

Asthma was also once a very rare disease. Now the condition is extremely common. The asthma rate has tripled in the last twenty years with nearly 20 to 30 million Americans currently afflicted.<sup>5</sup>

Attention Deficit Disorder in adults and children is rising. In 1993, 2 million children took the drug Ritalin so they could sit still long enough to learn. In 1995, that figure doubled to approximately 4 million, and is expected to reach 8 million by the year 2000.<sup>6</sup>

You or someone you know has probably been touched in some way by one of these illnesses. What could be causing these, and other health problems, to rise and afflict so many otherwise healthy people? Although other factors are involved, more and more scientists are linking these ailments to long-term chemical exposure. And, for most of us, our greatest exposure to chemicals is right in our own homes! We breathe chemical vapors from household products in the air; we absorb chemicals into our skin while using household products to clean our homes or make our bodies clean and smell good; and we swallow small amounts of chemicals when we gargle, or when we eat food from dishes that have been cleaned with chemicals and still contain a thin residue. The home is also where over 1.5 million young children are poisoned each year, and most of the time they are poisoned by a cleaning or personal care product!<sup>7</sup>

## WHY I WROTE THIS ARTICLE

I realize that you are probably not aware of the potential health hazards present in many household cleaners and personal care products. Unfortunately, most people are not. It is for you that I have written this article. I am not a chemist or a doctor, and I am not trying to promote myself as an expert on household chemicals. However, I have done considerable research on this subject because I want to provide the safest, healthiest home I possibly can for my own wife and children. What I learned is so convincing that I feel I must share it with you and others as best I can.

In this article, you will find quite a bit of information on the connection between household chemicals and your health. I have tried to provide information from the most credible and objective sources possible. You may find the information shocking and very disturbing, as I did. But I want you to know that I do not mean to frighten you. I simply

3 H. Needleman & P. Landrigan, *Raising Children Toxic Free* (Farrar, Straus, & Giroux, 1994).

4 Doris Rapp, *Is This Your Child's World?* (Bantam Books, 1996).

5 Mary Ellen Fise, *Indoor Air Quality* (Consumer Federation of America, 1997).

6 Doris Rapp, *Is This Your Child's World?*

7 The National Safe Kids Campaign, *Poisoning* (1996).

1 World Resources Institute, *The 1994 Information Please Environmental Almanac* (Houghton-Mifflin, 1994).

2 Paula DiPerna, *Environmental Hazards to Children* (Public Affairs Pamphlets, 1981).

## CHAPTER ELEVEN

# HEAD LICE

### *“Don’t Poison Your Child With Pesticide Treatments!”*

Few things can strike such fear in the hearts of parents as head lice! While the bloodsuckers rarely, if ever, cause direct harm or transmit disease, they cause parents to engage in everything from blaming to explaining. They wonder where their child got the lice, worry that it reflects on their parenting abilities, and even offer explanations about their housekeeping and cleanliness.

Head lice, according to Harvard researcher Richard J. Pollack, “do not respect socio-economic distinctions. They don’t care who you are, and have nothing to do with your level of hygiene. We’re just as likely to find them on children who live in million dollar estates as in children who live in far lesser conditions,” he adds. “Virtually anyone at some level is at risk.”

Every year, an estimated 6 million to 12 million people—mostly children—and their families get head lice and they are becoming resistant to the leading chemical treatment used to combat them.

The treatments can often be worse than the lice. Parents turn to prescription medications with high concentrations of permethrin when over-the-counter versions fail. Some parents resort to everything from kerosene to chemicals intended to put on dogs to kill fleas.

Recommended alternatives to permethrin include pediculicides or anti-lice medications containing lindane and malathion, both available by prescription. But neither is without risk. Dr. Paul Auwaerter, assistant professor of medicine at Johns Hopkins University says that lindane can have unpleasant side effects like stinging sensations. However, others feel much stronger about the negative effects of lindane and pediculicides.

Steve Tvedten’s book, *Best Control*, says: “Lindane, has been banned in 18 countries and severely restricted in 10 others. It has not been produced in the U.S. since 1977, but it is still imported here. You may still find lindane as the active poison ingredient in flea collars, moth, and other household sprays. As a scabicide poison (against lice) on children it may be present in lotions, creams, and shampoos.

Lindane (gamma-HCH) is one of the few organochlorine pesticides left on the market. It is the active ingredient in products best known by the brand name KWELL, now available only in generic form. Lindane is frequently used on young children, pregnant women, nursing mothers, and the elderly. These groups are most at risk from lindane’s adverse effects.”

Chemical treatments for head lice contain potent pesticides and insecticides known as pediculicides. These pediculicides have been known to cause immuno suppression, seizures, vomiting, diarrhea, convulsions, circulatory collapse, behavioral change, neuromuscular damage, chronic skin eruptions, liver damage, asthma, respiratory failure, stillbirths, birth defects, cancer and even death.

Also, consider these facts:

- The FDA issued an alert as far back as June 1975 in its bulletin to the medical community regarding the potential harmful effects of lindane.
- The National Pediculosis Association (NPA) testified before the FDA in 1983, 1984, 1985, and 1992 documenting the misinformation, misuse, and abuse of products containing lindane, and the NPA President testified in legal suits on behalf of children permanently disabled after use of lindane in 1990 and 1993.
- On September 5, 2000, California Governor Gray Davis signed Bill AB 2318, banning the sale and use of lindane to treat people for lice and scabies.

Is there an alternative? Many people think so. Check out this notice posted on one school bulletin board:

“Dear Parents, did you now that the leading lice shampoo contains a potent pesticide called LINDANE, which has been known to cause vomiting diarrhea, convulsions, liver damage and many other health issues with our kids. LINDANE has been banned in 18 countries and severely restricted in 10 others. Why are we using it on our kid’s heads? The health of our kids is at stake, don’t let them be exposed to this sometimes deadly treatment when there is a natural, safe, non-toxic, chemical free, and effective way to prevent and treat lice infestations. Let’s get rid of these pests once and for all in or community! LETS DO IT FOR OUR KIDS!!”

What is the safe alternative? Melaleuca products. How do you use them? See the section on *Head Lice* in the “Healthy Body” chapter of this book.

#### **SUGGESTED REFERENCES**

<http://www.lindane.org>  
<http://www.kidsource.com>  
<http://www.safe2use.com>  
<http://onhealth.webmd.com>

## ABDOMINAL DISTRESS

The area between the pelvis and the rib cage contains more organs and more sites for discomfort than any other area of the body. Colic or upset stomach in infants, indigestion, reactions to foods and constipation are common problems that can occur. The bowel, liver, pancreas, kidneys, spleen, stomach and gallbladder are all possible sites of distress.

Of all abdominal distress, gas and indigestion account for 80% of complaints. Abdominal distress is often caused by unhealthy eating habits. While we should all drink at least eight glasses of pure water a day, this water should be consumed between meals rather than at mealtimes. When we drink too many liquids with our meal, digestive enzymes are diluted. This, in turn, can be manifested as indigestion or abdominal pain caused by bloating and gas.

Upon feeling discomfort in the abdomen, try to remember if food was ingested which was of questionable freshness. The so-called “summer flu” is actually due to bacterial toxicity from improperly handled food.

Overeating in the evening hours, or eating in a hurry, packs food in the stomach before nerve and hormone stimulation can properly begin the digestive process. Eating rich, fatty meals stresses the stomach, gallbladder, and pancreas, which slows down digestion and allows bacterium to begin fermentation and putrefaction in the bowel.

Constipation is at epidemic levels in our country. Eating high roughage food helps hold moisture in the bowel, giving the muscles of the bowel physical material to propel along its approximately 26 feet in length. The roughage rapidly carries ingested toxins, proliferating bacteria and metabolic byproducts out of the body. Experts agree that 20 to 30 grams of fiber per day is advisable for adults. The average American eats approximately 7.3 grams of fiber each day.

\* Celebrate eating. Give thanks. Eat as many meals as possible with soft music and candlelight, in the presence of people you love. Drink adequate amounts of liquid each day including 2 or 3 cups of *G'Day Melaleuca Tea* between meals. Slow Down! Use *FiberWise* drink or bars to supplement your daily intake of fiber. Each serving supplies 5 grams of the much-needed fiber. Get 20 to 40 minutes of moderate daily exercise to promote circulation within the abdomen and stimulate bowel peristalsis. Multiple small meals are generally preferable to one or two large meals each day. Take *The Vitality Pak* and *Cell-Wise* daily to encourage proper metabolism and waste excretion from cells. If indigestion occurs, use *Calmicid Antacid Plus* as directed. *Calmicid* provides fast relief of acid indigestion, heartburn and gas. It aids digestion with ginger root and helps relieve cramping with chamomile and fennel seed.

To correct colic in infants, give several teaspoons of warm *G'Day Melaleuca Tea* during the day and before bedtime. Many infants have

\*Please consult your health care provider before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Make sure you carefully read and understand all product packaging prior to use.

also found relief when given *ProVex* once or twice daily. Simply open a capsule and dissolve the *ProVex* in distilled water, juice, or expressed breast milk.

See the section on *Indigestion* in this book.

## ABRASIONS

These injuries occur when your skin slides across coarse materials, such as concrete, gravel, or asphalt. The top layers of skin are damaged, causing nerves, blood vessels, and lymph vessels to be exposed to the air. This causes immediate pain and creates an opportunity for germs to enter the body. After the bleeding and oozing stops, a dry protective scab will usually form within a few hours and is nature's protection against infection.

\* Washing the area gently, yet thoroughly, with *Antibacterial Liquid Soap* and cool water quickly reduces the pain. (Warm or hot water increases nerve stimulation and pain in most people.) Allow the stream of water to wash off all visible particulates. Pick out any embedded material. Apply *Triple Antibiotic Ointment* or *Mela-Gel* and allow to remain open to the air if possible. Otherwise, use a loose bandage saturated with *Triple Antibiotic Ointment* or *Mela-Gel* to prevent sticking. Repeat administration of *Triple Antibiotic Ointment* or *Mela-Gel* as frequently as needed for several days until the wound is adequately covered with a scab.

## ABSCESSSES

These painful, pus-filled sacks of infection can occur in or on any surface of the body. Abscesses may start from a cut, scratch, pimple, ingrown hair, ingrown fingernail or ingrown toenail, hemorrhoid, or any piercing of the body. Improper treatment of an infection can produce a characteristic swollen, red, painful lump. The typical bacterium which causes abscesses is *Staph epidermis*, which is found on healthy skin. While antibiotics are often necessary, the overuse of antibiotics, both by prescription and in the meat we eat, has led to the development of many antibiotic-resistant strains of bacteria.

\* Begin drinking *G'Day Melaleuca Tea* in place of other liquids 3 to 4 times each day. Apply *T36-C5* to the abscess. This can help to lessen the pain of the abscess, due to the penetrating effects of the oil.

To encourage drainage and drive the *T36-C5* into the wound, apply hot moist packs over the area. If the abscess can be lanced and drained, soak afterwards in a solution of 1 oz of *Sol-U-Mel* and 2 Tbs. of Epsom salts mixed with 1 quart of warm water. Saturate a hand towel in the solution, wring it out, then apply to the affected area for 10 minutes. Repeat every hour to speed the draining. Apply *Triple Antibiotic Ointment* or *Mela-Gel*. If needed, cover with gauze to absorb any seeping fluid and keep the area clean.

\*Please consult your health care provider before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Make sure you carefully read and understand all product packaging prior to use.

\* If there is a family or personal history of stone formation, avoid dairy products completely. Drink plenty of water and 2 to 6 cups of *G'Day Melaleuca Tea* per day. Take *The Vitality Pak*, *Cell-Wise*, *ProVex* and/or *ProVex-Plus* as directed. Ask your pharmacist about the side effects of all medications you are prescribed. If back or abdominal pain is present, apply *Pain-A-Trate* to the affected area along with a hot pad. Take a long, hot bath. The stone will pass more easily if you are relaxed and comfortable.

## KNEES

*See Arthritis*

## LARYNGITIS

*See Hoarseness*

## LEG CRAMPS

Leg cramps are due to either a deficiency in circulating calcium or reduced oxygen to muscles. Muscle cramps tend to appear after unconditioned physical activity. Stretching a “crampy” muscle can prevent knotting.

\* Exercise in three steps: warm up for 5 minutes to stretch muscles, do your workout, then cool down by moving slower or walking until the heart returns to its pre-exercise rate. Eat an *Access Bar* 15 minutes before beginning exercise. Take *The Vitality Pak*—2 each per day. Drink *G'Day Melaleuca Tea* and *Sustain* before, during and after exercise to reduce stress on the body. Take *Cell-Wise with Natural E*—2 per day, to properly oxygenate muscle cells during exercise without free radical formation. It is also recommended that *ProVexCV* be taken at the rate of one per 35 lbs of body weight per day. Persons who are bedridden may need the assistance of external pneumatic compression boots to maximize circulation and prevent leg pains. Consult your health care provider.

## LEG ULCERS

*See Ulcers, Varicose*

## LEUCORRHOEA

Leucorrhoea is an inflammation of the vagina caused by an overabundance of unwanted bacteria or fungi. It can have a variety of causes. Symptoms often include a thick white or yellow discharge and severe itching of the vaginal area.

Pruritis or itching is an irritating condition, which generally accompanies any type of mild vaginal infection, such as trichomonal vaginitis or cervicitis.

\*Please consult your health care provider before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Make sure you carefully read and understand all product packaging prior to use.

\* Bathe daily in a warm water bath to which you have added 8-10 drops of *T36-C5*. This will not only act as an antiseptic but will help with the itching and irritation. Sit in the warm water for 5-10 minutes.

Avoid tight clothing, nylon underwear, and harsh bubble baths. Keep tea, coffee, alcohol, and spices to a minimum. See the sections on *Bladder Infections*, *Pruritis and Thrush* in this book.

## LEUKOPLAKIA

Leukoplakia is white lesions on the skin inside the mouth. They are occasionally pre-cancerous. While no certain cause is known, suspicion is aimed toward chemical irritations from smoking tobacco, chewing tobacco, food additives, food preservatives, food colorings, and dental materials, as well as toothpastes, mouthwashes, and oral medications that contain alcohol, which tends to dry the mucosa. This condition is seen in people of all ages.

\* Discontinue contact of questionable substances with the oral mucosa. Use *Classic Tooth Polish*, *Breath-Away Mouthwash*, and *Hot/Cool Shot Mouth Spray*. Drink 2 to 6 cups of *G'Day Melaleuca Tea* daily. Take *The Vitality Pak*, *Cell-Wise*, *ProVex* and/or *ProVex-Plus* as directed.

## LICE

Lice infestation (Pediculosis) involves the head (*P. capitus*), the trunk or extremities (*P. corporis*), or the genital area (*P. pubis*). Originally, lice prefer birds and almost any hairy mammal other than man. They will settle for second best (humans) when a warm puppy or chicken is absent, but will selectively crawl to these animals if given a choice. The lice live directly off blood after biting and puncturing the skin; hence it can easily spread a multitude of diseases. It lives in hairy areas including eyebrows, eyelashes, or beards, where it lays its grayish-white eggs (nits), which can be seen with a magnifying glass on the hair follicles. The eggs hatch in three to fourteen days where the sluggish, overweight-looking insects seem eager for their first meal. Multiple families of lice cause excruciating pain, irritation and itching. Lice are transmitted by contact with objects such as combs, hats and shared garments. For this reason it is common among school children. Fortunately, Melaleuca oil products are a safe alternative to the prescription drug Lindane.

\* Immediately upon suspecting or seeing evidence of lice, shampoo with *Naturals Melaleuca Oil Shampoo* and bathe in a mixture of 1 ounce of *Sol-U-Mel* and 1 ounce of *Renew Bath Oil*. Afterwards, massage *T36-C5* into the scalp and hair to soften and dislodge the nits (the eggs of the lice). Don't be stingy with the oil! Comb the oil through the hair. To fumigate the live insects, wrap your hair in a hot moist towel for 10 minutes. Repeat every second day for at least 5 treatments (10 days). (Do this even if you don't notice any additional head lice.)

\*Please consult your health care provider before starting any course of supplementation or treatment, particularly if you are pregnant or currently under medical care. Make sure you carefully read and understand all product packaging prior to use.

## CHAPTER THIRTEEN

# HEALTHY HOME SOLUTIONS

### AIR FRESHENER

To make a fresh smelling and safe air freshener, combine 2 to 3 capfuls of *Sol-U-Mel* with 8 ounces of water in a spray bottle.

### ANT KILLER

Spray concentrated *Pre-Spot Plus* on areas where ants congregate. Be aware of the surface of these areas when using *Pre-Spot Plus* as it can take the finish off of some wooden floors.

An alternate idea is to combine 1 ounce of *MelaMagic* and 1 ounce of *Sol-U-Mel* in a 16-ounce bottle filled with water. This works particularly well with large black ants.

Another simple solution is *Tough & Tender*. It will kill ants.

See the section under *Wasps, Yellow Jackets, Ants and Ticks* in this book.

### ANT PREVENTION

If you prefer to just prevent ants, simply spray the most likely areas with 2 ounces of *Sol-U-Guard* combined with 16 ounces of water.

### APPLIANCES

**Unplug all electrical appliances before cleaning them.** Use 1 teaspoon of *Tough & Tender* and 1 capful of *Sol-U-Mel* combined in a 32-ounce spray bottle filled with water to clean your kitchen appliances. Spray your appliance and allow it to sit for a moment before wiping.

For heavier cleaning, add 4 ounces of *MelaMagic* and 1 capful of *Sol-U-Mel* to a gallon of water. This is also an excellent grease cutter.

### AUTOMOBILES

For dusting the inside, spray a solution of 5 drops of *Tough & Tender* in 16 ounces of water on a cloth. Wipe the area thoroughly. For the windows, spray on *Clear Power* (diluted to ½ the strength suggested on the bottle) and wipe them with a soft cloth or cheap paper towels.

*Rustic Touch* cleans vinyl and leather. It is also great for cleaning the dash of your car. **NOTE:** Spray it on a cloth to apply. If you spray it directly on the dash, you will get it on the inside of your windshield.

Make sure you read and understand all product packaging prior to use.

For cleaning the outside of the car, fill a bucket with warm water and add 10 drops of *Tough & Tender*. Apply with a cloth or spray bottle, and rinse with clean water.

To clean under the hood of your car, mix 1 capful of *Sol-U-Mel* and 2 ounces of *MelaMagic* in a 16-ounce spray bottle and fill with water. After spraying it on, let sit for 10 minutes and hose off the dirt and grime.

Add 4 to 5 drops of *Tough & Tender* to every 4 ounces of water in your windshield washer. It works amazingly well. (Make sure you use non-freezing washer fluid in the winter.)

### BABY WIPES

Combine 1 teaspoon of *Sol-U-Mel* OR 1 capful of *Nature's Cleanse* with 1 capful of *Renew Bath Oil*, ¼ teaspoon of *Tough & Tender* and 2 cupfuls of water to make very effective and cost-efficient baby or travel wipes. Cut a roll of paper towels in half and remove the cardboard roll so that you can begin pulling the towels from the center. Place the towels in a plastic container and saturate with this solution. Replace the lid and cut a "star" in the center. You can then pull the towels through the lid.

An alternate solution would be to cut a roll of 1 ply (cloth like) Viva paper towels in half and place ½ of the roll into a 3 quart Rubbermaid Servin' Saver bowl with a lid. Add 2 cups of water, 1-2 tablespoons of *Koala Pals Kid's Shampoo* and 2 tablespoons of grapeseed oil (or baby oil). If you experience problems with mold developing, add 1-2 drops of *T36-C5* to the mixture. Cover and let them soak for 10 minutes or so before using. Remove center cardboard core and pull wipes from center and tear off.

Another recipe for baby wipes would be to use white Bounty paper towels (because they are stronger), and cut the roll in half. Take out the cardboard core. Mix in a large bowl—2½ cups of warm water, 1½ teaspoons of *Tough & Tender*, ½ teaspoon of *Sol-U-Mel*, and 1 capful of *Renew Bath Oil*. Stir and then put the ragged edge of the paper towels into the water first. Let this sit until all the water is soaked up. Put the towels into a large plastic container with a lid. Pull from the middle. This also makes wonderful hand and face wipes. Only half of a roll of towels is used, so make 2 bowls at once.

### BALLPOINT PEN

*Sol-U-Mel* is very effective at removing ballpoint pen and many other difficult to remove items. Put a little *Sol-U-Mel* on the area and let it soak for a few minutes and then dab it with water.

### BARBECUE GRILLS

Soak your bar-be-cue grill in a solution of 2 tablespoons of *MelaMagic* in ½ gallon of water. Clean it with a brush. For the outside of the grill, use 1 tablespoon of *Tough & Tender* and 16 ounces of water in a spray

Make sure you read and understand all product packaging prior to use.

## BATHROOM – ODORS

Use 3 ounces of *Sol-U-Mel* in 16 ounces of water to eliminate odors of all kinds.

## BATHROOM – SHOWER CURTAIN

Combine 1 capful of *Sol-U-Mel* and 1 ounce of *MelaMagic* in a 16-ounce spray bottle of water and thoroughly spray the shower curtain. Allow some time for the cleaning combination to work and then use the shower to rinse off the mixture before wiping off the remaining grime.

## BATHROOM – SHOWER STALL

Combine 1 ounce of *Tub & Tile* and 1 capful of *Sol-U-Mel* in a 16-ounce bottle filled with water and spray on the shower stall. Wipe thoroughly with a damp sponge.

For an extra-challenging shower stall, increase the mixture to 1 capful of *Sol-U-Mel* and 1 ounce of *Tub & Tile* in 6 to 7 ounces of water. **Do not** use *Tub & Tile* on marble.

Of course, this is an alternate solution to using the *No Work Daily Shower Cleaner*. With *No Work* you can keep your shower sparkling clean with a daily 15-second spray. Its dual action breaks up soap scum and hard water deposits and leaves behind a fresh smell.

By the way, the *Gold* and *Platinum Bar* are excellent for cleaning the shower door.

## BATHROOM – SINK

Mix 4 tablespoons of *Tub & Tile* and 1 capful of *Sol-U-Mel* with 16 ounces of water in a spray bottle. Spray the sink and wipe it with a damp cloth. For rust stains or mineral deposits, use *Tub & Tile* full strength. You may need to use a soft bristle brush on stubborn stains. Rinse the sink with water. By the way, the *Denti-Clean Extra-Whitening Toothpaste* is a wonderful enamel cleaner.

## BATHROOM – TOILET

Pour 4 tablespoons of *Tub & Tile* in the toilet. Let this sit for a few minutes, and then clean the area with a toilet brush.

If you have a lot of buildup, turn the water off on your toilet and let it drain. Pour in 2 ounces of *Tub & Tile* and let it sit for a few minutes before scrubbing with a toilet brush. In extreme cases, you might try 1 ounce of *Sol-U-Guard* in 16 ounces of water and repeat the procedure.

## BATHROOM – UNDER THE COUNTER

Mix 5 drops of *Tough & Tender* with ½ capful of *Sol-U-Mel* and 16 ounces of water in a spray bottle. Clean thoroughly with a soft cloth or brush. The addition of *Sol-U-Mel* to the *Tough & Tender* mixture will take care of any mold or mildew problem under the counter.

## BATHROOM – WALLS

Mix 1 teaspoon of *Tough & Tender* with 16 ounces of water in a spray bottle and apply this mixture to the walls. Wipe with a damp cloth.

## BATHROOM – WIPES

Use the recipe for the Bounty paper towel baby wipes (in this book) and instead of making two batches of baby wipes, use half of the recipe for bathroom wipes. Buy the Bounty “select a size,” pull them apart and fold them. Make the baby wipes as directed. In the second batch, however, add 1½ teaspoons of *Sol-U-Guard* to the mixture. This is wonderful for quick bathroom clean-ups.

## BATHTUB

Mix 3 ounces of *Tub & Tile* with water in a 16-ounce spray bottle. Spray on the tub and let it sit for about 2 minutes. Wipe with a damp cloth. For rust spots, apply straight *Tub & Tile* to the area. Wait until the rust dissolves and then wipe with a damp cloth. For hard water or mineral deposits, use full strength *Tub & Tile* with a soft scrub brush. Initially there may be strong fumes due to the quantity of build up being dissolved, so run the fan or open a window. This problem should disappear very soon if *Tub & Tile* is used on a regular basis.

To maintain a cleaner tub, keep a bottle of *No Work* close by and spray the tub each time it is used.

For the chrome, try *Clear Power*. It is very effective.

## BLEACH SUBSTITUTE

Use *MelaBrite Color-Safe Whitener & Brightener*. You may want to use ¼ cup in a white load for extra whitening as opposed to just ⅛ cup in a regular load.

## BLINDS

Liberally spray the slats of your blinds with 1 tablespoon of *Tub & Tile* in a 16-ounce spray bottle filled with water. Rinse well and repeat the process on the reverse side of the slats. **NOTE:** Do not use *Tub & Tile* on wood blinds. Wood blinds should be cleaned with *Rustic Touch*.

An alternate solution would be to mix 5 drops of *Tough & Tender* with ½ capful of *Sol-U-Mel* and 16 ounces of water. Close the blinds and spray on the solution. Wipe them with a soft cloth.

## BLOOD STAINS – CLOTHING

Blood is a very challenging stain to remove, but here are a couple of ideas to try. Spray the stained fabric with full strength *Pre-Spot Plus*. Let it sit for a few minutes and then rub out the stain with cold water. Repeat the procedure with *Pre-Spot Plus* if necessary. Wash the fabric with *MelaPower Laundry Detergent* and 1 to 2 capfuls of *Sol-U-Mel*, if possible.

*Antibacterial Liquid Soap* rubbed into any fresh red stain seems to

## DOGS

See also the section on *Cats & Dogs* in this chapter.

Please read the *Precautions* on page 247 and follow the *Recommended Dilution Formulas* on page 248.

### DOGS – ABSCESSSES

\* Pets often get into fights. It is a natural territorial trait. When the skin is punctured by a tooth or claw, infection can set in and an abscess is most likely the result. At the first sign of a puncture wound or abscess, dab with an appropriate solution of *T36-C5* (see *Dilution Instructions* in this book) and try to keep the pet from licking the area treated for at least 30 minutes after application. When the abscess bursts, allow it to drain and keep applying *T36-C5* for 7 days.

If the abscess is large, if it is situated in the mouth, shows no sign of improvement or the animal is in obvious distress, consult a vet as soon as possible. If the abscess appears to be hard or becomes hard, consult a vet; it may not be an abscess.

### DOGS – ALLERGIES

\* Just as in humans, allergies in dogs may be treated with *ProVex* or *ProVex-Plus*. For larger breeds, give two capsules per day for the first month and then reduce to one capsule per day. Give smaller breeds one capsule per day and then reduce to one capsule every other day after the first month. Give the capsules to your dog wrapped in a piece of cheese or in the center of a piece of hotdog.

### DOGS – ARTHRITIS

\* Painful inflammation of the joints usually causes a dog to limp. Some veterinarians are having excellent results using *ProVex-Plus* for arthritis in dogs. For large breeds, give two capsules per day for the first month and then reduce to one capsule per day. Give smaller breeds one capsule per day and then reduce to one capsule every other day after the first month. One veterinarian claims to have successfully treated 15 to 20 dogs with either hip dysplasia, or some other serious form of arthritis, using this treatment. Give the capsules to your dog wrapped in a piece of cheese or in the center of a piece of hotdog.

It has also been suggested that dogs with arthritis be given one *Replenex* each day. *ProVex* works in connective tissues and *Replenex* works in the joint. Both are great for arthritis.

### DOGS – BATHING

\* Bathe your dogs monthly to avoid infestation by fleas. *Naturals Melaleuca Oil Shampoo* does a wonderful job on a dog's coat. Not only will the dog's coat be very shiny, but it will also help to repel fleas. Five drops of *T36-C5* can be added to the warm bath if you feel that you need

\*See the precautions at the beginning of this chapter. Please refer to the recommended dilution formulas on page 248.

a stronger solution. Lather your pet, and allow the shampoo to stay on the coat for 5 minutes before rinsing.

*Sol-U-Mel* is a great dip after shampooing your dog. It will also deodorize the pet.

An alternate solution is to bathe your dogs in *Antibacterial Liquid Soap*. It is very effective, especially if they have been itching.

*Tough & Tender* does the very same thing for your pet as pet shampoo except with *Tough & Tender* you have the benefit of *T36-C5*, which will kill fleas and heal sores.

### DOGS – CUTS AND SCRATCHES

\* *Sol-U-Mel* is excellent for cleaning cuts on your dog. Just sponge it on the open wound to clean it.

### DOGS – DEODORANT

*See Bathing and Soiling*

### DOGS – DRY SKIN

\* Dry skin is usually a sign of either improper nutrition or the use of harsh chemicals in certain shampoos being applied. See the *Dogs - Bathing* section in this book.

For shorthaired dogs, *Renew Intensive Skin Therapy* can be used to relieve itchy, dry skin. If the itchy skin continues, consult your vet to select the proper diet for your dog.

### DOGS – FLEAS

\* Use your fingertip to place *T36-C5* behind the ears of your dog, under the chin and at the base of the tail. It is very effective at preventing fleas.

To repel fleas and ticks for your dogs, combine 2 tablespoons of *Sol-U-Mel*, 2 tablespoons of *Tough & Tender* and 4 drops of *T36-C5* in 16 ounces of water in a spray bottle. Shake well and spray on the dog's coat.

An alternate solution would be to make a mixture of  $\frac{1}{3}$  *Naturals Melaleuca Oil Shampoo*,  $\frac{1}{3}$  *Sol-U-Mel* and  $\frac{1}{3}$  water. This thins out the shampoo, enabling you to get it on the whole dog evenly. It will kill every flea on the dog. (Do not get it in the dog's eyes.)

Spraying *Sol-U-Mel* in the yard is an excellent way to kill bugs, fleas and ticks.

If you have fleas in your carpet, add  $\frac{1}{2}$  teaspoon of *MelaPower* and 2 capfuls of *Sol-U-Mel* to the carpet shampooer when you fill it with water. Shampoo all the carpet and upholstery. This will deodorize at the same time that it kills your fleas.

### DOGS – HIP DYSPLASIA

\* Hip dysplasia is usually caused by congenital arthritis in the hip joint. Two *ProVex-Plus* taken daily for one month by a large dog seems

\*See the precautions at the beginning of this chapter. Please refer to the recommended dilution formulas on page 248.


 CHAPTER SEVENTEEN

# HEALTHY GARDEN SOLUTIONS

*This is a beginning chapter in our book. It contains some exciting ideas shared by our readers. As you read it and think of other ways Melaleuca products have worked in your garden, please share them with us. You can send your suggestions to us at the address in the front of this book, or email us at [uses@rmbarry.com](mailto:uses@rmbarry.com).*

*Please use caution when using these suggestions in your garden. Thank you and happy gardening.*

## ANT KILLER

Spray concentrated **Pre-Spot Plus** on the areas where ants congregate. Be aware of the surface of these areas when using **Pre-Spot Plus** as it can take the finish off of some wooden floors.

An alternate idea is to combine 1 ounce of **MelaMagic** and 1 ounce of **Sol-U-Mel** in a 16-ounce bottle filled with water. This works particularly well with large black ants.

Another simple solution is **Tough & Tender**. It will kill ants.

## ANTS, FIRE

Spray fire ants with **PreSpot Plus**. It is very effective. For fire ant pain, splash the area with **Sol-U-Mel**.

For a foolproof way to kill fire ants consider this: After you have mopped the floor with **Tough & Tender** and/or **MelaMagic** or you have washed the car with **Tough & Tender**, add a 5 or 6 drops of **Lemon Brite** and stir. Pour half of the bucket on the fire ant bed. After about 30 minutes pour the other half on the bed.

If you are really mad about the fire ants, like when they have invaded your flower beds, mix the following in a two gallon bucket of water: 1 capful of **Tough & Tender**, 1 capful of **MelaMagic**, 1 capful of **Sol-U-Mel**, 1 capful of **Tub & Tile** and always 10 drops of **Lemon Brite**. Stir and pour half of the bucket on the fire ant bed. Wait 30 minutes and pour on the other half. This kills them “dead” and they won’t come back. Plus, that will be the greenest part of your lawn!

## ANT PREVENTION

If you prefer to just prevent ants, simply spray the most likely areas with 2 ounces of **Sol-U-Guard** combined with 16 ounces of water.

## APHIDS

Spray for aphids, spider mites and fungus on roses and other plants with a mixture of 2 teaspoons of **Nature’s Cleanse** and 16 ounces of water. This can be sprayed on the plants daily if needed.

An alternate solution would be to use **Sol-U-Mel** to get rid of aphids on your roses. Mix it a little stronger than is recommended on the bottle.

It has also been suggested that a 3% solution of **Tough & Tender** is very effective for killing aphids and stopping the onset of mildew on rose bushes without damaging the plants.

See the section on **Rhubarb** in this book.

## APPLE SPRAY

Spray apples in the orchard with one bottle of **Renew Bath Oil** mixed into 5 gallons of warm water.

## ARMY WORMS

Mix ½ cup of **MelaMagic** in 2 gallons of water to spray for army worms. Spray the cocoon, nest and “whatever that webby thing is called.” The web will dissolve and the worms shrivel up instantly. Spray any new evidence of the worms as soon as they appear. By the way, it will also stop ant invasions.

## BAGWORMS

Spray the nest of bagworms with diluted **Lemon-Brite**. It may take a couple of heavy sprayings to do more than make them sick.

## BUGS – YARD

Mix 1 cup of **Lemon Brite** dish liquid soap and 1 cup of already mixed **Breath-Away Mouthwash** into a 20 gallon hose-end sprayer and soak your lawn, garden beds and trees to the point that the fluid is running off. Bugs hate it! This will also remove dust, dirt and pollution from grass blades, making any lawn fertilizer work twice as well.

**Tough & Tender** diluted and used in a lawn sprayer unit makes an excellent bug spray.

Diluted **Sol-U-Mel** is very effective for crickets and crawling bugs.

## GRAPE MYRTLES

Mix **Sol-U-Mel** in a spray bottle, as directed, and use to combat the fungus that grows on crepe myrtles.

## DISINFECTANT

Occasionally you will need to disinfect your pruning shears to keep mold spores from spreading. The **Anti-Bacterial Liquid Soap** will do an excellent job and clean your hands as well.

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