

For cuts and scrapes, A Good Thyme can be used as a topical antiseptic.

Other uses:

For drinking water of questionable purity, add 4 drops of A Good Thyme per quart of water to inhibit the growth of bacteria, mold, yeast, and parasites.

For water containers, add 1 or 2 drops per gallon to prevent algae and bacterial growth.

In humidifiers, the growth of mold and algae can be inhibited by 4-6 drops per gallon of water in the humidifier tank.



A Good Thyme is completely nontoxic to humans, yet has proven to be effective against bacteria, Candida yeast, and viruses, and has powerful antiseptic action. In fact, this is the only natural, non-toxic substance that has government approval in both Canada and the United States to be legally called a disinfectant.

NUTRI-SPEC



A Good Thyme can be used:

- As a mouth/throat/esophageal/upper gastrointestinal rinse
- As an nasal rinse
- Topically as an antimicrobial
- As an ear canal rinse

As a mouth/throat/esophageal/

upper GI rinse, A Good Thyme is beneficial against:

- Thrush/monilia/Candida overgrowth of the mouth, throat, and esophagus
- Staph and strep bacteria
- H. pylori, the bacterium that causes stomach ulcers
- Viruses that cause sore throats
- Cold sores
- Small intestine bacterial overgrowth
- Traveler's diarrhea
- Gingivitis

How often should you use A Good Thyme?

You can gargle and swallow 1-3 times daily as needed. — There is one problem with A Good Thyme, and that is that everyone who needs A Good Thyme also needs **Immuno-Synbiotic** — a combination of probiotics and prebiotics. The 2 cannot be taken at the same time because A Good Thyme would kill some of the probiotics. So, the most common recommendation is for A Good Thyme to be taken orally first thing in the morning and at bedtime, with Immuno-Synbiotic taken before the second and third meals.

As a nasal rinse, A Good Thyme is an ideal complement to the use of **Boogey Buster** for those with extreme sinus conditions. Sinus irrigation with a Grossan nasal irrigator using ½ teaspoon of A Good Thyme plus ½ teaspoon of salt is powerfully effective in both chronic sinus congestion and acute sinus irritation. Even neti pots and Neil Med sinus irrigators become far more effective when using equal parts of A Good Thyme and salt. A thorough nasal wash can be repeated as much as 4 times daily as needed.

As an ear canal rinse for “swimmer’s ear” or any irritation of the ear canal — add 1-3 drops of A Good Thyme to 10 drops of water. Lie on your side or simply tilt your head to one side and let the solution “work” for at least one minute, then plug the ear with either cotton or tissue. Repeat for the other ear if necessary. [Optional: Follow by flushing with an ear syringe using warm water.] The ear canal rinse can be repeated as often as 4 times daily when there is an acute problem, or for the initial stages of treating a chronic problem.

Topical use:

For localized yeast/fungal skin infections such as ringworm, athlete’s foot, jock itch, nail fungus, or localized eczema, use A Good Thyme full strength. At least twice daily put a dab of a glycerin-based lotion on the affected area, then apply A Good Thyme and rub in thoroughly for deep penetration.

For warts, only 3 or 4 drops of A Good Thyme is necessary in just a bit of a glycerin-based lotion. Cover with a bandage after absorption, and repeat several times daily until the wart disappears.