

# Thyme Steam Inhalation

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Many common kitchen herbs, such as thyme, oregano, basil, rosemary, and sage, become superpowers once they're steamed. Essential oils are released in the steam that excel at killing microbes and mold.

The steam can get far back into the hard to reach places in the sinus cavities, and is safe for children.

Thyme is used in this recipe for its antiviral, anti-fungal and antibacterial properties. It's effective against a broad spectrum of pathogens, while also neutralizing mold's ability to make mycotoxins to fight back and defend itself.

## SUPPLIES

Large bowl or pot

Large light-weight towel (large enough to create a "tent" over the bowl)

## INGREDIENTS

2-3 cups boiling water

Thyme: (choose one)

5-10 drops of Thyme essential oil, or

2-3 tablespoons dried Thyme, or

½ - ¾ ounces fresh Thyme

## DIRECTIONS

1. Fill large pot/bowl with boiling water
2. Depending on the form of Thyme used:
  - Drop 5-10 drops of Thyme essential oil into the bowl, if using; or
  - Stir in dried Thyme and steep for 5 minutes, if using; or
  - Drop in the fresh Thyme and steep for a few minutes until leaves wilt and turn dark green, if using.
3. Lean your head over the bowl close enough to feel the steam, cover your head with the towel and create a tent to trap the steam. Be careful to not get too close to the water for the risk of burning your skin.
4. Inhale through your nose, exhale through your mouth. Continue for 5-10 minutes or until congestion, sore throat, headache, and/or lung issues subside.

Repeat as needed.

\*May irritate eyes. Close eyes to reduce eye irritation.

Check out the [How To video](#) on my website [DrCrista.com](#).

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