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Products

Web Extra: Extra Grit-ty Gifts

More practical and light-hearted ideas for your favorite people.

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If you've been through our gift guide (read the original article [here](#)) and still haven't found the perfect gift, do not despair. A few additional items that made our *Grit* list follow.

The Case of the Disappearing Dark Chocolate Lavender Torte

I thought I was ready for drop-in holiday company with a freezer full of gourmet treats from Daybreak Lavender Farm's Taste of Provence Gift Basket. But the lavender tea cakes and dark chocolate lavender truffles are disappearing at an alarming rate. The supply seems to grow smaller every time my husband passes through the kitchen, so our company better hurry. The gift basket is perfect for the holidays as the tasty recipes freeze brilliantly. The Taste of Provence Gift Basket includes organic chamomile and lavender flower tea, lavender infused honey and organic cooking lavender, plus a lavender cooking guide. (\$59.95)



Daybreak Lavender Farm's
Taste of Provence Gift Basket

Where to Buy: Daybreak Lavender Farm, www.DaybreakLavenderFarm.com

Phone: 330-389-0970

ANTI-BACATCHA!!
100% Natural Germicidal Concentrate
& Superbug-Buster

Just in Time for MRSA, Cold and Pneumonia Season

What do kids, new moms, seniors and anyone with a scraped knee or elbow have in common? They're all vulnerable to what doctors are calling "superbugs" ... antibiotic-resistant strains of germs and bacteria. Anti-BacAtcha is an all-natural germicidal concentrate you can add to any liquid to keep you germ-free!!

I've seen a lot about the new superbug MRSA ... Methicillin-resistant Staphylococcus aureus (MRSA)

It's also be known as:

- multiple-resistant Staphylococcus aureus
- oxacillin-resistant Staphylococcus aureus (ORSA)
- community-acquired MRSA (CA-MRSA)
- hospital-acquired MRSA (HA-MRSA)

As someone who's had pneumonia twice – and is allergic to all forms of penicillin – cold season is a risky time for me. I've also been in contact with several new Moms with c-sections – who are at high risk for Hospital Acquired MRSA where it's prevalent. Two have actually contracted MRSA, which turned a simple incision into a three-month healing ordeal. When I spoke with my Dad, 87 and going strong!!, he told me that in his community there are all kinds of MRSA alerts for seniors. Then, when my grandson's school sent a letter home, I knew it was time to harness the anti-bacterial properties of essential oils.

THE HISTORY OF ESSENTIAL OILS AS GERMICIDES

The idea of essential oils as germicides goes back centuries. Rewind to the 1600's. The story goes that four corpse robbers were caught red-handed in Toulouse in 1628. Given the virulence and deadliness of the plague, the judges were astonished by the thieves' resistance to contagion. The archives of the Parliament of Toulouse state:

"During the Great Plague, four robbers were convicted of going to the houses of plague victims, strangling them in their beds and then looting their dwellings. For this, they were condemned to be burned at the stake, and in order to have their sentence mitigated, they revealed their secret blend, after which they were hanged."

Ever since, that blend -- of clove, rosemary, lemon and eucalyptus --has been known as Four Thieves Blend. It is still in wide use today. But since 1628, we've advanced our understanding how essential oils can help combat germs.

In the 2001 British Journal of Antimicrobial Chemotherapy, a team of scientists discovered that modern bacteria viruses, fungi and E. Coli cannot survive certain essential oil blends.

After testing 14 essential oils, the Journal reported:

"All of the essential oils examined exhibited antibacterial activity, which generally increased in the following order: E. coli < Staph. aureus < streptococci < H. influenzae. <S. pneumoniae. Among the 14 essential oils tested, cinnamon bark, lemongrass and thyme (wild and red) showed the highest activity. Japanese shiso, peppermint, tea tree, coriander and lavender oils showed moderate activity. Eucalyptus and lemon oil, were weakest in activity." Today, many UK hospitals are sending patients home with showers gels infused with an essential oil blend and their MRSA

rates have dropped as a result.

DAYBREAK'S PURE 'N NATURAL BUG-BUSTER

So, I've taken the best of The Thieves and the best of the British tests to create Anti-BacAtcha!! Pure 'N Natural 100% Essential Oil Concentrate, a blend of the oils below plus three I'm keeping secret!!

- Cinnamon Bark,
- Clove,
- Coriander
- Lavenders
- Lemongrass
- Manuka,
- Perilla, Peppermint,
- Thyme (Wild And Red)
- Sandalwood

Anti-BacAtcha 100% Essential Oil inhibits a high percentage of yeasts, molds, bacteria, viruses, fungi and E. coli. It's four ounces of Mother Nature's best anti-bacterial activity. Note: If you are looking for a 100% kill rate try Hibiclean available at most drugstores without a prescription. It's very effective but wickedly drying to the skin.

For frequent use, Anti-BacAtcha is a natural bactericide that will keep bad bugs from getting started, kill a lot of any you've got and cut your use of chemicals needed to kill 'em 100%. Anti-BacAtcha won't get 100% but it's a wonderful, proven and all-natural ally in your fight against yeasts, molds, germs, colds, flues from who knows what kind of bacteria, viruses, fungi.

NO WIPES AND HERE'S WHY

Several DayBreakers wrote and asked if we would offer Anti-BacAtcha in wipes. I considered it because wipes are so darn handy but they're also so NOT biodegradable.

In a Green Parenting article, The Sierra Club says: "Rethink the baby wipes - They're definitely not eco-friendly as most baby wipes take centuries to biodegrade. Switch to washcloths instead."

I've been checking and many household trash items take much longer to biodegrade than you thought. In general, organic waste tend to decompose quickly in landfills, but if they are overly compressed, like plastic bottle or bags which seal out oxygen and soil microbes, then they are even tougher than inorganic materials.

- How long does it take for trash to biodegrade ?
- Plastic soda bottles forever
 - Glass bottles 1 million years
 - Wipes.200 to 300 years
 - Batteries 100 years
 - Aluminum + tin cans50 to 100 years
 - Plastic bags10 to 20 years
 - Orange peel 6 months
 - Paper.2 to 5 months

A DOZEN WAYS ANTI-BAC HELPS!!

With Anti-BacAtcha!! Pure 'N Natural 100% Essential Oil Concentrate, the idea is to provide a concentrate you can add to WHATEVER you like. Designed to fight MRSA and other resistant superbugs with essential oils, it's 100% biodegradable and organic. Add 20 drops to 1 quart of liquid. One four-ounce bottle makes 62 quarts. Or 120 misters.