



MRSA: healing scents and common sense

**An article by Grace Filby addressed to the Secretary of State For Health
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"I've said before that I will leave no stone unturned in the battle against the superbug." John Reid, Health Secretary 15.12.04

The best thing to do with an everyday virus or bacterium is to open all the windows and let it blow away – not to trap it, but to be rid of it. With some fresh air we can all be fortified and have the chance to breathe a sigh of relief. We can look up to the sunshine or the stars and count our blessings that we are still alive. There are others who are worse off and cannot even get to the door to look where they are.

It is with the sunshine that everything falls into place. There is a lower incidence of MRSA in places where there is more daylight and fresh air.

MRSA is geographically distributed and could be predicted statistically according to hours of daylight/time of year. The pineal gland is the controller of the body clock through circadian rhythms and as we understand the interplay of endocrine glands, it is evident that they are master controllers of our immune systems. Without a regular trigger and time-clock, the system is unstable and un-regimented so that bugs can take hold, and there are no strong lines of defence or even spiritual hope of defeating infection.

The research evidence can be tackled piece by piece, but it is not one person's responsibility; there is enough to do, and it is for others to take up the challenge if they feel any element of doubt about this suggestion.

The remedy is not even expensive – it is simply common sense and it would be quite foolhardy to ignore it when lives could be saved, almost overnight. There are light-boxes that can be wheeled in during the darker months. There is no harm in shifting the budgets slightly to have clean windows, and certainly no expense in looking with a critical eye at each hospital room to see whether the furniture could be rearranged. When beds and armchairs are facing the windows and possibly offering a chance to glimpse a pleasant view, the day becomes more uplifting and there is a constant pattern of clouds to observe across the sky.

The outlook in hospitals has been so gloomy. There have been no pictures. Plants have been withering in their pots for months. The joy has been extracted from life, whereas a little bit of fresh air and sunshine can blow away the cobwebs and demonstrate that times can change. The biochemistry is almost irrelevant – it could be justified scientifically of course, but there is no need for chemical intervention or expensive prescription.

If the idea actually sits comfortably in everybody's soul, there is almost no need to provide medical proof. The facts speak for themselves: when we are out and about, living our lives, we do not get MRSA. The bug exists everywhere, but would never take a hold if patients were allowed more fresh air and a greener environment.

The sheer scale of many modern hospitals – with no access to parkland or even green grass, has placed a stranglehold on the NHS and there has been no reminder about the quality of human life.

However, in combination with natural healing scents and oils, there can be a great uplifting and regeneration, so there is a simple answer and real hope for the future.

"Her suggestions have been passed on to officials within the Department."

Lord Warner, Health Minister 2005