



# Inhibition of **Methicillin-Resistant *Staphylococcus aureus* (MRSA)** by **Essential Oils**

A brief introduction of the essential oil industry in Utah, USA will be made with illustration of the Young Living Essential Oils Company (YLEO), one of the major essential oil producers in the States. This will be followed by technical presentation of YLEO latest discovery research on antimicrobial activity of essential oils. Ninety-one essential oils, each distilled from a single plant source were screened using the disc diffusion assay for inhibitory activity against methicillin-resistant *Staphylococcus aureus* (MRSA). Of the 91 single essential oils, 78 exhibited zones of inhibition against MRSA, with lemon grass, lemon myrtle, mountain savory, cinnamon and melissa essential oils having the highest levels of inhibition. Our results indicate that essential oils can inhibit MRSA *in vitro*. Application of these results may include the potential use of essential oils as an alternative therapy for various diseases sustained by *S. aureus* MRSA.

## Speaker:

**Mrs. Sue Chao**

**Tuesday, 27 October 2009**

**6:30 pm**

**Tulip Room, Food Haven  
Singapore Polytechnic Staff Centre  
500 Dover Road, Singapore 139651**

*\* Enter by Gate 3, Dover Road*

## **REGISTRATION**

Fee is charged as follows. Registration is to be received by **Friday, 23 Oct 2009**.

Member/Spouse - \$ 14

Student Member - \$ 8

Non-Member - \$ 18

**Limited  
to 40  
Places  
Only**

## **For registration and enquiries, please contact**

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Mrs. Sue Chao is the Director of Essential Oil Research of Young Living Essential Oils (YLEO) at Salt Lake City at Utah, USA. She obtained her Masters' degree from the University of Utah and B.Sc from Beijing Normal University. She has been working on essential oil research, functional foods, and dietary supplements in YLEO for 14 years. She has published extensively in professional journals on essential oils research. In particular her research fields and interests include essential oil as antimicrobial and anti-inflammatory agent, and their action mechanisms, discovery of new essential oils and their bio-activity components, antioxidant activity and immunomodulatory effect.