

Oil of Oregano

Oil of Oregano

Proven Infection Fighter



Get The Best Oil of Oregano

- Wild-grown (organic) from Turkey
Not commercially grown with pesticides
- The true oregano species
Not oregano-like species such as marjoram (misabeled as oregano oil)
- Typically processed at low temperatures without chemicals
Not solvent-extracted or highly heated

****Kills Germs On Contact***

****Naturally contains 50 powerful, anti-infection compounds***

****This is the one remedy you can't wait to try!***

****Always keep some on hand, ready for any sniffle or emergency.***

Benefits of Oil of Oregano

- The best broad-range herbal bottle in your whole medicine chest
- The favorite of many doctors: a potent fighter against colds, flu, sore throats, earaches, and lung infections.
- Use daily as a super insurance plan against everyday infections (external and internal).
- In case of injury, use to help reduce pain and risk of infection.
- Protect yourself against serious infection when travelling out of town or in other countries.
- Keep your children safe from all kinds of threat-ening infections.
- Help erase chronic pain from muscle aches, headaches, joint pain (arthritis), and injury.
- Defend yourself against killer infections such as E. coli, hepatitis, viral pneumonia, meningitis, en-cephalitis, Lyme's disease and flesh-eating bacteria.

Oil of Oregano has been used to help reverse the following:

- | | | | | |
|------------------|----------------|-------------|---------------|----------------------|
| • allergies | • bronchitis | • diarrhea | • gum disease | • sinusitis |
| • arthritis | • candida | • earaches | • muscle pain | • pain from injuries |
| • asthma | • canker sores | • eczema | • nerve pain | • strains, sprains |
| • athlete's foot | • colds | • fatigue | • prostatitis | • parasites |
| • back pain | • cold sores | • flu | • psoriasis | • rashes |
| • bites | • colitis | • gastritis | • ringworm | • tooth pain |

What Is Oil of Oregano?

Oil of oregano is the essential oil of wild oregano, specifically *Origanum vulgare*, the true oregano species. Unbelievably, most oregano and oregano oils available in the U.S. are from non-oregano species (mostly marjoram or thyme) -- they are actually mislabeled! These non-oregano species may not be harmful, but they do not have the potent healing properties of true wild oregano.

The most active ingredient in wild oregano is carvacrol, a potent, naturally occurring compound which has remarkable effects against all types of microbes such as bacteria, virus, fungus and parasites. Synthetic phenol, also known as carbolic acid, a strong antiseptic, was for much of the 20th century the standard by which all other antiseptics were measured. Yet research shows the "killing action" of naturally occurring carvacrol is superior to phenol -- it is unmatched in its antimicrobial actions. For example, in 1994, a scientific team at the National Institute of Pediatrics in Mexico

Do You Have Any Long-Term Symptoms You'd Love To Get Rid Of?

If you have any long-term symptoms which you haven't been able to shake, it's possible that you have some form of infection. Using natural potent herbal agents such as oil of oregano may be the answer you've been searching for.

Muscle Stiffness Gone

One doctor had progressive stiffness of his back muscles, especially his low back. For years, he had increasing difficulty getting up in the morning because he felt tired and because of his painful, stiff back. Upon arising in the morning, he would sit on the edge of the bed for several minutes, feeling exhausted and stiff. After a few days on solvent-free oil of oregano, he was surprised to spit up green mucus from his throat every morning. After a few more days, he underwent a "healing crisis" with chills and fever, con-

published research showing that oregano had superior killing effects on giardia, a protozoan creating distressing bowel infections. Oregano tested superior even to tinidazol, the drug commonly used to treat giardia infections.

It takes 100 lbs. of oregano plants to make 1 lb. of the essential oil of wild oregano. This concentrated natural oil is very powerful. The oil of oregano contains over 50 compounds which possess antimicrobial actions, although carvacrol is the main one. In addition, the oil of oregano has excellent antioxidant properties, notably labiatic and p-hydroxy-hydrocaffeic acid.

Joy Of The Mountains

So remarkable are the healing effects of oregano (the true species), that for centuries the Greeks and Romans made extensive use of this herb, especially for infections. Oregano is derived from a Grecian word, meaning "the joy of the mountains."

tinuing to eliminate more thick, green mucus. After 3 days, the green mucus cleared and the muscles all along the spine were no longer stiff! The muscles became noticeably soft and pliable. His realization was that the years of muscle stiffness had been due to an infection which oil of oregano helped to eliminate.

Migrane Wipe-Out

Stephanie sighed as she felt another wicked migraine headache coming on. She reached for her bottle of solvent-free oil of oregano. She put only one drop on her tongue, waited a few seconds and then began to feel a spicy, hot sensation travel from her tongue up into her sinuses. A few sips of water cleared the hot sensation. Within minutes, the woosy, "icky" headache sensations completely left. That's the first time in over 20 years, she realized, that she had aborted a migraine attack. After 2 months on oil of oregano, Stephanie no longer gets migraine headaches.

How To Use Oil Of Oregano

Oil of oregano has a hot, spicy sensation when taken straight, because of its concentrated essential oil. For more sensitive people, dilute with water when taken internally or with organic olive oil if used externally.

Internal Use For Adults: Take 2 drops in 4 oz. of water, one to two times daily. For children: one drop in 4 oz. of water, one to two times daily. (Instead of water, you may use juice or other liquids.) **To take larger amounts, fill a small capsule with the oil. Take one to two capsules daily.

Topical Use: Apply the oil directly to the affected region, once or twice daily. If necessary, use more often. If it is too strong, mix with a few drops of olive oil and then apply. If a rash or irritation occurs, discontinue use.

For Gums: Rub onto the gums or teeth. Apply once or twice daily.

For Warts, Boils, Toe Fungus: Saturate the affected area with the oil. Cover with a band-aid or gauze. Keep on continuously for several hours or overnight. Change dressings once a day.

In Soaps: Add a few drops to liquid soaps (to help heal hands) or for use in soap during showers.

In Shampoos: Add a few drops to your shampoo. After shampooing, allow the lather to sit on the scalp for a few minutes, then rinse. You may also use the oil full-strength on the scalp areas.

Diaper Rash: Dilute the oil (a few drops in a teaspoon of olive oil). Rub into rash areas.

For Sinus Problems: Take internally (see above). In addition, rub a drop or two near the nostrils each day, so you will inhale the healing vapors into your sinus areas. You can also use an essential oil diffuser to diffuse the oil into the room at night while you sleep.

References

- Castleman, M. *The Healing Herbs*, Rodale Press: Emmaus, PA, 1991.
- Dayal, B., "Screening of some Indian essential oils for their antifungal properties," *Flav. Ind.*, 2:484, 1971.
- Hitokoto, H., et. al., "Inhibitory effects of spices on growth and toxin production of toxigenic fungi," *Appl. Envir. Micro.* 39:818.
- Igram, Cass, *The Cure Is In The Cupboard*, Knowledge House: Buffalo Grove, IL, 1997.
- Janssen, A.M., et. al., "Antimicrobial activities of essential oils," *Pharm Week Bl.* 9:193-97.
- Shelof, L.A., "Antimicrobial effects of spices," *J. Food Safety*, 6:29, 1983.
- Tucker, A.O., "Which is the true Oregano?" *Horticulture*, 59(7):57-59, 1981.