



Your Guide to Better Living

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Oil of Oregano

What is Oil of Oregano?

As a member of the mint family, oregano has healing and anti-microbial properties. Even though you might sprinkle some oregano on your pizza, oregano was an ancient remedy used for seizures and narcotic poisonings. Oil of Oregano is a virtual medicine chest in a bottle. This is not the Oregano used as a spice, but a different plant species grown specifically for its medicinal qualities.

What Can I Use It For?

Previously, we've recommended great products such as Lauricidin, Zinc Lozenges and Echinacea Premium for colds/flu/infection, etc. Oregano oil is a great addition to your infection arsenal. You can also use oil of oregano to help a mildly upset stomach, bronchitis, toothaches and even athlete's foot. It is called "nature's antiseptic" because it can kill most infections that plague mankind – even many that defy modern antibiotics. It has been used in the treatment of fungal infections, animal bites, Athlete's Foot, Bladder Infections, Bronchitis, Candidiasis, Canker Sores, Ebola, Eczema, Flu, Hepatitis, Hives, Pneumonia, Psoriasis, Ringworm, Shingles, Sinusitis, Tick-born infections, Venomous Bites, and Wound Infections.

-Southern Medical Journal, Volume 94, August 2001]

How Do I Take Oil of Oregano?

Oil of oregano comes in two forms: Capsules and liquid drops. You can take it internally for infections/colds/flu [150lb adult can take 2, 3 times per day until symptoms subside] or you can use it topically for cuts to prevent infection. To use the oil in liquid form, dilute the oil with olive, almond or other oil and rub on infected area. Capsules are great when you are trying to shorten your cold/bronchitis. Oil of oregano is not to be confused with common oregano in the kitchen spice cupboard, which is usually Oregano marjoram rather than true oregano (*Oregano vulgare*).

One should be sure to get oregano oil from a reputable company, for it has been suggested that many of the oils available commercially are derived from non-oregano species, particularly various types of marjoram and thyme. Furthermore, there are different concentrations of oregano oil available that are being made with different extraction processes which may involve the use of hazardous solvents.

It is best when taken with food. However, since this volatile oil is quickly absorbed and associated with inducing heartburn, some may require them to be taken in coated capsules, so they do not break down in the stomach but instead are delivered to the small and large intestine. This also delivers the oil further down in the GI tract, where its killing action may be needed.

When using pure oregano oil topically, make sure to dilute it in a carrier oil such as almond, olive, or another pure vegetable oil to avoid burning the skin. Avoid canola oil and Wesson or other commercial vegetable oils.

-Journal Food Protection, Volume 64, July 2003

Where can I find it?

When purchasing this product, you want to be sure it is truly oregano and not a substitute such as marjoram or thyme. You may be able to find Oil of Oregano at your local health food stores, or you can pick it up right here in our office.

How does it work?

Research suggests that oxygen molecules in it react with water in your body to create heat that kills germs by dehydrating them.

A small study published in *Phytotherapy Research* in 2000 examined the effects of oregano oil on adults with the intestinal parasite *Blastocystis hominis*, which can cause diarrhea, anal itching, and weight loss. Participants took 600 mg of oregano oil daily for six weeks. Eight were completely free of the parasite, and the remaining three participants had a reduction in symptoms.

-Journal Applied Microbiology, Volume 86, June 2000

Uses for Oregano Oil

- excellent germicide capable of killing various fungi
- useful against bacterial infections and parasites.
- combating diarrhea and intestinal gas
- digestive problems
- migraine headaches
- candida
- eczema
- athlete's foot
- sore throat, breathing problems
- immediate relief from bee stings, venomous bites
- fighting dandruff, diaper rash and other skin disorders

While this may help remedy your infection or cold, wouldn't it be nice to know exactly what is going on in your body, and why you got the infection in the first place? If you are susceptible to colds and the flu every year, there may be something you're missing. Remember, the only way to know exactly what course of action you need to take to prevent or alleviate chronic and infectious disease, is to get tested to see exactly what supplements YOU need and exactly what diet YOU need to follow. Save time and money by taking the guesswork out of your health choices.

Don't Guess About Your Health... Schedule a Nutritional Consultation Today!

To make an appointment for a nutritional consultation, please call 831-649-6336.

Next Nutrition Seminar: Thursday, July 27th, 6:30-7:30PM @ Slim and Tone – **“How to Make Your Favorite Recipes Healthier”** (If you have a recipe that you would like reviewed at the seminar just send me the recipe by July 20th.)

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1. The information provided in this article is for educational purposes only.
2. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice. Remember: There is no adequate substitution for a personal consultation with your chosen health care provider. Therefore, we encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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