

Oil of Oregano

Nature's Premier Antiseptic

(Revised Edition 2019)



A Concise Guide to the Uses and Applications of a Powerful
Essential Oil Extracted from Wild Oregano

By Charles A. Weisman

Press Release From Reuters...
Oregano destroys *S. pneumoniae* in lab
ATLANTA (Reuters)

In several new experiments, researchers have found that some essential oils - in particular, those derived from oregano, thyme and rosewood-create a lytic reaction (cell death/disruption) in microorganisms, including *Streptococcus pneumoniae*.

Dr. Diane Horne of Weber State University in Ogden, Utah, told the 98th general assembly of the American Society of Microbiology that the discovery of the impact of the oils on cells such as *Streptococcus pneumoniae* occurred through a bit of serendipity.

A co-researcher was spraying aromatic oils in the laboratory. "When I looked at the *S. pneumoniae* that I was preparing for another experiment, the cells were just falling apart." Horne reported.

Horne evaluated the lytic properties of 74 different essential oils, eventually testing nine of them in a series of experiments to determine the impact of each oil on disease-causing microbes.

"Optimal results occurred with oregano, thyme and rosewood; intermediate inhibition of microbe growth was seen with cinnamon oil and clove oil," Horne said.

According to Horne, the oils also demonstrated efficacy against *E. Coli* and several species of fungi. While the oils appear to work in test tube and Petri dish experiments, Horne said that, "It is too soon to say if the oils will have an impact against *S. pneumoniae* in people." She commented that the use of aromatherapy with the effective oils would not be harmful to a patient with *S. pneumoniae* infection, and it might even prove helpful in controlling the infection.

NOTICE: The information in this booklet is intended for reference and educational purposes only, and is not intended to diagnose or treat any illness or disease. For the best results, discuss the information herein with your healthcare provider before initiating any treatment discussed.

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1

What is Oil of Oregano?

Oil of oregano is an essential oil derived from the oregano plant by an old fashioned steam distillation process. Minimal heat is used in the distillation process without the use of chemicals or solvents which preserves the medicinal powers of the active ingredients. The oil is extracted from the crushed dried leaves and flowers of a few species of oregano plant that grows wild throughout the world. It takes some 200 pounds of the herb to produce 2 pounds of oil.

Many essential oils are derived from various types of flowers, leaves, grasses, fruits, roots, and trees. The oils are used for perfumes, cooking, flavorings, cosmetics, insecticides, medicines, and therapeutic purposes. Oil of oregano has a wide variety of medicinal and therapeutic qualities. Also, oregano is a food, thus its oil is less toxic than oil from inedible, non-food plants such as Melaluca (Tea Tree) and pennyroyal. The latter is so toxic that its ingestion may lead to death. The fact is pennyroyal is an inedible weed, and Tea Tree is an inedible tree. In contrast, common herbs and spices, such as cinnamon, cloves, garlic, onion, coriander, oregano, chervil, dill, cardamom, and mint are edible (food grade) and so are their oils.

When oregano oil is extracted from the plant, the oil is a pale yellow color. Since the oil is so potent it is usually cut or mixed with another oil base, such as olive oil or coconut oil, which lightens its color. Oregano oil cut with olive oil has the problem of getting rancid over time. A better mixture is using MTC oil (Medium Chain Triglyceride) which is derived from coconut oil and preserves the freshness and potency of the oregano oil. There are also several grades of potency of oregano oil. Some products contain 20 percent oil of oregano, others 30, 50 or 100 percent.

2

History of Oregano

Since ancient times, oregano has been used for its healing and medicinal properties. The first recorded use was by the Sumerians in 3,000 B.C., who described many medicinal applications.

For centuries the Greeks made heavy use of the herb to relieve joint pain, aching muscles, chronic cough, infections and venomous bites. The Romans also used the herb for medicinal purposes. Oregano has been cultivated in the Mediterranean region since biblical times. In fact, a variety of oregano was the *hyssop* mentioned in the Bible, which is commonly held to be *Origanum*.¹ The cleansing and purifying characteristics of hyssop in the Bible is clearly revealed (Lev. 14; Num. 19:6,18; Psa, 51:7).

Traditional Chinese physicians have used oregano for centuries to treat fever, vomiting, diarrhea, jaundice, and itchy skin conditions. Europeans have used oreganos such as marjoram, as an aromatic spice, and as a digestive aid, arthritis treatment, an expectorant for cough, colds, flu, and chest congestion, and as a menstruation promoter.

The ancients also used oregano as a seasoning, and it still is used as such. But until recent times the Western world, particularly America, has not availed itself to its immense medicinal benefits. The ancients used oregano as a medicine because their experience proved that its regular use helped ward off infection and disease. The forms in which it was administered included the essential oil, hot infusions made with the leaves/roots, and the crushed fresh herb as a poultice.

Oregano dates back to pre-Ancient Greece

For more than 4,000 years of our history, Oregano has been used by healers throughout the world to treat many illnesses and issues, and to enhance our ability to fight disease. The plant possesses powerful anti-bacterial and fungal killing effects, also can be used for pain and and an anti-inflammatory. During the times

¹ John D. Davis, A Dictionary of the Bible 4th ed., p. 330.

of the Greeks and Romans times, it was very commonly used for well-being and health purposes. The word “oregano” comes from the Greek words ‘Oros’ meaning mountain, and ‘Ganos’ meaning joy. Therefore the word oregano means ‘mountain of joy’. In Greek mythology, oregano was created by the goddess Aphrodite as a symbol of happiness. Due to this, the Greeks believed using oregano during a marriage ceremony will provide joy and using oregano during a funeral would give peace to the dead.

The Romans brought oregano to Europe

After the Romans overthrew the Greeks, they adopted oregano as they enjoyed the taste and it was easy to cultivate. Their adoration for the herb aided to spread its use all over Europe and Northern Africa. It was used as a spice for meat, fish, and even to add flavor to wine.

Oregano for medicinal purposes in the dark age

During the dark ages people looked wherever they could for medicine. They would chew the leaves of oregano to cure rheumatism, indigestion, toothache, and to suppress coughs. Aristotle was responsible for using oregano on snake bites. He found that if a tortoise ate a snake it would quickly consume leaves of an oregano shrub. Hippocrates was involved in making it a renowned medical herb. He consumed oregano often to protect his body against respiratory and digestive problems and was one of the first people to notice its antibacterial effects.

3

Types of Oregano

To most Americans, oregano is simply the seasoning on pizza or spaghetti. But to botanists, the word oregano can be a real headache. More than 40 plants in four botanical families go by the name oregano. Many have a similar taste but have different medicinal qualities and different potencies. Thus oregano more properly refers to a flavor rather than one particular plant.

What is more commonly called oregano are those plants which belong to the Labiatae or mint family, and are of the genus *Origanum*. There are about 25 species of *Origanum*. True oregano, as used for medicinal purposes, is confined to several species of wild oregano plants.

The “oregano” spice which most people use is more correctly called marjoram (*Origanum majorana*). It is also called sweet marjoram as it has a sweeter and milder taste and is somewhat more piquant (spicy) than oregano. It’s leaves are one-fourth to one inch long and oval shaped. The calyx is one-lipped with a deep slit. It’s flowers are one-eighth-inch long and are white or pink. The plant reaches a height of two feet.

The oregano spice that comes from the West coast of North America and Mexico, called Mexican oregano, is actually a sage classed as *Lippia Graveolens* of the Verbena family. It is not a true oregano but has the oregano flavor. Likewise, that which is called “Spanish oregano” is strictly a thyme and not a true medicinal oregano.

The species *Origanum Vulglare* often called wild marjoram is a true oregano, and has stronger medicinal qualities than marjoram. It is reddish-brown and grows to two and a half feet tall. It’s leaves are oval, toothed and up to one and a half inches long.

The flowers are white-purple and about one-fourth inch long. It has a calyx with five even teeth. This type of oregano is native to Britain, Europe, Asia and North Africa.

Origanum heracleoticum is also a true oregano and similar to *O. Vulgare*. It is sometimes referred to as winter marjoram and is native to south-east Europe (Italy, Greece, and Turkey). The bracts are usually one-eighth inch long, are densely covered with oil glands on the lower surface, and are generally green.

Origanum onites, often called pot marjoram a hairy plant growing to two feet in height. The leaves are oval or rounded, one-fourth to three-fourths

inch long, and sparsely toothed. The flowers are in a dense terminal cluster up to three inches across. The bracts are pointed and about one-eighth inch long . Pot marjoram is native to the Mediterranean.

Origanum dictamnus is a native of Crete and has strong medicinal qualities. It is a tender perennial growing to a foot in height. The flowers are pink and about one-half inch long.





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Nutritional and Medicinal Qualities

Oregano and its oil contains a wide range of nutrients necessary for good health, as shown in the table below. ²Overall, it's density of minerals makes it one of the richest plant sources of trace minerals known. Oregano contains more calcium per 100 grams than cheese, milk, dark green vegetables or salmon. It has more organic iron than liver, molasses, eggs or red meat. It is richer in magnesium than peanuts, molasses, whole grain or spinach.

Composition of Oregano for 100g Edible Portion	
<u>Constituent</u>	<u>Quantity</u>
Carbohydrates	60.6g
Protein	13.5 g
Water	7.6 g
Fat	6.3 g
Potassium	1685 mg
Magnesium	346 mg
Phosphorus	306 mg
Iron	83 mg
Sodium	77 mg
Vitamin C	51 mg
Niacin	6 mg
Zinc	4 mg
Copper	1 mg
Beta carotene	8068 I.U.

It has as much copper as liver, Brazil nuts, olives, sunflower seeds, whole wheat or almonds. The zinc content is incredibly high at 4 mg per 100 grams,

2 V. Prakash, Leafy Spices, CRC Press, 1990, p.44.

making it a richer source of zinc than salmon, cheese, peanut butter, and whole grains. It has more potassium than orange juice, dates, apricots or bananas.

Oil of oregano also consists of hundreds of compounds. Among them are complex chemicals known as phenols. The two naturally occurring phenols in oregano oil are carvacrol and thymol, both of which are potent natural antiseptics. Like all phenols they exert their actions through a caustic effect upon tissues. This caustic nature explains oregano's destructive actions against microbes. Carvacrol is found in only a few herbs, notably oregano and savory. A synthetic phenol, known as carbolic acid, was used throughout most of the 20th century as the standard by which all other antiseptics were measured. The phenol from oregano is significantly more potent than the synthetic variety. In addition, carvacrol and thymol are noted to possess fungicidal and worm expellant properties.

Oil of oregano actually contains over 50 compounds which possess antimicrobial actions, but carvacrol and thymol are the primary active ingredients. It also contains alcohols, such as linalool and borneol. These are long chain alcohols which have no intoxicating effects and are noted for their antiviral powers.

While phenols also possess significant antioxidant activity, most of oregano's antioxidant powers are derived from its labiatic acid and *p*-hydroxyhydrocaffeic acid. The antioxidant powers of a substance are a measure of its ability to preserve items, whether it be cells in the human body or the food we eat. Food chemists have demonstrated that oregano can be used as a preservative for various different types of foods.

Oil of oregano also contains terpenes, which are the primary active ingredients of citrus oils. Terpenes are potent antiseptic, antiviral, and anti-inflammatory agents. Oil of oregano also contains large quantities of esters, such as geranyl acetate and linalyl acetate. Esters are noted for their potent antifungal powers. They also possess a mild sedative or relaxing effect and enhance blood flow throughout the body.

Modern medicine with its drugs and *antibiotics* has *simply* failed to stem the rising incidence of a variety of microbial and infectious diseases. Every year millions lose their health or their lives from infections which could potentially be cured with natural antiseptics like those that are in oregano oil. Commercial antibiotics are not very effective and can destroy beneficial bacteria.

Oil of oregano is truly nature's premier antiseptic. It surpasses all other over-the-counter antiseptics and, essentially, is superior to all commercial antiseptics combined. In terms of antiseptics the family medicine chest typically contains such things as hydrogen peroxide, mercurochrome, iodine, hexachlorophene (a chlorine-based antiseptic), and rubbing alcohol. Regarding the mercury-based mercurochrome, it is interesting to note that *Taber's Medical Dictionary* states that "it's effectiveness is doubtful." Furthermore, Taber's notes that alcohol, iodine, and hexachlorophene, while capable of killing microbes, fail to kill the spores from which microbes germinate. In contrast, oil of oregano destroys germs as well as their spores.

Another fact to note is that while iodine, hexachlorophene, and hydrogen peroxide can kill microbes, all have been found in scientific studies to also kill human cells. Furthermore, hydrogen peroxide causes extensive tissue damage and thus interferes with the healing of wounds. Also, scientific studies show how hydrogen peroxide and hexachlorophene are carcinogenic when applied directly to open wounds. Iodine is less toxic to human tissue than hydrogen peroxide, but is highly toxic if ingested. On the other hand oil of oregano is an antiseptic that works without damaging human tissues, is not carcinogenic, does not harm beneficial bacteria, and is not toxic if ingested.

One reason oil of oregano is so effective and valuable is because it is both an antiseptic and a solvent. It's solvency action aids in the delivery of its antiseptic and antimicrobial attributes where other medicine cannot reach.

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Medicinal Uses and Applications

Oil of oregano derived from wild oregano plants is a most useful medicinal product due to its powerful antiviral, anti bacterial, antifungal, antiparasitic, antioxidant, antivenom, anti inflammatory, and pain stopping properties. Thus it stands supreme as Nature's most powerful and versatile antiseptic and antibiotic. Oregano oil is a potent but safe substance. Only small amounts are needed to create the desired response. However, oregano oil is a peppery spice and can cause heat and a burning sensation. Thus caution should be used in applying oil of oregano to sensitive areas such as mucus membranes and genital regions. Where application is needed in such areas, be sure to dilute a few drops of the oil in a teaspoon of olive oil to test if a weaker or stronger mixture is needed. The following problems can be treated with the proper use and application of oil of oregano:

Acne

Acne is a skin disorder that causes a variety of skin eruptions including red bumps, whiteheads, and blackheads. It is generally regarded as an infectious disease involving the problem of seborrhea, an overproduction of fat or oil from the sebaceous glands. The hair follicle becomes blocked with oil and dead skin cells which produces a blackhead. Soon bacteria in the follicle multiply, and the resulting inflammation leads to pus-filled whiteheads. The bacteria may cause inflammation to increase resulting in red lesions. Diet is also a factor (processed foods, chocolate, fried foods, pork, caffeine). *Treatment.*- Add a few drops of oil of oregano to liquid soaps or cleansers. Wash the face or affected region twice. After cleaning apply oil of oregano directly on the pimples in the morning and before bedtime.

Animal Bites

The most common animal bites are dog bites. Any animal bite can readily become infected. This is because bites are a type of puncture wound wherein contaminated secretions are deeply lodged. The microbes are essentially seeded directly into the blood and tissue because of the depth of the wound. In deep puncture wound, less oxygen is available, and oxygen impedes the growth of microbes. The closing of the wound only serves to hold the infection within the tissues. Oil of oregano is an effective medicine for animal bites. It penetrates the deepest recesses of puncture wounds, killing pathogens on contact. No other antiseptic can match its capacity to stop puncture wound infections. *Treatment.*-

Wash the wound thoroughly and seek medical attention if necessary. Thoroughly saturate the puncture site or open wound with oil of oregano. Repeat application several times daily. Take a few drops of the oil in water or juice two or three times daily.

Asthma

The most characteristic symptoms of asthma are the spasmodic attacks of oppressed, difficult, labored breathing, aggravated by lying down and by damp weather. The cause has not been definitely determined. *Treatment-* Rub oil of oregano onto the chest in the event of an asthma attack. Repeat several times daily. Also, directly inhale vapors from the bottle. Take a few drops under the tongue or in juice/water two or three times daily. During an acute attack fill a gelatin capsule with oil of oregano and take one capsule twice daily.

Athlete's Foot

Athlete's foot is a harmless but uncomfortable fungal infection that causes an itchy rash between the toes and on the soles or sides of the feet. If not treated, the disorder can lead to cracks in the skin and painful open sores. *Treatment.-*Apply oil of oregano to a cotton swab and apply to the infection. Add several drops of the oil to any restorative foot bath.

Back pain

Eighty percent of adults fall prey to back pain at least once, and many people get it again and again. While some back problems are serious, the vast majority can be treated at home. *Treatment-*To reduce swelling and inflammation of injured muscles, ligaments and tendons, rub and massage the region of the back exhibiting pain using oil of oregano. This will also help improve circulation and eliminate lactic acid and other chemical wastes from the muscles.

Bad Breath

This issue may be caused by problems in the lower digestive tract which can cause foul orders to be brought up to the mouth. It is also be brought about by microbial overgrowth in the mouth, or by infection in the gums. *Treatment-* Rub a few drops of oil oregano on the gums and teeth in the morning and at night. Use

the oil on a toothbrush, or on top of the top of the toothpaste. Using this procedure regularly will create a fresh sensation in the mouth and will lead to a reduction of plaque formation.

Bee Stings

The stinger left by a bee, hornet or wasp has a venom sack attached to it that pumps venom into the blood, which can result in swelling and allergic reactions. Oil of Oregano can reduce reactions to bee stings and even save lives because it is an antivenom. This means that it neutralizes venom on contact. *Treatment.*- Withdraw the stinger and squeeze out the poison. Wash the wound with cold water. Liberally apply oil or oregano and repeat every hour until improvement is noted.

Bed Sores

Bed sores usually occur with those who are bed ridden for long periods. The sores can break open the skin and can readily become infected. *Treatment.*- Directly apply oil of oregano to the sore, and cover with a bandage if necessary. Repeat dressing every twelve hours.

Bladder infection

There seems to be no medical cure for bladder infections. Antibiotics may halt an initial infection, but prolonged use can lead to infection by drug resistant microbes, particularly E. coli and Candida albican. Oil of oregano offers significant antiseptic powers for the urinary tract. It is far more active against obnoxious urinary pathogens than the typically relied upon natural compounds such a garlic, goldenseal, and echinacea. *Treatment.*- Apply the oil directly over the bladder region. Fill a small gelatin capsule with the oil and take one twice daily.

Boils and Abscesses

An abscess is any localized collection of pus in any part of the body. Boils are abscessed skin infections that usually begin in hair follicles. A boil can cause a painful red lump that may range in size from a quarter of an inch and a half.

Within a week or so, a pus-filled head slowly forms and eventually bursts. Most boils are caused by a bacterial infection, and sometimes by fungal infection. Thus oil of oregano is highly effective against boils. The oil will penetrate the boil and deliver its antibacterial agents deep into the hair follicles. Furthermore, because of its solvent action, the oil helps dehydrate boils, which aids in the destruction of microbes. Microbes are 90% water and have difficulty surviving in a dry environment. *Treatment*.- Apply the oil upon the boil twice daily. Take two drops under the tongue once daily. If swelling is a problem, make a compress with 3 drops of oil and apply to swollen areas.

Bromidrosis

This is the medical term for the foul odor that is associated with excessive or constant sweating of the skin. It occurs particularly in the feet, groin, and axilla. Oil of oregano is a natural deodorant. It will not only destroy the microbes which cause the odor, but helps to reduce or eliminate sweating. *Treatment*.- Apply the oil directly to the problem areas twice daily.

Bruises

Bruises result from the rupture of blood vessels. When the blood vessels burst, the contents spill into the tissues resulting in discoloration. Oil of oregano is a solvent, so it helps dissipate bruises. Furthermore, its anti-inflammatory powers aid in reducing pain and swelling. *Treatment*.- Apply oil of oregano upon the bruised tissue. Repeat twice daily.

Burns

Most burns cause the skin to get red and sore, and there may often be swelling. Oil of oregano's potent anti-inflammatory powers can immediately halt the swelling and pain. There may be an initial discomfort but in time the pain and swelling will be dramatically reduced. The oil also helps to stop blistering. Perhaps of greatest importance is the fact that sterility will be created within the burn. This is critical because infection is the major cause of post-burn complications. *Treatment*.- Apply oil of oregano to the burn as soon as possible after the injury. Repeat the application two or three times daily until the pain subsides. For burn blisters, put a drop of oregano oil on the blister and after a half

minute hold and ice cube on it for several minutes. Repeat three times a day. If the burn is severe and fails to heal rapidly, see your physician immediately.

Bursitis and Tendinitis

Bursitis occurs when one or more bursal sacs-the small, fluid-filled sacs that cushion the joints, get irritated and inflamed. Tendinitis also causes joint pain, but the irritation and inflammation affect the tendons, those sinewy fibers that connect muscles. Oil of oregano is a solvent and thus helps normalize thickened tissue secretions. Its anti-inflammatory properties and it's tremendous penetrating power make it an ideal therapeutic rub. Treatment - The treatments for bursitis and tendinitis are virtually the same. Rub oil of oregano over the involved joint and massage with ice several times daily. Repeat as necessary. Take a few drops in juice, milk or water twice daily

Candidiasis

This common fungal infection is brought about by a form of yeast organism invading human tissue. The organism may infect virtually any part of the body, although it most commonly infects the nails, skin folds, feet, mouth, sinuses, ear canal, umbilicus, esophagus, intestines, vaginal tract, and urethra. A number of factors increase the likelihood of fungal infection. These include antibiotic therapy, high sugar diet, antacids, cortisone, radiation, birth control pills, chronic alcohol consumption, drug use, sexual promiscuity, poor hygiene, and chewing tobacco. *Treatment.*- If the infection is topical, apply oil of oregano as needed several times daily. Application upon the genitals, vagina, or rectum is highly uncomfortable producing a severe hot sensation. For these areas dilute a drop or two of oil into a tablespoon of olive oil or coconut oil. Apply gently to the involved region. For internal infections, put six or seven drops of oil in a gelatin capsule and take twice daily.

Canker Sores

Canker sores are painful, inflamed, and often infected lesions that are generally difficult to treat. They occur on the mucous membranes, primarily in the

mouth. Canker sores are a warning sign of a failing immunity. They often develop as a result of toxic reactions to food. *Treatment*-apply oil of oregano directly to the canker sores. Saturate pieces of cotton with the oil and apply over the sore.

Chicken Pox, Measles and Mumps

These contagious diseases, usually confined to children, are due to viral infections. They result in mild to moderate disorders such as fevers and rashes. While these diseases have commonly been treated with vaccines, many are now realizing the adverse effects of such vaccines. *Treatment* -The infected person should be isolated in a well ventilated room but protected from draughts and cold air. Bathe to keep skin clean. Prevent scratching to guard against infection. The diet should be liquid as long as fever is present, but avoid acidic drinks (oranges, lemons, etc.). Fill a gelatin capsule with oil of oregano and take two daily. Apply oil to areas of the skin that are itchy or that show swelling.

Coated Tongue

The tongue can at times be covered with a layer of whitish or yellowish material consisting of surface cells of the mucous membrane, bacteria, food debris, etc. If the tongue is darkly coated, it may indicate a fungal infection. The condition may also be an indication of a break down of the immune system that has precipitated a disease. *Treatment*- A coated tongue involving bacterial or fungal infection is effectively dealt with by adding several drops of oil of oregano to a mouthwash solution and holding it in the mouth for a couple of minutes. Also, take two drops of the oil under the tongue .

Cold Sores

Cold sores are a type of oral herpes or herpes simplex. It is a common viral disease that usually occurs around the mouth, forming painful and annoying blisters. *Treatment* - Apply oil of oregano directly to the cold sore as soon as its formation is detected. A slight burning sensation will be felt. The sooner it is applied the greater the positive effects will be. Take a drop or two of oil under the tongue twice daily.

Colds and Flu

The so-called "common cold" is an infectious inflammation of the upper respiratory tract. A cold is one of the most widespread diseases known to man. Colds and the flu (or influenza) are caused by one of nearly 200 different viruses, nearly half of which are called rhinoviruses. It is also believed the viruses are brought about by a depletion of the mineral salts within the tissues of the respiratory tract and of the nose. Because antibiotics kill bacteria, not viruses, taking an antibiotic won't help. Oil of oregano has been utilized since ancient times as a cure for the common cold. A cold or flu can be prevented by using oil of oregano regularly during the "cold and flu season" since the oil can kill viruses directly. It also enhances the body's antiviral defenses by boosting white blood cell function and increasing lymph flow. *Treatment-* Take two drops of oil of Oregano in liquid as a preventative measure. If a cold or flu strikes, take a small capsule filled with the oil daily. Inhale the oil directly or add it to a vaporizer to drain the sinuses.

Colitis

Colitis is the medical term for inflammation of the large intestine or colon. It is a chronic disease in which sores or ulcers form on the inner lining of the colon. An attack of colitis usually produces abdominal pain, bloating, cramping, and frequent bloody diarrhea. *Treatment-* Take a small capsule filled with oil of oregano twice daily.

Corns and Calluses

Corns and calluses are thickenings of the epidermis, the outer layers of the skin. They form to protect the skin from recurrent irritation or pressure. On the feet they are usually due to poorly fitting shoes. *Treatment-* Rub and massage the corn or callus with oil of oregano twice a day.

Cough

This symptom is usually due to some disease or acute infection of the respiratory tract. Smoking and alcohol generally aggravate the irritation. Whooping cough is an acute disease due to a bacterial infection in which the child appears to be suffocating and cannot take in air while coughing. The coughing fits can go on throughout the night. Croup is also due to inflammation and results in a

barking cough. The essential oils in oregano possess a medicinal effect called antitussive action, meaning that they can halt a cough. Treatment- Inhale oil of oregano directly or from a steam vaporizer as often as possible. Take a few drops of the oil under the tongue twice daily and in juice or water; also gargle with a few drops in warm salt water.

Cryptosporidium

This is a parasitic infection caused by a protozoan, a type of parasite which commonly contaminates soil and freshwater. The source of the infective organism is animal and human excrement. Cryptosporidium is difficult to kill, and there are no effective drugs available. When it invades the body, it tends to hide by burrowing into intestinal walls. It protects itself from destruction by converting into a cyst. However, the solvent action of oregano oil damages the cystic wall, leading to destruction of the organism. Treatment-Take oil of oregano under the tongue, two drops per day. Fill a small gelatin capsule with 6 drops of the oil and take twice daily.

Cuts and Scrapes

When a break in the skin occurs it becomes susceptible to infection if not treated properly, especially with deep wounds since microbes and germs are deeper and more difficult to clean out. Oil of oregano has the ability to penetrate deep down into a wound and kill germs, thus allowing the skin to heal without infection. Oil of oregano surpasses all other over-the-counter antiseptics in this factor. Treatment- The first thing that you need to do for any cut or scrape is to stop the bleeding as soon as possible by applying direct pressure to the wound. When the bleeding has stopped, wash the wound. Then using a piece of gauze or cloth apply oil of oregano to the wound. If bandaging is necessary dress the bandage with oil of oregano.

Dandruff

Everyone gets a little dandruff some times. Your scalp, like the rest of your skin, is continually shedding old cells and replacing them with new ones. The life

cycle of a skin cell is between two to four weeks, which means old, dead cells 'dandruff' are always flaking off. However, in some cases the body sheds old skin cells faster than normal, which can be due to fungal infection of the glands and skin cells. A variety of fungi or bacteria are responsible for the flaking and itching. Treatment- Add several drops of oil of oregano to shampoo and wash hair and scalp thoroughly. Allow the shampoo to sit for two minutes before rinsing. For added anti-dandruff effect rub a few drops into scalp at night and wash off the next morning. A burning sensation may occur, but is temporary.

Diaper Rash

Diaper rash is usually due to a yeast or fungal infection. Because an infant's immune system is underdeveloped, they are highly vulnerable to the development of a variety of fungal infections. Careful hygiene is essential for the prevention of diaper rash. Moisture feeds fungus, and so it is critical to frequently change diapers to prevent prolonged contact of the skin with urine or stool. Cloth diapers are advisable, as certain chemicals found in synthetic diapers damage local immunity and increase the risk for yeast infection. Treatment- Dilute a drop or two of oil of oregano into a teaspoon of olive oil. Apply to the involved region several times daily.

Diarrhea

Diarrhea is one of your body's natural defenses. It rushes things through the digestive tract that your body wants to get rid of. It is not a disease but a symptom; or rather an indicator of a disorder. It may be brought on by stress or emotional problems, or is due to an illness, such as the flu. The most likely cause is intestinal infection. Parasites, viruses, and bacteria all may be the culprits. Oil of oregano is an ideal medicine for combating diarrhea, as it destroys bacteria, viruses, and parasites. Treatment- Take a few drops of oil of oregano two or three times daily in juice or water. For severe diarrhea fill a gelatin capsule with oil of oregano two or three times daily in juice or water. For severe diarrhea fill a gelatin capsule with oil of oregano; take one capsule three times daily.

Diphtheria

This is an acute-infectious disease characterized by nausea, vomiting, chills, and swollen lymph glands in the neck, underarms, and groin. The vast majority of

cases occur before the age of 10, but older children and adults are not exempt. It was commonly given as a treatment for this disease an antitoxin made from horse serum to which many are allergic. But oil of oregano has no adverse side-effects. Treatment- Have patient deeply inhale oil of oregano. Place patient on a liquid or soft diet. Take a small gelatin capsule with oil of oregano twice daily

Earache & Ear Infections

Many people, especially children, get ear aches when they have a head cold. When mucus or pus build up next to the eardrum they can cause excruciating pain. Deficiencies of a variety of nutrients may lead to earaches or infection. In addition, the insides of the ears provide a perfectly warm, moist environment for bacteria and other organisms to thrive. The use of antibiotics not only fails to cure the infections, but actually increase the likelihood of future infection. Oil of oregano is an outright cure for chronic earaches and is highly effective for acute ear infections as well. Treatment- Take three or four drops in juice twice daily. Apply the oil directly on the outer ear or near the outer ear. Do not put full strength in the ear. Dilute one drop in a tablespoon of warm olive oil and add a few drops of this solution in your ears.

Eczema

Eczema is a non-contagious, inflammatory skin disease which results in an itchy rash. It usually begins in infancy and may recur into the twenties. It usually runs in families and is caused by a genetic allergic reaction. Over-the-counter medications often contain benzocaine, lanolin, or petroleum jelly which can make the problem worse. Oil of oregano contains a variety of anti-inflammatory compounds which reduce the swelling, halt itching, and stop scaling. Treatment- Rub oil of oregano on all eczematous lesions twice daily. Take a few drops of the oil under the tongue twice daily. Also mix a drop or two of the oil in juice, milk or water and consume once daily.

Food Poisoning

Food poisoning is a general term used to describe any illness caused by eating a food that contains a poisonous substance (foods with insecticides, or certain mushrooms), or contaminated with microbes. Most types of food poisoning provoke abdominal cramps, diarrhea, fever, nausea, and vomiting within a few

hours after consumption of the food. Salmonella is a food poisoning due to bacteria growing on spoiled or undercooked food. Botulism is a more severe form of food poisoning caused by the development of bacteria in a raw and improperly canned food, especially with ham or sausage. Antibiotics are essentially impotent and often aggravate the infection. Oil of oregano with its potent antibiotic qualities readily neutralizes harmful bacteria. Treatment-Do not try to stop the vomiting or diarrhea because your body must eliminate the toxins. Take four drops of oil of oregano in juice or water as an internal antiseptic. For more severe cases, fill a small gelatin capsule with the oil and take one twice daily.

Frostbite and Frostburn

Oil of oregano is highly useful in treating frostbite/frostburn for a number of reasons. It dramatically improves circulation to the skin and outer tissues. The increase in blood flow minimizes tissue damage. It reduces inflammation as well as pain. It speeds healing, aiding in the regeneration of skin. Furthermore, it prevents infection from developing in open wounds. Treatment- Apply oil of oregano directly to the affected region. Repeat application as often as necessary; numerous applications may be necessary to achieve the optimal results.

Giardia Infection

Giardia infection, known medically as giardiasis, is caused by a parasite, the protozoan *Giardia lamblia*. This organism is found in most water sources such as lakes, ponds, rivers etc. It is deposited through animal and human feces. Giardia infection can lead to disease resulting in diarrhea, nausea, stomach pain, or intestinal bloating. These symptoms are seen more commonly in children who are three times more likely to develop the infection than adults. Treatment-Take a few drops of oil of oregano under the tongue twice daily. In addition, add four drops to tomato juice or water and drink twice daily.

Gingivitis and Gum Disease

There are several hundred kinds of bacteria that find their home in a person's mouth. They camp out on your teeth, and on your tongue, and along and inside the gums. Over many years, the constant bacterial onslaught can cause the

gums to swell, redden and bleed. This is called gingivitis or gum disease. If the gums get infected it is known as pyorrhea. One good thing about gingivitis is that it is easy to reverse with oil of oregano. Regular use of the oil will also help prevent pyorrhea and cavities. Oregano oil will kill and prevent the growth of the bacteria which forms the plaque, tartar, and lactic acid which causes gum disease and tooth decay. Treatment- For gingivitis problems, rub oil of oregano in small quantities upon all gum surfaces twice daily. Place a small amount on the toothbrush and brush teeth. For regular use the oil can be mixed with toothpaste, or add a drop on the toothpaste each time you brush.

Headaches

Headaches are among the most common causes of pain. The most common types of severe headaches are tension, migraine, and cluster headaches. Tension headaches are associated with stress that may cause muscles in the head to contract and go into spasm. Migraines and clusters are vascular headaches and seem to be caused by abnormal expansion and contraction of blood vessels in the scalp. Essential oils have been used as headache remedies for thousands of years. Oregano as a treatment for headaches dates to ancient Greece. Vapors from essential oils penetrate the mucous membranes and exert their therapeutic effects directly upon the brain. Oil of oregano is also a powerful anti-inflammatory agent, and this is largely why it is so effective for headaches. Treatment, Rub oil of oregano liberally on inflamed tissues on the neck and shoulders. Massage a small amount for the oil into painful regions and trigger point in the scalp and forehead. Inhale the oil frequently.

Head Lice

Thousands of individuals every day are infected with head lice. The fact is humans are the primary host for this despised organism. The vast majority of victims are children attending public schools. In such cases the cause is usually poor hygiene. *Treatment.*- Add one dropper full of oil of oregano to a tablespoon of shampoo. Wash hair thoroughly and let stand for several minutes before rinsing. As a body wash add a full dropper of oil of oregano to a handful of liquid soap; wash all bodily regions except the genitals. For genital infection use a diluted solution to avoid a burning sensation (one or two drops in a tablespoon of shampoo or soap). For clothes and bedding add two or three

droppers of oil of oregano to the wash cycle. For combs and brushes soak in hot water with two drops of oil of oregano.

Hemorrhoids

Doctors estimate that a majority of Americans get these pesky irritants at one time or another. Hemorrhoids are veins in the anus, which, instead of moving blood smoothly, get swollen and filled with blood. Eventually the veins get large enough that you start to feel them. Hemorrhoids usually occur when you strain to have a bowel movement. The increase in pressure caused by the straining causes the veins to weaken, get flabby, and then, to swell. Oil of oregano can penetrate into the hemorrhoids and reduce the inflammation better than over-the-counter medicines. *Treatment-* Dilute three drops of oil of oregano with olive oil. Using a cotton cloth apply to the problem areas. Repeat three times daily.

Hepatitis

Hepatitis is an inflammation of the liver. Although it is usually a mild and self-limiting disease, some cases can be life threatening. It is most commonly by viruses transmitted through contaminated food or infected blood. The other major causes are alcohol abuse and the use of certain drugs. Hepatitis is regarded by the medical professionals as incurable. Oil of oregano is particularly valuable for infectious hepatitis and may prove lifesaving in severe cases. The volatile oil readily penetrates into the blood and is then carried to the liver tissue, where it exerts its antiseptic actions. *Treatment-Apply* two drops of oil of oregano under the tongue twice daily. Take a few drops with meals in milk, juice or water twice daily. Fill a small gelatin capsule with oil of oregano and take one daily.

Hives

Hives, also known as urticaria, is an allergic skin disorder. Hives are raised pink or red round lesions called wheals. They are hot to the touch and itchy and have flat tops, ranging in size from a quarter of an inch to an inch and a half or larger. Hives are most often caused by food allergies, the most common

being shellfish, nuts, eggs, chocolate, and fruits. Some people may break out in hives in response to contact with cats or other animals, insect bites, certain drugs, or even exposure to cold, heat, or sunlight. *Treatment-* Apply oil of oregano to the affected areas of the skin. Fill a small gelatin capsule with the oil and take one per day. Repeat until symptoms subside.

Impetigo

Impetigo is a common but painless skin infection which is highly contagious. It occasionally causes serious kidney inflammation. Impetigo causes a red rash with many small, itchy blisters, some of which contain pus. Impetigo is caused by streptococcal or staphylococcal bacteria. Medical tests have proven that oil of oregano halts or impedes the growth of both staph and strep. Impetigo can be caught either by direct contact with an infected person or by sharing washcloths, razors, brushes, or other personal hygiene materials. *Treatment-* Gently dab oil of oregano on all lesions with a saturated cotton ball or cloth. Repeat this several times daily. Be sure to wash hands thoroughly after touching lesions. Add oil of oregano to liquid soaps and wash hands frequently to help minimize the spread of infection. Also take four drops of the oil twice daily in juice or water.

Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a disorder of movement within the intestines. Instead of rhythmic muscle contractions that normally move waste through the system, irregular contractions cause abnormalities that include too little or too much fluid in the bowel. It may be caused by stress or dietary factors, such as a lack of fiber. Eating processed foods like cookies, white bread, pies, French fries, etc., damages the wall of the colon and can cause colon problems. Parasitic infection is also a common cause of IBS. *Treatment-* Take a few drops of oil of oregano internally in juice or water. In the event of a parasitic infection, the oil may be used in a retention enema by adding several drops to the enema bag, and be sure to hold in the colon for as long as possible.

Leg Cramps

There are a number of causes of leg cramps, but the common thread is that they are due to a lack of blood flow in the muscles. Oil of oregano dramatically improves blood flow to muscles when applied topically. The increase in circulation causes a greater amount of oxygen to be delivered which nourishes the muscle, and the leg cramps are resolved. Sore muscles also respond to the oregano prescription due to its anti-inflammatory powers. *Treatment-* Rub oil of oregano vigorously over spastic or sore muscles until the problem is halted.

Nail Fungus

Tens of millions of Americans suffer from this disfiguring condition. No doubt, it is one of the major health problems of the modern world. Both fingernails and toenails may be affected. Fungal infection of the nails is a difficult disorder to cure, and most medicines have been ineffective, or cause significant toxicity. Oil of oregano more than any other essential oil has a deep penetrating power, which aids in the destruction of nail fungus. *Treatment.* Rub oil of oregano liberally into involved nails as often as possible. Ideally, soak the infected nails in the oil for one hour. Retain the soaking solution by covering and refrigerate for reuse. If the fungal nail infection is severe, fill a small gelatin capsule with the oil and take daily with food.

Peptic Ulcer

Ulcers are small erosions in the mucosal lining of the gastrointestinal tract. They most commonly occur in the upper portion of the small intestine, where they are called peptic ulcers. Less often, ulcers occur directly in the lining of the stomach, where they may be called gastric ulcers, but are also called peptic. The primary symptom is pain in the center of the chest, ranging from gnawing or burning to severe and searing. Other symptoms include heartburn, burping, bloating and gas. Recent studies show that ulcers are infected by large amounts of a microbe. Researchers determined that if the organism was destroyed through antibiotic therapy, the ulcers healed completely. Oil of oregano is highly active against the ulcer bacteria.

Treatment- Take a small gelatin capsule filled with oil of oregano on an empty stomach twice daily.

Pneumonia

Pneumonia, or inflammation of the lungs, is an acute infectious disease, involving inflammation in one or more lobes of the lung. This causes fluid to accumulate in the air cells and impairs their ability to function. It can result in severe chest and or back pain, shortness of breath, cough, fever, chills and malaise. Pneumonia is brought about by an infection from bacteria, viruses, or fungi. Viruses are the most common cause, especially in children. Viral pneumonia does not respond to antibiotics. Regardless of the cause, oil of oregano is an invaluable treatment. It possesses antiseptic powers and helps induce sweating, which aids in breaking the high fever and accelerate recovery. Furthermore, oil of oregano helps thin mucus and opens clogged lung/nasal passages, and this aids in the relief of cough as well as shortness of breath.

Treatment- Inhale oil of oregano directly from the bottle, or apply oil to a cotton cloth and place over the mouth and nose and inhale. Take a few drops under the tongue twice daily. Rub a generous amount of the oil on the upper chest and along the spine over the upper and mid back. Take a small gelatin capsule filled with the oil once daily.

Poison Ivy, Oak and Sumac

Poison oak, ivy, and sumac contain an oily resin called urushiol, which sticks to your skin at the slightest touch. Even touching other things that have contacted the plants, such as pets or garden tools, will cause a rash. The rash may develop as soon as a few hours after exposure. A red, itchy rash that develops leads to the formation of multiple blisters. Oil of oregano dissolves the resin, allowing it to be removed from the body by normal washing. The oil also halts the inflammation and swelling that typically occurs as a result of allergic reaction. Furthermore, it relieves itching and thus helps prevent the spread of the rash.

Treatment. - After contact with these plants, rub oil of oregano over the involved area, then wash with soap and water. Add the oil to the soap. After washing apply oregano oil twice daily.

Prostate Disorders

Though there has been a rise in the incidence of prostate cancer in recent years, it is far from a necessary consequence of a long life in the modern world. In other words, it can be prevented through dietary and nutritional means. Infection is one of the most common factors with prostate disorders. The prostate gland is a reservoir for the development of infections. Poor hygiene may also be a factor, and E. coli infection is a relatively common cause of prostatitis. Oil of oregano is useful in prostate problems, especially those caused by infection. *Treatment-* Take a few drops of oil of oregano under the tongue twice daily. Rub the oil on the lower back just above the sacrum once or twice daily. For acute attack, take a gelatin capsule filled with oil of oregano twice daily.

Pruritus (Itchy Skin)

Oil of oregano can effectively resolve itching, especially if it is due to allergic reactions. An allergic itch may be caused by direct contact of the skin with poisonous compounds, soap residues, petrochemicals, insecticides, herbicides, and metals. The most common foods that cause an allergic itch and/or rash are citrus fruits, wheat, dairy products, shrimp, potatoes, berries, spices and tomatoes. Pruritus may also be a sign of a serious diseases such as hepatitis, cancer, kidney failure, liver failure, and internal fungal infection. Oil of oregano is effective against allergic rash as it reduces inflammation while blocking the itch. *Treatment-* Apply oil of oregano to itchy area. Do not apply large amounts to the face, as this may result in a strong burning sensation. Repeat as necessary; discontinue use if itching or rash fail to improve.

Psoriasis

Psoriasis is a skin disease that causes a potentially disfiguring rash. It results when the process of skin cell growth and replacement is accelerated. Skin cells go through their life cycles in four days instead of a month. The cells aren't formed quite right, so they don't shed as quickly as they are supposed to. As a result cells pile up, forming dry, red, scaly patches, especially on the elbows, scalp, knees or torso. It is not certain what causes the problem but a fungal infection seems to be involved. *Treatment-* Take a few drops of oil of oregano under the tongue and in juice or water two or three times daily. Apply the oil twice daily to psoriatic lesions.

Ringworm

Ringworm is a general term used for several fungal infections of the skin and scalp. The name is a misnomer because no "worm" is involved and the rash may not be circular. Itching is the most common symptom on the body and scalp. The infectious organism is known as *tinea*. Like their mushroom cousins, *tinea* fungi prefer dark, moist environments in which to grow, and thrive upon a protein in the skin known as keratin. They are ubiquitous in our environment, so you can pick them up almost anywhere, including from pets, other humans, and soil. *Treatment* - Rub oil of oregano on the affected region twice daily. Also take a few drops of oil once or twice daily in liquids. A complete resolution of ringworm should be evident in as little as a week.

Rosacea

This is a bizarre type of skin rash that occurs primarily on the face, specifically on and out the nose. Infection seems to be the likely cause for rosacea. Virtually all rosacea patients are infected by a parasite, a type of mite. Other research points to internal infection as a factor. Oil of oregano kills mites. Plus it reduces the inflammation and swelling associated with skin infections. *Treatment* - Apply oil of oregano directly to the involved sites once or twice daily. Take two drops of oil of oregano twice daily in juice or water.

Scabies

Scabies is a parasitic infection of the skin caused by a rather large mite. Scabies usually occurs as an outbreak in public and such in schools, dormitories, military bases, etc. The mite can be picked up by sexual contact, dirty sheets, or other objects subject to poor hygiene. Once the mite is in contact with burrows into the flesh in order to feed. Infection is rarely noticed right away, in fact, it

may take weeks before symptoms occur. The primary symptoms are severe itching and rash, as well as bumps on the skin. Any skin fold is likely site of infection. The current medical treatment is the application of insecticide creme to the skin. The use of insecticide is a potentially dangerous treatment, and is unnecessary because oil of oregano destroys the scabies mite and can completely cure the problem. *Treatment-* Apply oil of oregano vigorously to involved regions. Mix the oil 50-50 with skin lotion and cover the entire body from head to toe. Let it sit for one to two hours and then rinse. Repeat application of the oil to the infected sites only. Follow this procedure on a daily basis until the infection is resolved. Soak all potentially infected clothes, bedding, and articles in a solution of hot water and oil of oregano overnight (three drops per gallon of water).

Shingles

Shingles is a common name for a skin disorder that doctors call herpes zoster. Although anyone can get shingles at any age, it is more prevalent and more severe in older people. It causes tingling skin sensations, pain, itching, and a painful, blister-like rash. The rash most commonly occurs on the chest, stomach, or back. Shingles is caused by the *varicella* virus, the same virus that causes chickenpox. It is believed that the virus remains dormant in the body after a childhood chickenpox infection. It is triggered by stress, old age, illness or drugs such as cortisone. *Treatment-* Apply oil of oregano directly to the involved sites; repeat application as often as necessary to ease pain and inflammation. Take three drops of oil in juice or water twice daily.

Sinusitis

The sinuses consist of mucus-lined hollow space above and below the eyes and on each side of the nose. The sinuses normally drain quite easily. But when you have a cold or congestion due to allergies, the openings to the sinuses may get blocked,,allowing mucus to accumulate. Eventually the sinuses may get infected and inflamed, causing fever, headaches, and an unpleasant-tasting mucus that drips down the back of your throat. Doctors call this condition sinusitis. Sinusitis has been called the number-one health complaint in America. Dietary habits are intimately involved in causing sinus conditions. Oil of oregano is a type of natural sinus medicine. It helps open clogged sinus passages, while thinning mucous as well as halting excessive

mucous secretion. It also helps to minimize the toxicity of allergic reactions. *Treatment*-Inhale oil of oregano frequently placing a drop or two of the oil on the skin under the nose and around the nostrils for a more direct effect. Take a small gelatin capsule filled with the oil once daily.

Sore Throat and Laryngitis

A sore throat can be due to *local* irritation, such as talking too much, smoking, or air pollution. They often accompany a cold, flu, or other viral infection. Also, streptococcus bacteria can cause a severe sore throat, or strep throat as it is commonly called. Laryngitis is an inflammation of the larynx or the vocal cords; and as such it also causes a sore throat and hoarseness. Antibiotics offer little or no relief of pain and soreness whatever the cause. Oil of oregano when applied on the throat rapidly eliminates pain and inflammation, and quickly destroys the causative organism *Treatment*- Add four drops of oil of oregano to a glass of hot salt water and gargle several times daily. Rub the *oil* on the throat. Inhale the oil. Take two or three drops of the oil under the tongue twice daily.

Sports Injuries

Athlete's frequently suffer soft tissue injuries, which means trauma to the skin, fatty membranes, cartilage, tendons, muscles, and ligaments. These injuries may be open wounds, blunt injuries or internal damage including bruises, strains, contusions, pulled muscles, or torn ligaments/muscles. Fungal infection is also common in athletes. Oil of oregano outright destroys skin fungus. Also, since it possesses potent anti-inflammatory action, the oil is useful for pulled muscles, strains, bruises and leg cramps. Because of its penetrating power, the oil accelerates the healing of various traumatic injuries while reducing or eliminating pain. *Treatment* - Rub oil of oregano on the involved region. Repeat application several times daily until improvement occurs. Then apply twice daily to induce rapid healing.

Sunburn

A sunburn is the result of radiation burn from the sun's rays. The problem is not just one of pain. The radiation destroys human tissue and skin cells, and robs the skin of its protective moisture. Research has shown that sunburns can increase your risk of cancer. *Treatment*-Take a cool shower or bath to quickly turn down the temperature. Add several drops of oil of oregano to a skin moisturizer to help stop the pain and swelling.

Tick Borne Illnesses

Diseases caused by ticks have reached epidemic proportions in the United States. Lyme disease is the most commonly occurring type followed by Rocky Mountain Spotted Fever and Ehrlichiosis. Even if no disease is transmitted, the tick leaves a bite that swells and is painful and prone to infection, as the secretions of ticks are highly infective. Oil of oregano is an ideal antiseptic for combating tick-borne infections. It not only helps sterilize the tick itself, but it's excrement and secretions as well. *Treatment*- Oil of oregano destroys ticks outright. So if the tick is still attached, saturate it and the bite site with oil of oregano. Also, saturate a cotton ball and cover the tick; it should die within minutes. Remove the tick with tweezers and add oil to the bite. Take a few drops of oil of oregano in liquids twice daily to prevent the tick-borne microbe from gaining a foothold.

Tonsillitis

The tonsils are the oval masses of lymphoid tissue, there is one on each side of the throat at the back of the mouth. They act as a filter to protect the body from the invasion of bacteria, and aid in the formation of white cells. Tonsillitis is an inflammation of the tonsils. The symptoms are high temperature, headache, pain when swallowing, and the tonsils appear enlarged and red. The inflammation may be caused by a variety of microbes or organisms. The common treatment of surgical removal can often be avoided with the use of oil of oregano. *Treatment*-Place the patient on a liquid diet which contains a few drops of oil of oregano. In a small glass prepare a solution of hot water and salt with six drops of oil of oregano

and gargle with it four or five times daily. Mix five drops of oregano oil with a tablespoon of olive oil or glycerin and then paint the tonsils with a cotton swab. Swelling and pain should be gone in two days.

Toothache

Nearly everyone at some point in their lives has a toothache or two. Toothaches are almost always caused by infection of the tooth, dentin, and especially the nerve root. Aching of the teeth, a milder condition, may be caused by a deficiency of calcium and magnesium or, more likely, a vitamin D deficiency. Vitamin D is required for the deposit of calcium and magnesium into the enamel. Oil of oregano can halt toothache pain rapidly and thoroughly. *Treatment-* Apply oil of oregano directly to the involved tooth or teeth several times daily. You could also saturate a piece of cotton with the oil and wedge it between the cheek and gum at the involved region.

Tuberculosis

Tuberculosis is a highly contagious lung disease that was once one of the world's leading causes of death. It was believed the disease had been cured through the improvement in sanitation and use of antibiotics. However, the disease has returned with a ferocity. Tuberculosis is caused by an infection of bacteria that are spread from one person to another in droplets of saliva that are expelled by coughing, sneezing, speaking, or even breathing. Although the droplets evaporate, the bacteria remain airborne and can be inhaled by other people. The common symptoms are a chronic cough, coughing up blood, shortness of breath, or chest pain. Oil of oregano is an ideal remedy for tuberculosis. When inhaled it possesses a unique ability to penetrate lung tissue. When taken internally, it penetrates into the deep recesses of the internal organs, including the lungs, where the microbes readily hide. Taken continuously, it will greatly aid in eradicating this life threatening condition. *Treatment-* Deeply inhale oregano oil several times daily. Place a small amount under the nose three times daily to ensure maximum inhalation. Fill a gelatin capsule with the oil and take

one or two capsules daily with meals. Continue treatment for several weeks if necessary.

Upset Stomach or Gastritis

Gastritis is the medical term for an upset stomach triggered by inflammation of the lining of the stomach. It is characterized by abdominal pain, thirst, nausea, vomiting and diarrhea. Acute gastritis is very common; it arises suddenly and soon disappears. In chronic gastritis, symptoms are persistent or intermittent over a long period. Gastritis may be due to an excess or a deficiency of hydrochloric acid, an infection by microbes, alcohol abuse, drugs (especially aspirin), food poisoning, or bad diet habits. *Treatment-* The patient should get a lot of rest. In severe cases no food should be taken until the stomach becomes retentive. Take two drops of oil of oregano under the tongue. Take a gelatin capsule filled with oil of oregano once or twice daily.

Vaginal Infection

Yeast infection is one of the most common and irritating infections that women deal with. The fungus *Candida Albicans* is responsible. The problem is on the increase due to the use of antibiotics, birth control pills, and chemicals in foods. Vaginitis, an inflammation problem, is also increasing, and is usually due to a microbial infection (straph, strep, trichomonas, spiro). *Treatment-* Add three drops of oil of oregano to an herbal douche and use once a day for five days.

Varicose Veins

Varicose Veins are abnormally enlarged veins. They can be uncomfortable and unsightly. About two-thirds of women and half of all men have them. Varicose veins occur when tiny valves in the veins that normally keep blood flowing toward the heart weaken or collapse. This can cause blood to pool inside the veins. When enough blood accumulates, the veins begin to swell or even break, causing varicose veins. Anyone can get them but they often occur during pregnancy or as a result of being overweight. No drugs are available to treat this condition, and, although surgery is regarded as a potential treatment, it

should be a last resort. Oil of oregano is an ideal treatment for the symptoms of this condition. Because of its penetrating anti-inflammatory actions, it helps reduce the swelling, irritation and pain associated with varicose veins.

Treatment- Apply oil of oregano to the swollen or painful varicosities. Follow the vein up and down and apply the oil to visible portions. Repeat application morning and night.

Venomous Bites

There are several different creatures which through their bite can inject poisonous substances into the skin and blood. These creatures include black widow spiders, brown recluse spiders, scorpions, gila monsters, rattlesnakes and other types of snakes. Oil of oregano will save lives in the event of poisonous bites because it is an anti-venom. This means it neutralizes venom or poison of virtually any creature on contact.

Treatment- If a venomous bite occurs, seek medical attention immediately. Apply oil of oregano liberally to the involved site. Repeat application every hour until improvement is noted. Then apply three or four times daily until the wound heals completely. Take, 4 drops in liquid twice daily to help neutralize internal venom.

Warts

Warts are benign (non-cancerous) tumors that are unattractive but painless and usually totally harmless. Warts are caused by papilloma viruses that are spread by direct contact. The tumor is the result of the virus damaging or controlling the genetics of the skin cells. The virus tends to enter the skin or mucous membrane through any small cut or abrasion. Oil of oregano contains a variety of antiviral compounds. The oil will readily penetrate warts all the way to the root, and this will aid

Treatment- Saturate a cotton pad with the oil of oregano and hold the pad against the wart as long as possible. Repeat several times daily. Take several drops in juice or water twice daily.

Worms and Parasites

The human body is an attractive home for many different tiny creatures. Worms and parasites that can invade the body are flukes, hookworm, pinworm, tapeworms, giardia, amoebas cryptosporidium, clostridium, and threadworms. Parasites are picked up from the other persons, direct from feces, or inhaling or touching their eggs. Many herbs are used to expel or kill worms and parasites (cayenne, garlic, lemon, rose hips, wormwood, black walnuts), but none of them can match the worm expelling and parasite killing qualities of oil of oregano. *Treatment* -Take a small gelatin capsule filled with oil of oregano once a day. If an enema is recommended, add several drops to the solution.

Other Conditions which Oil of Oregano may be useful for

**General Health
Problems:**

Lichen planus	Constipation	Leukoplakia
Crohn's disease	Flatulence	Hiatal hernia
Bronchitis	Cystitis	Kidney infection
Swollen ankles	Gout	Arthritis

Fungal Infections:

Aspergillus	Blastomycosis	Histoplasmosis
Cryptococcal infection	Coccidiomycosis	Nocardiosis

Bacterial Infection:

Actinomycosis	Enterobacter	Shigella
Campylobacter	Gonorrhea	Typhoid fever

Parasites & Organisms:

Amebic dysentery	Sleeping sickness	Toxoplasmosis
Bacillus subtilis	Trichomonas	Malaria

9**Household and Everyday Uses**

Oil of oregano is a very versatile essential oil that can provide you with many uses and benefits for your everyday needs. Viruses, bacteria, germs,

chemicals and microbes abound in the home, workplace and back yard, and must be dealt with every day. Good health is not automatic, it is something that must be practiced, and oil of oregano makes the task of healthy living easier and more effective. The following are some practical and important uses for oil of oregano in your everyday life:

Air Freshener and Sterilizer

Many diseases travel through the air, as air-borne germs, bacteria, microbes and viruses. Our homes and work environments contain billions of bacteria, molds, yeasts, and though most are harmless, others are not. Oil of oregano can effectively reduce or eliminate many of the air-borne microbes. Oil of oregano is one of the most volatile of all of the essential oils. This means that it readily vaporizes into the air. This property makes it ideal for sterilizing air. To utilize this property, mix a few drops of oregano oil in water in a spray bottle and mist the entire house, or add it to your humidifier. The bacteria, mold and virus counts will be significantly reduced. Also, since many odors are caused by bacteria, yeasts and molds, the room will smell fresher, and the energy in the air will change immediately. You can also add several drops of oil to window cleaners, wall cleaners, carpet cleaners, etc., to acid freshness and reduce germs and microbes .

Bathroom Uses

The bathroom is a hot bed for bacterial and fungal growth. Such microbes are found everywhere in the bathroom and in large amounts. Instead of using caustic chemical cleaners which can be more harmful to man than the microbe, oil of oregano can make your bathroom sterile with complete safety. As the bathroom is the main place where hands are washed, several drops of oil of oregano should be added to liquid pump soaps. The oil can be used with any soap-based cleaner for cleaning tiles, counter tops and toilets. Put a few drops in the toilet bowl every day. For the shower, add a few drops of oil of oregano to liquid or bar soap and wash the skin thoroughly. For washing hair add a few drops to shampoo. Avoid contact with eyes.

Children

Extra preventative care needs to be applied to children due to their poor hygiene habits, weaker immunity, and dirty areas they come in contact with. Have them frequently wash their hands and nail beds with soap containing oil of oregano. Use more oil in baths. After they have contacted other persons infected with a disease wash hands and ingest the oil in juice or water.

Cooking and Food Use

The most obvious use for oregano oil is the traditional use of the herb in cooking and food preparation. Oil of oregano, as well as the crushed herb, are safe for use in food. They make an excellent condiment or flavoring when added to soups, sauces, entrees, and salads. You can use them freely in any food or recipe. However, its most useful function in foods is due to its antimicrobial powers. If oregano oil is used with foods such as meat, eggs, milk, or salad dressings you will greatly halt the growth of microbes, and thus reduce the risk of food poisoning. Oil of oregano is one of nature's finest preservatives, thus when added to food it will also help keep it from spoiling.

Kitchen Uses

The kitchen is highly prone to attract certain germs and bacteria due to the constant presence of food in the area. A clean kitchen is no guarantee that it is germ free or antiseptic. Use oil of oregano in a mild soap solution to keep floors, walls and countertops antiseptic. Use the water spray bottle with oregano oil to periodically wipe down counter tops to keep them clean. For washing dishes, add a few drops of oil of oregano to the dish soap or directly into the dish water to keep dishes and eating utensils sterile. To keep the dish rag or sponge sterile add a few drops after usage. The oil can also be added to automatic dishwashers along with the detergent. When washing out the fridge, freezer, or oven, add three drops of oil of oregano to the final rinse. This will deodorize and sterilize the unit without leaving a toxic or unpleasant aroma.

Pets and Domestic Animals

Domestic animals suffer from many of the same viral, bacterial and parasitic problems as humans do. They also get coughs, colds, and flus. Thus the use of oil of oregano will work on them just as effectively as it does with people. To get animals to ingest the oil fill a small gelatin capsule with the oil and mix it in their food. Topical applications are basically the same as with people. Animals also get cuts and wounds, and the oil should be applied to help with healing and to prevent infection. Bathing pets in water with oregano oil and using the oil in the shampoo will help ward off fleas, ticks, and lice. Also, using a spray bottle with water and oregano oil, spray around their kennel or sleeping box to keep it free of parasites.

Washing Clothes

In a washing machine, put four drops of oil of oregano into the softener compartment. This will help remove microbes and parasites which can often survive the wash cycle. You may also like to use the oil when ironing. You can use your spray bottle with water and oregano oil and spray the clothes before ironing.