

MEXICAN WILD OREGANO OIL *Lippia graveolens*

Oregano oil contains 4 main groups of chemicals which contribute to its potent curative powers:

Phenols: Such as Carvacol and Thymol which act as antiseptics and antioxidants.

Terpens: Such as Pinene and Terpinene which have antiviral, anti-inflammatory and anesthetic properties.

Alcohols: Such as Linalool and Borneol with antiseptic, antiviral, antifungal and deparasiting properties.

Acetates: Such as Linalyn and Geranyl which combined with all of the previous chemicals make of Oregano Oil a potent natural antibiotic with no side effects or bacterial resistance.

In studies carried out at Georgetown University a conclusion was reached that it is an antibiotic more potent and effective than penicillin, streptomycin and vancomycin. One of its most important properties is that it acts as an antiseptic, eliminating any kind of pathogen, as mentioned in publications of the Quarterly Review of Biology (March 1998) and in the Indian Journal of Experimental Biology (June 1977).

Studies were made in Europe where it is reported that it is a stimulant of the immunological system and it has been compared with plants such as Echinacea and Goldenseal which also stimulate the immune system; however Oregano Oil is much more effective. Oregano Oil is extremely powerful and must be used as indicated in the instructions, using minimal amounts in order to watch its effects before taking larger doses because when it sets free the toxins from our organism it can cause flu symptoms, dizziness, fatigue and in some cases skin irritation, therefore it is recommended to drink from 8 to 12 glasses of water every day.

History:

Through time and because of its great variety of medicinal purposes its origins can go back as far as Babylon, 3000 BC. Oregano means "the delights of the mountains" in Greek and the Greeks consider oregano the first medicinal plant of all.

Wild oregano is rich in oil and it is extracted by means of a distillation process with water steam, passing through five stages:

- Boiler
- Container
- Steam conductor mixed with oil
- Condenser
- Decanting equipment
- And from 35 to 40 kilos of leaves are needed to obtain one liter of essential oil.

Oregano Oil, a highly effective and 100% natural “first aid kit”

In a comparative study oregano is at the front of the list of curative aromatic herbs.

Recommended uses:

- **ANTISEPTIC.**- Because of its contents of Carvacol and Thymol it has antibacterial, antifungal and antiviral properties, without resistance from the microbes, it combats and prevents infectious ailments, destroying those microorganisms which cause them in wounds and scrapes. **Dosage:** Apply from 3 to 6 drops on the affected area. (The skin stings at the beginning, but this feeling soon disappears.)
- **ANTI BACTERIAL.**- It has disinfectant and healing properties in dermal infections in the case of psoriasis, eczema, pyoderma, rashes, cuts, burns and scrapes, among others. Its volatile oils are extremely active against most pathogenic bacteria, even streptococcus, staphylococcus, E. coli and helicobacter pylori and dental and gum infections, killing the guilty bacteria and relieving pain. **Dosage:** Three to six drops can be applied directly to the affected skin area, one drop on the tooth in case of infection, taking 3 to 5 drops diluted in water once a day to reinforce the treatment.
- **ANTI-VIRAL.**- At the first sign of a respiratory infection or a viral digestive infection, take 3 to 6 drops diluted in water and continue taking 3 drops every hour until the infection has ceded. Studies report its effectiveness in cases of human corona virus. In case of herpes take 3 to 5 drops diluted in water three times a day, also applying oil before the blisters break.
- **ANTI-PARASITICAL.**- Helps in expelling intestinal parasites such as amoebas, worms, tapeworms, etc and especially in the case of giardia lambia and coccidiosis.
- **ANTI-INFLAMMATORY AND ANALGESIC.**- It is a powerful anti-inflammatory and soothes pain quickly; it can be used in the case of muscular or joint pain, tendonitis and bruises.
- **REGENERATOR OF THE IMMUNE SYSTEM.**- Compared with other plants that have the same therapeutic effect, oregano oil is much more effective in stimulating the immune system and therefore it helps in the defense of the organism. **Dosage:** Take 2 to 3 drops diluted in water daily, for an indefinite period of time.
- **ANTI-ALLERGIC.**- It produces a soothing effect in the hypersensitivity of allergies, offering relief in case of allergic reactions. **Dosage:** A sublingual drop 3 or 4 times a day; for nasal congestion apply one drop on the exterior of the nose and massage.

- **FUNGICIDE.-** It probably is the most powerful herbal anti-fungal agent known, very useful in cases of Candidiasis (Candida Albicans) and in the intestine it promotes the reproduction of probiotic bacteria. At the same time as it eliminates candida albicans and its toxins which activates the slow metabolism and along with a diet free of carbohydrates and refined flours, as well as liters of water daily, it helps in losing weight. **Dosage:** Five drops diluted in water three times a day or sublingual. It is also used in infections due to fungus, such as athlete's foot or in the nails, applying the oil on the affected zone twice a day until the lesion disappears.
- **ANTI-SPASMODIC.-** Relief in case of colic, intestinal spasms or abdominal distension. **Dosage:** Take 3 to 5 drops diluted in water or sublingual, three times a day.
- **ANTIDOTE.-** It can be used as first aid in case of bee or spider stings and snake bites. **Dosage:** Apply the oil directly on the affected zone.
- **EXPECTORANT.-** Oregano oil combined with eucalyptus oil has an expectorant effect in respiratory infections such as bronchitis, asthma, coughs. **Dosage:** Dilute 3 to 4 drops in the equivalent of a dropper of water.
- **APPETITE STIMULANT.-** It helps to boost the appetite, to be used by children over 12 years old. **Dosage:** Dilute 3 drops in water once a day.
- **ANTIOXIDANT.-** Because it is rich in rosmarinic acid it is identified as the herb with the highest antioxidant activity, protecting the cells from damage caused by free radicals, making it more potent than vitamin E. **Dosage:** Take 4 to 5 drops daily diluted in water.

Precautions:

- Not to be used in pregnancy or while breast feeding.
- Avoid contact with the eyes, mucous and sensitive skin, washing hands after application.
In case of contact wash with abundant water.
- In case of a reaction suspend the use of the product.
- Do not take an overdose as this may cause gastritis.
- Not to be used by children under 12.