



Oregano Oil



A must for every medicine cabinet!

With the modern overuse of antibiotic pharmaceuticals and antibacterial cleaners, the harmful pathogens that we are exposed to today are becoming more aggressive and more resistant. At the same time, our own immune systems have become more vulnerable to these pathogens. In times like these, we need to remember that nature has provided us with safe and effective tools to help us combat such health threats.

Oregano (latin name *origanum*) is a hearty plant

that grows in the high mountains of the Mediterranean. It grows in mineral-rich soil which in turn makes it one of the most mineral-dense plants on the planet. The essential oil of the oregano plant, which is edible when prepared properly, has been used by man for thousands of years for a wide-range of health concerns in addition to its use as a food and spice. In ancient Greece, oregano was used as a medicine for wound healing and in ancient Egypt it was known as a cough remedy. Later, in the Middle

Ages, oregano oil was an effective way to protect foods from microbial contamination.

The major active ingredient in oil of oregano is the natural phenol known as carvacrol. Synthetic phenols, such as carbolic acid, have been used in hospitals for sterilization of surgical tools, but the carvacrol in oregano oil is an even more powerful antiseptic.¹ As noted by W.H. Martindale, "The essential oil of oregano is the most powerful plant-derived antiseptic known. It is 26 times more active as an antiseptic than [synthetic] phenol."²

In studies, where molds and staphylococci bacteria were treated with both essential oils and antibiotics researchers noted, "The test results were dramatic. In each case, the essential oils proved to be many times more effective at killing the pathogenic microorganisms than the antibiotics."³ And in tests that compared the effectiveness of essential oils in killing bacteria such as E Coli and Candida, oregano oil was considered the closest to an ideal antibacterial. Dr. P. Belaiche observed, "This aromatic essence (oregano) is almost always the leader. Among the most active oils oregano is the 'best of the best!'"³ The element that determined the effectiveness of the oregano oil used in these studies was a high content of carvacrol.⁴

Even more impressive is the research of oregano oil against fungal bacteria. A study published in the International Journal of Food Microbiology showed that small amounts of oregano oil were able to stop the growth of all fungi that were tested.⁵

Oil of oregano is also a very powerful antioxidant. It naturally contains vitamin E tocopherols, such as gamma tocopherol and rosmarnic acid.^{1,6}

Spotlight on: Oregano vs. Colds & Flus

Cold and flu:

Oregano oil has been used against the common cold for thousands of years. It helps with boosting the body's immune system and fighting the virus itself. Additionally, oregano oil's many properties assist in reducing the symptoms of cold and flus including sore throat, cough, congestions, muscle pain, fever and headaches.¹

Sore throats:

Oregano oil helps reduce inflammation and pain, while it eliminates the related pathogen. Further, antibiotics will only help a sore throat if the cause is bacterial, while oil of oregano can bring relief whether the cause is bacterial, viral or yeast in origin.¹

Coughs:

Coughing is an indication of respiratory infection and can be reduced by oregano oil's antitussive effects.¹

When to use oregano oil orally

- Colds and flu
- Sinus conditions and lung congestion
- Sore throat
- Bronchitis
- Pneumonia
- Immune system boosting
- Gum infections and toothaches
- Digestive problems (indigestion, gas, diarrhea)
- Gastrointestinal parasites
- To reduce LDL ("bad cholesterol")
- Bad breath due to oral microbes

When to use oregano oil externally

- Foot and nail fungus
- Athlete's foot
- Candida*
- Cold sores
- Canker sores
- Psoriasis and eczema
- Dandruff and seborrhea
- Itchy skin
- Acne pimples
- Joint pain and inflammation
- Insect bites
- Bruises
- Bursitis
- Ear infections (on the outer ear, not in the canal)

(*Note: Always avoid contact with eyes and genitals)

Orega-First Oregano Oil

*Quality oil of oregano
you can trust!*

Orega-First Oregano Oil

- **High in Carvacrol:** Orega-First Oregano Oil naturally contains 75% carvacrol, one of the most important active ingredients in oregano oil in fighting bacterial, viral and fungal pathogens.
- **Pure & Tested:** Orega-First as it has been tested to be free from synthetic phenols such as carbolic acid – its high carvacrol content is naturally occurring. Orega-First is also free from additives and chemicals.
- **Pure Source:** Orega-First is made with the best wild oregano grown and hand-harvested high in the mountains of the eastern Mediterranean.
- **Organic Base:** The carrier used for Orega-First oregano oil is a high grade certified organic and kosher olive oil. This makes Orega-First safer for internal use and more effective as a topical application than most oregano oils that use conventional olive oil.
- **Potent:** Orega-First contains a potent 1:3 ratio of oregano oil to organic olive oil, yet can be taken orally directly in the mouth.

Recommended dosage:

Topical:

Adults: Apply topically to affected area several times a day.

Oral:

Adults: For treatment of infection, take 5 drops, 3-5 times / day. (5 drops constitutes 50 mg of pure oregano oil, diluted in olive oil 1:3). As a preventative, take 1-3 drops / day. Take drops in the mouth and follow with liquid, OR mix in juice or milk.

Risk information:

Sensitive individuals may experience skin irritation. Dilute 1:4 in carrier oil if this occurs. Avoid eyes and genitals. Pregnant and breastfeeding women should avoid use.



REFERENCES:

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6. Lagouri, V, Boskou D. Nutrient antioxidants in oregano. Int J Food Sci Nutr 1996;47(6):493-7.

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