

## Wild Oregano Oil - Nature's Miracle Herb

Since the beginning of time, mankind has looked for substances to treat a wide range of health problems, rather than treating individual symptoms or conditions. Natural compounds may offer the best hope, as they have the potential for multiple uses. Research has shown that spice extracts offer a wide range of curative properties. They are powerful germicides, capable of killing a wide range of germs, as well as potent antioxidants. One of the most potent of these is wild oregano.

Few people realize that wild oregano has been relied upon as a therapeutic herb since antiquity. About 3000 B.C. the Babylonians described it as a cure for lung and cardiac disease. They also used it for wound healing and venomous bites. The ancient Greeks used wild oregano for healing wounds, destroying infections and reversing lung and cardiac disorders.

In the book, Salmon's Herbal, written in the 1600's, oregano oil is highly valued and recommended for chest, menstrual, uterine, lung and digestive complaints. Specific uses mentioned include: diarrhea, asthma, colds, infections of the female sexual organs and uterine tumors. Additionally, its value against liver disorders is emphasized.

In Garden of Health (1633), William Langham described an even wider range of uses including such diverse conditions as bladder trouble, bleeding, heart failure, head pain, itchy skin, mouth pain, spots on the skin, stomachache, intestinal worms and toothache. Oregano oil has always been relied upon as an emergency medicine.

Oregano oil is well known in the Mediterranean world (Greece and Crete) for its ability to slow down food spoilage because of its antibacterial, anti-fungal, anti-parasitic and antioxidant abilities. The related herbs of thyme and marjoram sold in most North American supermarkets, are labeled incorrectly as oregano and possess little of the wild oregano's healing properties.

Oil of Oregano is a completely natural substance derived from the wild oregano species. The plant grows in remote mountainous regions free of pollution. Only the leaves of the flowering plant are used. They are picked precisely when the plant is highest in essential oil. Being wild, it is grown chemical-free and the oil is extracted via a completely natural process - no chemicals or solvents are used. The oil is the source of virtually all of the plant's active ingredients.

The benefit of oregano has gone largely unnoticed. In addition to fighting various fungi, oil of oregano is useful against bacteria and parasites. It can be used to treat internal and external fungi including athlete's foot. Skin conditions such as psoriasis and eczema can be improved. Oil of oregano outright destroys all variety of fungi and yeasts, regardless of where they reside. In the case of parasites, oil of oregano has had success in neutralizing worms, amoeba, and protozoan. Oil of oregano's antiseptic powers are immense - it inhibits the growth of the majority of bacteria, something that prescription antibiotics fail to accomplish.

Wild, crude, mountain-grown oregano (from the Mediterranean) is the only kind that is naturally rich in 'carvacrols, flavonoids, and terpenes', which give the oregano its tremendous strength. Carvacrol is a natural phenol that contains powerful anti-microbial activity. Flavonoids provide natural antiseptic properties and Terpenes are natural anti-inflammatory agents.

Oil of Oregano effectively treats: acne, allergies, arthritis, asthma, athlete's foot, candida, constipation, croup, dandruff, diarrhea, digestive disturbances, insect bites, bronchitis, canker sores, colds, flu, earaches, fatigue, gum disease, headaches, menstrual irregularities, muscle pain, parasites, pulmonary tuberculosis, pneumonia, psoriasis, toenail problems, seborrhea, ringworm, rosacea, sinusitis, varicose veins and warts.

Oil of Oregano is also a powerful painkiller. An article published in Phytotherapy Research describes how oregano oil superceded anti-inflammatory drugs in reversing pain and inflammation and is nearly as powerful as morphine as a painkiller.

Because wild oregano is an edible spice, it is acceptable for human ingestion. However, the type of oregano used is very important. North American Herb and Spice was the first company of the American market to introduce edible Oil of Oregano. To be edible, this essential oil must be made only from wild, mountain-grown, Mediterranean oregano, free of all chemicals and pesticides. It also has to be emulsified in a carrier oil such as extra virgin olive oil, which is used by North American Herb & Spice in its oil of oregano. The oregano they use is 100% Mediterranean oregano and is produced by old-fashioned cold pressing and steam distillation, using no chemicals to extract it.

Oil of Oregano is available in liquid and capsule form. Oil of Oregano is highly concentrated, so when using it internally, start with small amounts, like one to two drops twice daily in juice. Take one drop twice per day working your way up to one drop four times per day. Mix with one teaspoon of

honey, maple syrup, or olive oil to improve palatability. Take for a period of 15 days and then stop for 15 days. Repeat the process.

Oil of Oregano may also be applied topically to treat itches, infections of the skin, gum, teeth or just about any orifice of the body. Exercise care if you use it in the genital region where it is best mixed with olive oil or coconut oil before application. (1 drop per teaspoon of olive oil or coconut oil/butter).

Gelcaps provide the beneficial aspects of Wild Oregano Oil without using a dropper or having an after-taste. Great for people needing the benefits of Wild Oregano Oil in digestive, intestinal and other internal problems related to infection. Each Oreganol gelcap contains 140 mg. of Wild Oregano, equal to 6 drops of Oregano Oil from a dropper.

North American Herb & Spice Oreganol Oil and Gelcaps can be found in most health food stores across North America. They also offer their products online and can be found using the keywords: North American Herb & Spice; Oil of Oregano; Oregano Oil; and Oreganol.

If you are suffering from colds, flu, bronchitis, viral infections, athlete's foot, chronic fatigue syndrome, arthritis, headaches, menstrual irregularities or experience any of the ailments mentioned above, oil of oregano may be the miracle cure you have been searching for.

### About the Author

Read magazines like Shape, Womens Fitness, Fitness, etc to get tips and to stay motivated. Good luck and stick at it. This plan has lost me 20 lbs in 12.

Source: <http://www.productsherbal.com>