

# OIL OF OREGANO

An Essential Key For Self-Healing

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I originally wrote this handbook as a reminder for myself; every once and a while I need a kick in the butt so to speak.

The secret to forever living health is not knowing what to do; it's doing what you know to do and I will add, on a consistent basis and making a conscience choice to enjoy what you do when you do it, remember; resistance creates stress, stress creates suffering, suffering creates more stress.

As you will learn, "Oil Of Oregano" is jam packed with facts, facts and more facts.

My intention when writing this handbook was to keep it as tight as possible while including enough information to inspire you to throw out everything in your medicine cabinet and purchase the best concentration of Oil Of Oregano you can get.

For your health,

Kita Forever

Discover for yourself, nature's most powerful and versatile healing remedy: Oil Of Oregano.

With the resurgence of natural medicine, Mediterranean Oregano Oil has been "rediscovered". It is now recognized as one of the most powerful and useful natural remedies available today. Studies have proven Oregano Oil to be as effective as prescription antibiotics in the combat of bacterial infections. Yet, unlike these toxic drugs – Oregano Oil is a safe and healthy alternative, capable of destroying other pathogens that antibiotics cannot fight: viruses, fungi, and parasites.

Furthermore, due to the number of compounds within Oregano Oil, its "complexity" does not allow for the development of resistant germs (a.k.a. "super bugs").

So many health conditions are infection-related – which explains why Oregano Oil is used for so many conditions. It is the number one treatment for colds and flu's – more effective than all other remedies on the market today. It is also used for respiratory infections, Candida infections, ear infections, foot and nail fungus, acne, cold sores, gum dis-ease and cavities, childhood illnesses, herpes outbreaks, psoriasis, head lice, etc.

## OIL OF OREGANO

International travelers use it as a protection and treatment against parasites and germs, water-borne pathogens and food poisoning. Naturopathic physicians prescribe it for Colitis and Crohn's disease, to combat intestinal infection. The list of infection-related conditions that Oil of Oregano can be used to treat, goes on and on...

In addition to its Antibacterial, Antiviral, Antifungal and Anti-parasitic actions – Oregano Oil has many other actions and uses. For instance, it alleviates pain and inflammation when applied topically to burns, wounds, injuries, sore joints and muscles. It thins and loosens mucous in the sinuses and lungs, and relieves coughing. It settles the digestive system, and assists with nausea, diarrhea and gas. Oregano oil is also a powerful antioxidant!!!



**Oil of Oregano may be used orally and topically to prevent or treat:**

### **Colds & Flu's**

- Combats viral and bacterial infections
- Boosts the immune system
- Relieves pain and inflammation of sore throat
- Eases congestion in lungs and sinuses
- Relieves coughing

### **Skin Conditions**

- Reduces Acne pimples and clogged pores
- Heals dry and cracked skin, rashes and sores
- Sunburn: repairs tissue and speeds healing
- Helps with Psoriasis and Eczema
- Relieves itchy skin and treats Dandruff
- Treats scabies and head lice
- Combats foot and nail fungus
- Reduces swelling and pain from insect bites
- Burns: reduces pain and inflammation
- Mosquito repellent

### **Respiratory & Sinus Conditions**

- Attacks viral, bacterial and mold infections
- Eases congestion of lungs and sinuses, by thinning mucous
- Relieves coughing
- Aids respiratory disorders and breathing difficulties
- Chronic Bronchitis, Sinusitis, Pneumonia, Hay Fever

### **Sore Muscles & Joints**

- Reduces pain and inflammation
- Relaxes tight muscles and spasms
- Speeds healing and improves mobility
- Injuries: sprains, strains, torn muscles and ligaments
- Arthritis, Rheumatism, Bursitis and Tendonitis

### **Burns, Wounds, Cuts, Bruises & Blisters**

- Reduces pain and inflammation
- Speeds healing
- Disinfects and treats infection

## Mouth Conditions

- Teeth and gums: treats pain and infection
- Gum dis-eases, recessions and abscesses
- Cleans teeth and freshens breath (add a drop to paste)
- Effective on Cold Sores

## Digestive Conditions

- Relieves indigestion, nausea, diarrhea and gas
- Relaxes and soothes digestive tract lining
- Alleviates [pain and discomfort
- Attacks viral, bacterial and fungal infections
- Combats intestinal worms and flukes
- Stimulates excretion of bile by liver to aid in digestion
- Prescribed by Naturopaths for IBS, Colitis and Crohn's



## Infections

- Candida infections
- Cold Sores and other Herpes outbreaks
- Wound infections, hospital infections
- Food poisoning and water-borne illnesses
- Respiratory infections (Sinusitis, Bronchitis, etc)
- Tonsillitis, Laryngitis
- Ear and throat infections
- Intestinal infections (IBS, Colitis, Crohn's)
- Urinary tract and kidney infections
- Measles, Mumps, Chicken Pox
- All types of parasitic infections



Oil of Oregano is a perfect travel companion and a natural choice for every First-Aid Kit.

### **Recommended Use**

Oil of Oregano may be used topically and/or orally, depending on the condition. We highly recommend reading Dr. Cass Ingram's "The Cure Is In The Cupboard: How To Use Oregano For Better Health" – which provides dosage and treatment information for specific conditions.

### **External Use (Topical)**

Apply to area, several times a day. Reapply before bed. Wait several minutes before wearing clothes, to allow the essential oil to absorb into skin. Heat sensation is normal. For sore joints and muscles: apply liberally and massage oil into skin. For facial acne and clogged pores: rub gently on pimple(s) or ores before bed; for sensitive skin dilute 1:1 in olive oil; avoid eyes and nostrils. For respiratory infections and congestion: apply liberally to chest; put several drops in a bowl of boiled water and inhale deeply for 10 minutes; also take orally. For genital region; try drops on a band-aid for herpes sores; dilute 1:4 in olive oil for sensitive regions; avoid mucous membranes. For dandruff: add several drops to shampoo. For nail fungus: apply oil frequently, try soaking a cotton pad with oil and tape to nail. For ear infections: avoid ear canal; apply behind and around

the ear, and take orally if older than 5 years (see below). For hand and foot warts: Soak in hot water for 5 min, then dry; remove dead skin; apply oil frequently.

### **Internal Use**

Use primarily for infection-related conditions. Recommended Adult Oral Dosage: 5 drops (50mg of pure oregano oil diluted in olive oil 1:3). As a preventative, take 1-3 drops per day. Frequency of Use: 3-5 times a day is sufficient for the majority of infections. For more virulent infections, take up to 10 dosages in a 24-hour period. How To Take: Oil of Oregano is known for its hotness. Try at the back of mouth and follow with water; OR under the tongue. For Chronic Sinusitis: Put 10-20 drops in a 1-ounce dropper bottle of olive oil. Shake gently. Put 1-2 drops in each nostril and sniff. For Tooth and Gum Infection / Pain: Soak a Q-Tip with oil and apply.

### **Children**

Recommended Oral Dosage: 5-10 years, use 1 drop, 1-3 times per day in juice or organic milk. Do not exceed 10 days of use. External Use: 6 months – 5 years dilute 1:4 in olive oil and apply to soles of feet and spine. Add a few drops to warm bath water with bath salts. 5 years and older, may use directly from bottle on soles of feet and spine. Dilute for sensitive skin areas.

## **Caution**

Heat sensation is normal. May cause skin irritation on individuals with sensitive skin (dilute 1:4 in olive oil). For internal use drink plenty of water. For extended use, consider taking a probiotic. Avoid eyes, nostrils and genital mucous membranes. Keep out of children's reach. Do NOT Use: Infants and children under 5 should take internally. Pregnant or nursing mothers must avoid use orally and topically. Contraindications: No know drug interactions. Oil of Oregano may thin the blood and may increase the pumping strength of the heart.

## **Disclaimer**

The claims made in this research report have not yet been confirmed by human clinical trails. However, many scientific studies conducted in vitro have confirmed Oregano Oil's effectiveness against many pathogenic microorganisms (infection). The information in this research report is provided with the understanding that Forever Living Health or Kita Forever is not engaged in rendering medical advice. It is provided for educational purposes only and is not intended as a diagnosis, treatment, cure or prevention of any health condition. Consult a health care professional for advice. The decision to use, or not to use, any of this information is the sole responsibility of the reader.

## References

Advanced Aromatherapy, by Dr. Kurt Schnaubelt, 1998.

The One Earth Herbal Sourcebook, by Dr. Alan Tillotson, 2001.

The Cure Is In The Cupboard, by Dr. Cass Ingram, 2001.

