

Oil of Oregano

The ancient Greeks were one of the first people to recognize oregano oil for its health benefits and medicinal qualities. It is known to be a potent anti-viral, anti-bacterial, anti-fungal, and anti-parasitic oil that can reduce pain and inflammation and effectively fight off infections.

Some of the specific benefits of Oil of Oregano are:

- Destroying organisms that contribute to infections and digestive problems.
- Strengthening the immune system.
- Increasing joint and muscle flexibility.
- Improving respiratory health.
- Georgetown University found it to be as effective as traditional antibiotics, without the negative side effects.
- The Journal of Applied Microbiology found it had an effect against 25 different bacteria

Uses of Oil of Oregano

Skin or ear Infections

Oil of Oregano can be applied directly onto the skin to treat itches, skin infections, and irritated gums. Oregano oil is very powerful and often needs to be diluted before using on the skin or in the ears. Place 1 drop of Oregano oil in one teaspoon of olive oil before applying to the skin. Alternatively you can put a drop of oregano oil in the middle of a cotton ball and put it in the child's ear. Fold the cotton ball so that the oil does not touch the skin. The beneficial oil becomes airborne and works on the ear infection.

Digestive Problems

The high concentrations of thymol and carvacrol in Oil of Oregano have been shown to calm upset stomachs and aid digestion. Therefore, a quick home remedy for mild indigestion is to drink a glass of water or juice that is mixed with 2 or 3 drops of the oil. The oil may burn if it coats the mucous membranes in the mouth. This can also be an effective treatment for parasites and candida infections of the GI tract that can cause digestive problems.

Colds, Sore Throats and Sinus Congestion

Oil of Oregano is a wonderful natural remedy for sinus congestion. A common solution is to add 3 drops of the oil into a glass of juice and drink this mixture daily for 3 to 5 days. If you can handle the spicy taste, hold 2-3 drops of oregano oil under the tongue while you breathe in the mouth and out the nose. Hold the open nostril closed with your finger to insure that the oils beneficial effects reach the clogged sinus. Only perform this procedure with the understanding that the oregano oil does burn in the mouth.

What are the Side Effects of Oil of Oregano?

While Oil of Oregano has many benefits, there are a few possible side effects:

- Pregnant women are advised not to take Oil of Oregano regularly.
- People that have allergies to thyme, basil, mint, or sage may be sensitive to Oil of Oregano as well, since they are in the same family of plants. If any skin irritation, rashes, or vomiting occurs when using it, it is recommended that you discontinue use and call our office.

Arkansas Physical Health & Rehab

1583 Main Drive
479-443-0800

Fayetteville, AR 72704
www.aphrwellness.com