

Nutrition Fact Sheet

Uses of Oil of Oregano – Oreganol P73

North American Herb & Spice has developed the following guidelines for use. Take extra care in children, pregnancy and women who are lactating - *Check with your Physician before taking any herbal supplements while pregnant or breast-feeding. If given approval the following usage guideline can be helpful.

Note - Avoid contact with eyes. Do not apply undiluted on sensitive skin areas (test first). When taking orally in water, stir oil into water well just before drinking. Get a Dr's approval before internally during pregnancy or lactation.

For external application, dilute as follows: mix 5 drops of Wild Oregano Oil in 1 ounce of cream, liquid soap, shampoo, or carrier oil like olive oil or almond oil (do not use mineral oil) or use Oreganol P73 cream.

Acne/Pimples:

Add Oil of Oregano to liquid face soap or cleanser and wash face twice daily. Avoid contact with eyes.

Arthritis / Rheumatism:

Add Oil of Oregano to carrier oil and rub on affected joints morning and evening until condition improves.

Athlete's Foot:

Add Oil of Oregano to carrier oil and apply to affected areas of feet, being sure to reach areas between the toes. Repeat 2-3 times daily until signs of infection have cleared.

Boils:

Add Oil of Oregano to carrier oil and apply to the boil 3 times per day. Also drink 2 drops of Oil of Oregano in a small glass of water, 2-3 times per day.

Bursitis:

Add Oil of Oregano to carrier oil and apply to the affected joints 3 times per day. Also drink 2 drops of Oil of Oregano in a small glass of water, 2 times per day.

Candida (Candidiasis):

Drink 2 drops of Oil of Oregano in a small glass of water, 2-3 times per day.

Cankers:

Add Oil of Oregano to carrier oil and dab onto the sores several times per day.

Colds:

As a preventative, drink 2 drops of Oil of Oregano in a small glass of water, once per day. If a cold is starting, take 2 drops of Oil of Oregano 3 times per day until symptoms are alleviated.

Cold Sores:

Add Oil of Oregano to carrier oil and apply to cold sore at first sign of its occurrence. Also drink 2 drops of Oil of Oregano in a small glass of water, 2-3 times per day. Some people prefer to apply undiluted oil of oregano directly to cold sore.

Cough:

Drink 2 drops of Oil of Oregano in a small glass of water, 2-3 times per day.

Dandruff / Seborrhea:

Add Oil of Oregano to shampoo (5 drops per ounce) and wash hair and scalp thoroughly. Allow shampoo to soak in for a few minutes before rinsing. Be careful to avoid contact with eyes.

Diarrhea:

Drink 2 drops of Oil of Oregano in a small glass of water, 3 times per day. For severe cases, double the dose. Be sure to drink plenty of water to avoid dehydration.

Digestive Problems:

Drink 1 drop of Oil of Oregano in a small glass of water before each meal

E. Coli:

For prevention, drink 2 drops of Oil of Oregano in a small glass of water twice daily. During local outbreaks, double the dosage. To help fight infection, drink 5 drops of Oil of Oregano in a small glass of water 5 times per day.

Eczema:

Add Oil of Oregano to carrier oil and apply to affected areas twice per day. Drink 2 drops of Oil of Oregano in a small glass of water twice per day. Also, see Oil Of Oregano Luxury Soap"

Fingernail and Toenail Infections:

Drink 2 drops of Oil of Oregano in a small glass of water before each meal. Add Oil of Oregano to carrier oil and apply to the nail and nail bed, as well as rubbing some on surrounding area.

Head Lice:

Thoroughly wash hair and scalp with a tablespoon of non-chemical shampoo to which 10 drops of Oil of Oregano have been added. This will kill the adult lice. To remove nits (very important), separate hair in sections and remove all lice and attached nits using a nit comb and fingernails as required. Wash all bedding, recently worn clothing and cloth hair accessories in hot water to which 60 drops of Oil of Oregano Oil have been added. Soak combs, hair brushes, barrettes etc. in hot (not boiling) water to which 10 drops of Oil of Oregano have been added. Continue treatment until all lice and nits are removed.

Influenza:

For prevention during flu season, drink 2 drops of Oil of Oregano in a small glass of water twice per day. To fight a flu infection, drink 4 drops of Oil of Oregano in a small glass of water 3 times per day.

Parasites (internal):

Drink 2 drops of Oil of Oregano in a small glass of water to which 25 drops of Worm Tincture have been added, 3 times per day.

Poison Ivy, Poison Oak:

Add Oil of Oregano to carrier oil and apply to affected areas 3 times per day.

Psoriasis:

Add Oil of Oregano to carrier oil or cream and apply to all affected areas twice per day. Drink 2 drops of Oil of Oregano in a small glass of water twice per day. Also, see Oil Of Oregano Luxury Soap"

Ringworm:

Add Oil of Oregano to carrier oil or cream and apply to all affected areas twice per day. Drink 2 drops of Oil of Oregano in a small glass of water twice per day.

Salmonella:

Drink 2 drops of Oil of Oregano in a small glass of water, 3 times per day. For severe cases double the dose.

Sore Throat:

Add 2 drops of Oil of Oregano to salt water and gargle twice per day. Drink 2 drops of Oil of Oregano in a small glass of water, 3 times per day.

Viral Infections:

For prevention, drink 2 drops of Oil of Oregano in a small glass of water twice per day. To fight infections, drink 4 drops of Oil of Oregano in a small glass of water, 3 times per day.

Warts:

Add Oil of Oregano to carrier oil and apply to affected areas 3 times per day. Drink 2 drops of Oil of Oregano in a small glass of water twice per day.

The information presented herein by St. John's Herbs and Wellness is intended for educational purposes only. These statements have not been evaluated by the FDA and are not intended to diagnose, cure, treat or prevent disease. Individual results may vary, and before using any supplements, it is always advisable to consult with your own health care provider.

What is Oreganol P73?

Oreganol P73 is a pure, edible essential oil that is cold-pressed, steam distilled and made from a blend of four high-mountain, wild oregano plants. The pure Oreganol P73 oil is then emulsified in a carrier of extra virgin olive oil. To purchase Oreganol contact:

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