

Antibiotic

It has antibacterial properties. Certain compounds of oregano essential oil like thymol and carvacrol inhibit the growth of bacteria, and there is even a scientific study from the Western England University, in Bristol, which suggests that the antibiotic properties of oregano essential oil could kill the infamous Staphylococcus Aureous superbug, which is said to be resistant to the most powerful antibiotics of modern science like methicillin.

In studies conducted in Georgetown University, it was concluded that oregano essential oil is more potent and effective than penicillin, streptomycin and vancomycin (considered to be the most powerful antibiotic).

A study conducted in Mexico found that oregano is more successful in the treatment of the bacterial infection Giaria lamblia than the most frequently prescribed antibiotic. Oregano essential oil can also fight bacteria like E. coli and salmonella (pathogen microorganisms).

Immune system stimulant

Studies conducted in Europe have demonstrated that oregano oil is a significant stimulant of the immune system. Compared to plants like Echinacea and goldenseal, wild oregano oil is a much more effective stimulant of the body's immune system. And also, natural antibiotics like oregano oil do not induce antibiotic resistance like pharmaceutical antibiotic products.

Antioxidant

Oregano contains phytonutrients like rosmarinic acid and thymol. These are powerful antioxidants that protect the cells from the damages caused by free radicals; studies show that they have an antioxidant activity 42 times more powerful than apples and 4 times more potent than cranberries.

Anti-inflammatory and analgesic/anesthetic

If applied externally, oregano oil penetrates the tissues, bringing relief and accelerating the healing process; it can also reduce the pain from blows to the body, sprains and muscle injuries, tendonitis, cramps and similar injuries. The treatment response in arthritis cases has been equally superb.

Antitumoral properties

The Biology department of Oral Roberts University recently conducted studies with carvacrol, a key compound from oregano oil, to fight tumors and malignant cells. Preliminary results show that carvacrol can help initiate a process of self-destruction in malignant cells.

Fungicide

Oregano oil contains a powerful fungicide agent that eliminates candidiasis in an effective and safe way. It can be highly effective against nail fungus. Recommended method of use: Wash and dry nails, and spread 1 or 2 drops of oregano oil over nails, twice a day.

Athlete's foot: Oregano oil can eliminate fungal infections like athlete's foot. Recommended method of use: Apply the oil in the affected area after a shower or before going to bed; use carefully.

Counter-indications:

Do not use during pregnancy or the breastfeeding period. The consumption of oregano or the essential oils of this plant is not recommended for people with anemia, given that certain substances present in oregano can inhibit the body's absorption of iron.

The ingestion of oregano essential oil is not recommended for children under 12. Even though its internal consumption is not recommended, children can be treated externally with oregano oil diluted in olive oil by rubbing it in the foot sole or other areas of the body.

Suggested use and dosage

Oregano essential oil should not be ingested directly, due to its concentration; it is always recommended to dilute it by adding 2 or 3 drops of oregano oil to a small portion of water, juice or milk, a teaspoon of honey or olive oil, or a sugar cube.

It is important to consult with a health professional before using any type of essential oil, in order to obtain the recommended dose for the use of oregano oil as a natural treatment for any condition you are trying to heal.

If you plan on drinking the essential oils, you must make sure they are food-grade, because some of the essential oils on the market are for external use only.

Most people feel relief when they start drinking oregano essential oil, but sometimes symptoms similar to a flu, fatigue or sleepiness appear, as well as skin irritation, in rare cases. This is because the body is releasing toxins into the blood stream, therefore it is recommended to drink plenty of water –at least 2 liters a day– to help the body to eliminate those toxins. You can also reduce the dosage of oregano oil until you feel better and then you can start to slowly increase it. The necessary dosage can vary from person to person: you must always listen to your body. It is also a good idea to spread the doses throughout the day, instead of drinking the entire dose in a single daily intake.

Recommended dosage based on extensive literature and information available on the properties of oregano essential oil.

Immune system stimulant: Use 1 to 3 drops once a day to reload the immune system and maintain good health.

Its vapors can also be inhaled to treat lung discomfort and coughing, but you can also ingest 2 to 3 drops diluted in water, juice or milk 2 or 3 times a day.

Warts can be treated by applying oregano oil directly on the wart, with a piece of cotton, 2 or 3 times a day.

For infections, breathing problems, stomach discomfort or candidiasis, use 1 to 3 drops diluted in water, juice, milk or olive oil 2 or 3 times a day.

For topical use in blows to the body, muscular pains, inflammations, and arthritis, you must dilute it in almond oil and rub the affected area, with a ratio of 1 part oregano oil to 3 parts almond oil.