

Oregano

Origanum vulgare

Some aromatherapists advise against using Oregano Essential Oil because it's so powerful, but when used responsibly it can be even more effective than antibiotics in eliminating harmful bacteria. It also rivals morphine as a powerful pain reliever.

Oregano is considered to be the "heavy artillery" when waging war against bacterial infections. Many studies have confirmed it as a potent antibiotic, antifungal, antiseptic, antispasmodic, and antiviral, and it is unmatched in its ability to kill a wide range of pathogenic bacteria.

Although Oregano Essential Oil is truly impressive as a natural antiseptic, it contains a high amount of phenols which make it extremely strong and it has the potential to burn skin and mucous membranes if used undiluted. Always dilute 1 part Oregano to 10 parts carrier oil before applying it topically. When taken internally, it should **only** be used in capsules diluted with carrier oil (maximum of 3 drops Oregano per capsule). Ingesting Oregano Essential Oil by mouth without using capsules can potentially damage the lining of the esophagus.

general uses

INTERNAL

- For clearing intestinal parasites, take 3 drops daily in a capsule with carrier oil; six days on and one day off, for a total of 6 weeks.

INHALATION

- Apply 2 drops to palms of hands and rub together, cup over nose and mouth being careful not to touch the face or eyes, and inhale **slowly**. Because Oregano's aroma is so bracing and potent, it may cause coughing if you inhale too quickly.

DIFFUSION

- Should only be diffused under extreme circumstances, with great caution, to kill black mold or environmental toxins. Make sure everyone is out of the room during diffusion and for 8 hours afterwards.

MASSAGE/TOPICAL

- A 10% solution of Oregano and carrier oil can be applied down the spine to support the immune system or relieve pain.
- Apply 6-10 drops of this diluted oil along the spine and massage gently, allowing it to absorb into the tissue.
- To treat itches and infections of the skin, gums, and teeth, mix one drop of Oregano with 10 drops of carrier oil.
- The best place to apply Oregano topically for systemic benefit is the soles of the feet, but even there it should only be applied diluted with 5 parts carrier oil.
- Apply 6 drops of this mixture on each foot twice a day for immune support in fighting infections.

pregnancy & children

TOPICAL

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - not recommended
- 6 years to 10 years - safe when used as directed
- Pregnancy - not recommended

BATH

- Infant to 3 months - not recommended
- 3 months to 2 years - not recommended
- 3 years to 5 years - not recommended
- 6 years to 10 years - safe when used as directed
- Pregnancy - not recommended

attributes

100% Pure, Wildcrafted

Producing Organ: *Leaves & Flowering Tops*

Extraction: *Steam Distillation*

Country of Origin: *Hungary*

Therapeutic Properties: *Analgesic, antihelminthic, antirheumatic, antiseptic, antispasmodic, antitoxic, antiviral, bactericidal, carminative, choleric, cytophylactic, diaphoretic, diuretic, emmenagogue,*

dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

Dilution	Essential Oil	Carrier Oil
1%	6 drops	1 ounce
1.5%	9 drops	1 ounce
2%	12 drops	1 ounce
3%	15 drops	1 ounce
10%	60 drops	1 ounce

responsible cautions

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.
- Oregano is a very "hot" oil, making it a strong skin and mucous membrane irritant. In case of undiluted contact with skin, immediately apply carrier oil or olive oil; do not attempt to wash off with water as this will drive the oil further into the skin tissue and magnify the problem. Do not use during pregnancy or if there is compromised liver function.

availability

10ml Bottle



QUALITY ASSURANCE

All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided in this document is for educational purposes only.
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