

Oregano, Wild: Turkey (*Origanum vulgare*)

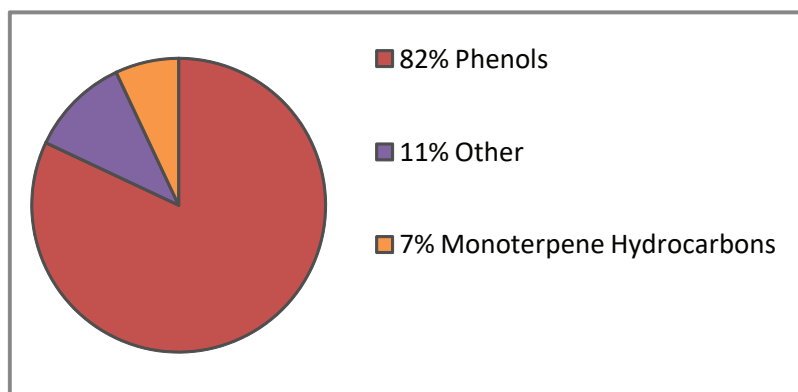
Oregano, in Greek it means “Joy of the Mountains”, and this perennial flowering herb is native to the Mediterranean. It grows about thirty inches tall and the entire plant can be steam-distilled to make the essential oil. Historically the spice and oil has been used therapeutically and Hippocrates regularly used it for treating respiratory problems, infections, fevers, and to assist the digestive tract. In the United States it was only after World War II that the spice became popular.

Because of the high Carvacrol content, extreme caution is required. Oregano can easily burn and blister the skin. It also contains small amounts of chemicals that are known to cause damage the liver when used in excess. Only use small amounts of Oregano over a few hour period of time. Also because of its powerful antibacterial affects, it is highly suggested that Oregano is only used for a short period of time, less than two weeks, and a probiotic supplement taken to reestablish your internal flora.

Primary Usages: It is one of the strongest antibacterial oils and may be beneficial when a strong response to bacterial infection is needed. With its broad spectrum of bactericidal and antimicrobial action, Oregano oil is known to kill or halt the growth of virtually any fungus, virus, and a great majority of bacteria and microbes. It is also beneficial against infections, parasites, inflammation, and is balancing to the metabolism and strengthens the vital centers of the body. It is also an antioxidant and stimulates the immune system.

Secondary Usages: Research has revealed that it is a powerful painkiller (arthritis, rheumatism, carpal tunnel, spasms) and beneficial to the respiratory system (infections, bronchitis, colds, flu, whooping cough, asthma, pneumonia, congestion, pulmonary tuberculosis, allergies, tumors). Assists with the digestive tract (indigestion, diarrhea, food poisoning, vomiting, flatulence, cramps, spasms, parasites, stimulates appetite) and useful as a general tonic.

Has Been Reported: Is sedative in nature but stimulating to the nerves (revives the senses). Relaxes the body and mind (insomnia, anxiety, stress, headaches, mental illness) and promotes feelings of well-being. Can ease deafness or painful noise in the ears. Stimulating to the liver and spleen and assists to balance the metabolism.



Descriptor: Anti-Microbial, Anti-Parasitic, Immune Stimulant, Assists Digestion, Expectorant, General Tonic

Application: Highly dilute when using topically. Massaging on the bottom of the feet is effective. Add a drop to water.

Caution: This is a “hot” oil the mucous membranes. Use sparingly.

Main chemical about 81%
Carvacrol

Found In: Thief Blend

Influences: Strengthening and feeling self-secure.

Medicine Wheel: Primary North and Secondary Center and East. Increases the Guardian Qi (Immune System) and Transforms Damp in the Lungs.

Blends Well With: Basil, Cypress, Lemongrass, Marjoram, Myrtle, Peppermint, Thyme