

Wild Oregano Oil (WOO)

Oreganum vulgare

What is WOO?

- ◆ WOO is an amber-brown essential oil steam-distilled from the leaves and flowers of the plant *Oreganum vulgare* (100# leaves/flowers yield 1# oil).
- ◆ WOO's smell is powerful, pungent and balsamic - Its taste is aromatic, peppery hot and very slightly bitter.
- ◆ The oregano sold as a spice in North America is either "Sweet Marjoram" or "Mexican Sage" - not *Origanum Vulgare*.

WOO has amazing results in treating infectious diseases

- ◆ Wild Oregano Oil (WOO) will kill any kind of "germ". Quarterly Review of Biology, March 1998; Indian Journal of Experimental Biology, June 1977.
- ◆ One of the strongest and most effective broad spectrum antibiotics known to man - an age-old, now scientifically proven remedy.
- ◆ Safe to use externally and internally - with no negative side-effects.

WOO Health Properties

- | | | |
|---------------|--|---|
| - Analgesic | - Anti-allergy | - Anti-bacterial / Antiseptic |
| - Anti-cancer | - Anti-fungal
(E.g. yeast infection,
athlete's foot, nail
fungus, dandruff,
seborrhea) | - Anti-inflammatory
(E.g. arthritis, muscle/joint
injuries) |
| - Antioxidant | - Anti-parasitic
(E.g. head lice, | - Antispasmodic |

- Anti-venom
- Anti-viral (E.g. colds, flu, cold sores, shingles, herpes, warts)

◆ Useful against 90 different types of microorganisms - including:

- √ **Escherichia coli** (E. Coli)
- √ **Candida albicans**
- √ **Proteus**
- √ **Cryptococcus neoformans**
- √ **Staphylococcus aureus** ("Staph")
- √ **Pseudomonas aeruginosa**
- √ **Salmonella**
- √ **Molds**
- √ **Listeria monocytogenes**

Active Ingredients in WOO

- ◆ Over fifty compounds in Oil of Oregano demonstrate antimicrobial action - All fall into 4 main chemical groups:
 - **Phenols** (E.g. carvacrol, thymol) - act as antiseptics and antioxidants.
 - **Terpenes**(E.g. pinene, terpinene) - exhibit antiseptic, antiviral, anti-inflammatory and anesthetic properties.
 - **Long-chain alcohols** (e.g. linalool, bonreol) - add to the antiviral and antiseptic qualities.
- ◆ **Esters** (linalyl acetate and geranyl acetate) - are potent antifungal agents found in abundance in oregano oil.
- ◆ **Main Active Ingredients**
 - **Main Active Antimicrobial ingredient is Carvacrol** (aka. cymophenol)

or isopropyl-o-cresol). Carvacrol is a monoterpenoid phenol, mostly accredited for WOO's antibiotic and therapeutic properties. A powerful antimicrobial agent proven to be many times more effective than antibiotics at killing pathogenic microorganisms. In research at Georgetown University Medical Center, Washington, D.C., in low concentrations, WOO inhibited the growth of Staphylococcus bacteria as effectively as Streptomycin, Penicillin and Vancomycin (considered the strongest of all synthetic antibiotics).

- The second most important antimicrobial compound in WOO is Thymol
- Other ingredients include: volatile oils (betabisabolene, Caryophyllene, linalool, and borneol), tannins, resin, sterols, and flavanoids

How to use WOO?

GENERAL

- ◆ WOO can be used both internally and externally - The oil should be kept away from the eyes;
 - Children under the age of twelve should not take the oil internally - Children may be treated by diluting the oregano oil in olive oil and rubbing it on the soles of the feet or other areas of the body.
- ◆ The adage "less is more" applies to WOO - Start with minimum amounts to observe the effects prior to taking larger dosages.

WOO MUST BE DILUTED

- ◆ Full strength essential oil of Oregano is far too powerful for the internal or even external applications.
 - Dilute WOO at least 3:1 with any good carrier oil (3 parts carrier oil : 1 part WOO) - WOO is generally diluted with a carrier oil, such as olive oil or sweet almond oil. Spot test it before using it in liberal amounts.
 - Dilutions range from 3:1 to 15:1 - dilution depends upon the specific

use; Dilute it more if it causes skin irritation or if you plan to apply it to sensitive skin;

- Do not use in vagina, anus, sensitive skin areas or mucous membranes unless well diluted due to heat sensation - add 1 or 2 drops WOO to a tablespoon of olive oil. Test with a small amount first.

APPLICATION METHODS

- ◆ Topical massage – avoid eyes period; must be well diluted to use on mucous membranes (E.g. in nose, vagina); even diluted oil can burn the skin;
- ◆ Poultice – for swellings, sprains, stiffness;
- ◆ Ingestion – normal adult dose is 2-3 drops (1 drop if you choose to use it for children) of WOO (diluted 1 part WOO : 3 parts carrier oil), 2-3 times/day:

(1) Under the tongue (mix well with saliva before swallowing)

or (2) In 4oz. juice, water or milk

or (3) Mixed into a tsp. of honey.

WOO can be harmful if taken at too high of a dose or used over a prolonged period of time.

Drink 6-8 glasses of pure spring water daily to flush toxins (produced as a result of microbial “die-off”) from the blood

- ◆ Vapor inhalation

ORAL CONSUMPTION INTERACTIONS

- ◆ MAY temporarily hinder iron supplement assimilation - take iron supplements 2 hours before or 2 hours after oil ingestion.

- ◆ **MAY** kill “friendly” GI tract bacteria – take a probiotic several hours after oil ingestion to restore the “friendly” bacteria;
- ◆ **AVOID IF PREGNANT or LACTATING** - until there has been satisfactory testing.

Woo Applications (Woo drops are referring to diluted Woo) (1 drop WOO e.o. : 3 Oil)	
Skin Infections	Viral Infections - Shingles; Cold Sores; Bacterial Infections - Boils; Fungal Infections – Ringworm, Seborrhea, Cradle Cap; Genital Warts; Warts; Jock Itch; Impetigo; Dermatitis; Psoriasis; Eczema; Rosacea; Acne; Athletes foot; Jock itch; Allergic Rashes; Cuts; Scabies; Bed sores
Burns, Cuts, Scrapes (antibiotic / antiseptic / analgesic)	WOO has been laboratory tested and proven to be as strong as pharmaceutical antibiotics with none of the associated hazards - Apply WOO topically immediately to clean and reduce pain in the wound. Quick application may prevent blistering and scarring from light burns and will prevent infection and speed rapid skin recovery in all wounds.
Bites (Anti-venomous)	Used internally and topically, WOO can neutralize venomous bites - making it invaluable as an effective first aid treatment for all bites, including bees, snakes and spiders; prevents infection from animal bites and other puncture wounds; also WOO reduces inflammation and its anesthetic properties relieve the pain associated with bites and stings after topical application. <ul style="list-style-type: none"> • Neutralizes venomous bites including from bees, snakes, spiders.

	<ul style="list-style-type: none"> • Prevents infection from animal, snake and insect bites and other puncture wounds. • Reduces inflammation and stops the pain associated with bites and stings. • Insect repellent; • Used against tick-borne illnesses; <p>Apply directly to stings or bites - The oil penetrates into the wound to neutralize toxins and pathogens. Also, can take a few drops internally to amplify the effect. Invaluable in the wilderness or when traveling abroad.</p>
Ear Infection	
Dandruff; Head Lice;	
Respiratory Infections	<p>Flu (carvacrol kills H5N1, a subtype of Influenza A virus); Coughs; Sinusitis; Bronchitis; Sore Throat; Colds; Croup; CFS Inhaling vapors effectively combats lung complaints and coughs. WOO also loosens and releases phlegm;</p>
Kidney Infection	
Parasitic Infection (E.g. Head lice, Scabies, Cryptosporidium, Giardia, Flukes)	<p>For protection from water-borne parasites - Take 1-3 drops up to 3x daily (under the tongue or in water/juice), or add a drop to suspected contaminated water to protect against parasites such as cryptosporidium and giardia.</p> <p>Internal parasites /flukes - internal dosages are effective in killing parasites and flukes in the body. Take 1-3 drops up to 3 times daily to rid yourself of internal parasites.</p> <p>Head Lice - Add a few drops WOO to soaps and shampoos to kill head lice and get rid of dandruff.</p>
Viral Infection E.g. Colds, Flu, Cold sores, shingles, herpes, warts Ebola,	<p>Successfully treats viral infections; WOO can stop a cold or flu if taken at the first sign of symptoms.</p>

Hepatitis	
Immune System Booster	Unparalleled in plant kingdom - many times stronger than echinacea or goldenseal; 1-3 drops 3x /day boost immunity;
Antioxidant	Powerfully protects cells from free radical damage; taken daily, slows effects of aging; prolongs shelf life of foods.
Allergies	In many cases relief occurs quickly - Allergies, which are affecting increasing numbers of people, can often be eliminated by the internal use of oregano oil and by breathing the vapors from the oil
Muscle and Joint Pain / Inflammation / Injury E.g. bruises, torn and sore muscles, sprains, Bursitis, Tendonitis, Cramps, Carpal tunnel syndrome, rheumatism, Sciatica	Topical application - deeply penetrates tissues bringing speedy healing and pain relief;
Digestive E.g. Nervous digestion; appetite stimulant; diarrhea; hiccups; colitis.	Stimulates bile flow; settles flatulence; anti-microbial; anti-inflammatory
Pain E.g. headache; migraine; nervous tension.	WOO is analgesic.
Fungal Infection E.g. Candida yeast infection (candidiasis / thrush / vaginitis); Toe/Fingernail fungus; Athlete's foot, Dandruff, Ringworm	Candida Yeast Infection (also called thrush or candidiasis) - a fungal infection by any of the candida species (<i>Candida albicans</i> being the most common); superficial infections are limited to skin and mucosal membranes (e.g. oral thrush, vaginitis), however, systemic infection can be life-threatening and is usually found in severely immunocompromised persons (E.g. cancer or AIDS patients). WOO contains powerful antifungal agents that eliminate Candida effectively and safely, and has been found to be <u>as effective as nystatin and amphotericin.</u> Take 1-3 drops under the tongue or with

	<p>juice 3 times daily. Avoid foods that contain sugar and refined flour as these feed the Candida. Remember to drink 6-8 glasses daily of pure spring water to flush the toxins generated by dying candida. Continue treatment as long as necessary, understanding that prolonged treatment and more aggressive dosages may be required.</p> <p>Nail fungus - usually a result of Candida infection in the blood. Wash and dry the nails and soak them with WOO twice daily. Also, take 1-3 drops WOO 3x daily for 6 months.</p> <p>Athlete's foot - Apply the oil topically to the feet after showering and before bed.</p> <p>Dandruff (Seborrhea) – In addition to adding a few drops of WOO to shampoo, add a couple drops to 1 Tbsp olive oil and rub in scalp after shampoo. You can apply this mix to non-scalp seborrhea.</p>
<p>Food Poisoning</p>	<p>Infected meat /produce - In a recent study, approximately 20% of meat samples obtained from grocery stores contained antibiotic-resistant bacteria. Salmonella and E. coli have been found on such vegetables as iceberg lettuce and alfalfa sprouts. Restaurant food is often contaminated due to poor hygiene /improper washing of produce. By using WOO daily, you can significantly reduce your chances of being one of the 84 million cases of food poisoning that occur annually in N. America. After dining, take 3-5 drops WOO as a preventative. If symptoms occur, take 3 drops hourly for up to 10 hours or until symptoms disappear. WOO does not induce antibiotic resistance as do patented antibiotic drugs.</p>
<p>Cancer</p>	<p>WOO has antimutagenic and anticarcinogenic properties <u>attributed to</u></p>

	<p>rosmaric acid (also present in rosemary)</p> <p>Skin Cancer (Squamous) - Saturate the tumor with WOO then keep covered with a band aid or dressing.</p>
Circulation / High BP	<p>Lowers blood pressure - WOO contains 7 compounds that lower BP</p>
Teeth and Gums	<p>Gum Disease / Canker sores / Pyorrhea - apply WOO directly to affected area inside mouth with a clean finger or Q-tip.</p> <p>Oral Hygiene / Bad Breath - a drop of WOO on your tooth brush will leave your mouth feeling fresh and clean; used regularly will vastly improve oral health and hygiene.</p> <p>Toothache - WOO kills bacteria causing the pain. Apply the oil directly to the infected tooth.</p>
UTI	<p>Carvacrol strongly inhibits <i>E. coli</i>, and <i>Proteus</i> and <i>Pseudomonas</i> bacteria - thus its high presence in oregano oil make it a very <u>effective remedy for urinary tract infections</u>. 3 drops WOO 3 times /day along with a lot of water to flush toxins.</p>