

**Product Name:**

Oil of Oregano

**NPN:**

EN 138183

**Galenic Form:**

Essential oil

**Format:**

13.5 ml bottle with dropper.

**Ingredients:**

Each drop (0.03 ml) contains: Oregano - P73

*Origanum onites*, leaf essential oil.....0.001 ml

*Origanum vulgare*, leaf essential oil.....0.002 ml

*Origanum hirtum*, leaf essential oil.....0.002 ml

*Origanum smyrneum*, leaf essential oil.....0.003 ml

**Non-medicinal ingredients:**

Olive oil.

This product does not contain dairy, gluten or artificial colours, flavours or preservatives.

**Formula Rationale:**

*RxBalance™ Oil of Oregano* The name oregano is derived from a Grecian word meaning “joy of the mountains”.

In ancient Greece, physicians used the herb extensively and during the Middle Ages, Islamic doctors developed numerous uses for the oil.

Oil of oregano consists of hundreds of compounds, some of which are unknown. The two primary, naturally-occurring phenols in oregano oil are carvacrol and thymol. Oil of Oregano may enhance immunity and is an antibacterial, antifungal, antiviral and antiparasitic agent. It is known to alleviate pain and aid many conditions, including poor digestion, cold, warts, boils, gum disease, psoriasis, eczema and seborrhea, as well as chronic ear, sinus and lung problems caused by fungi.

In studies, *RxBalance™ Oil of Oregano's* active ingredient, carvacrol, completely killed *Candida* yeast, as well as the viruses that cause shingles, cold sores and genital herpes.

The essential oil of oregano, containing the phenolic derivatives carvacrol and thymol, is thought to have diuretic, expectorant and antispasmodic properties. The oil may stimulate bile production. It has been reported that oregano oil has *in vitro* activity against a variety of common gram positive and gram negative organisms, including *Acinetobacter calcoacetica*, *Enterococcus faecalis*, *Escherichia coli*, *Klebsiella pneumoniae*, *Pseudomonas aeruginosa*, *Salmonella species*, *Serratia marcescens*, *Staphylococcus aureus* and the yeast *Candida albicans*. Research has shown that the bacteriocidal effect of carvacrol on *Bacillus cereus*, a common food pathogen, is due to its ability to alter the permeability of the bacterial membrane.

**Primary indication:**

Traditionally used in Herbal Medicine to heal wounds, insect bites, relieve itching, heal skin disorders such as psoriasis and fungal infections. Used to relieve the pain of rheumatism when rubbed on painful joints.

**Recommended dosage:**

Apply liquid topically as needed to the affected area. Consult a health care practitioner if symptoms persist or worsen.

**Complements:**

Kyolic.

**Caution:**

Pregnant and breastfeeding women should not use. Avoid contact with eyes and genitals. If contact is made, flush immediately with water. Oregano may cause reactions in people who are allergic to the Lamiaceae family of plants including basil, hyssop, lavender, marjoram, mint and sage.



### Dr. Crisafi's comments:

We live in an antibiotic laden and over asepticised society. Paradoxically, however, fungal and parasitic infections are on the rise in North America. This increase, like the increase in allergies and food intolerances, is most likely due to a generalized weakening of the immune system as well as to the overuse of anti-microbial agents to which microorganisms grow more and more resistant. Surprisingly, industrial production of food has also led to more frequent contamination.

Oregano, like garlic, has been used by humans for millenia and yet it has retained its antibacterial, antifungal and antiparasitic effects. Microorganisms have been unable to develop resistant strains. This is a major advantage of oil of oregano in treating infections.

Applied locally, oil of oregano is very effective in reducing the symptoms of shingles as well as in treating topical, fungal, or parasitic infections. I recommend it topically in genital herpes and as a douche, mixed with water in vaginal yeast infections.

Many patients use oil of oregano preventatively when traveling to areas where food borne parasites are frequent.

Since I wrote my fist book on Candida in the mid eighties, I have researched and prescribed a variety of natural treatments for candidiasis. The effects of oil of oregano on both fungal and parasitic infections is surprisingly superior to natural antifungal medications and at least equal to most of the pharmaceutical antifungals without their side-effects.

### Selected References

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