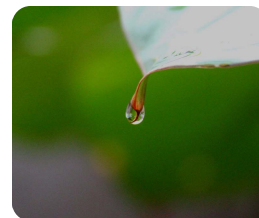


Essential Oils Than & Now Newsletter

- By Joanna Barrett, RN, CNHP



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NATURE'S PURIFIER

Oregano is a hot oil considered by the British schools of Aromatherapy as unacceptable for use undiluted on the skin. The validity to that is the oil can cause redness and a burning sensation especially to blondes and redheads with fair skin. However the French and those who practice Raindrop Technique have no such qualms. When I see red splotchy areas on the back from the use of oregano and thyme, especially if it is along the spine where the lymph system of the body drains for elimination, it's evidence of the oils gentle yet powerful battle against negative microbes and toxins. Oregano oil destroys and eliminates them both along the spine and from the tissues, muscles and organs. If the skin feels uncomfortably hot during a Raindrop, a mild carrier oil dilutes and cools the heat of the oil. At the end of the Raindrop there is no redness and definitely no burn.

Historically, Greek physicians used oregano oil to treat wounds, headaches, venomous bites, hemlock poisoning, lung conditions, bronchitis, sinusitis, colds and coughs. Seventeenth century British proclaimed it effective for head colds. As early as the 19th century, physicians used oregano oil to induce menstruation. Researchers from 1993-2000 (Greeks, Italians, Dutch, and Americans) found oregano oil high in antioxidant activity; "extremely bactericidal" even at very dilute concentrations against 8 tested bacteria including E.coli, Salmonella and Staph; and even encapsulated viruses' outer perimeter membranes "disintegrated" after exposure to oregano oil. Numerous university studies (Georgetown, Cornell, Tennessee, etc) and independent research found oregano a potent antimicrobial useful as an antiviral, antibacterial, and antifungal agent rivaling pharmaceutical antibiotics such as streptomycin, penicillin, vancomycin, nystatin, and amphotericin in it's ability to eliminate microbes. Remarkably, it accomplishes this without promoting the development of drug resistance strains and other problems often attributed to the use of standard antibiotics.

Oregano oil is a formidable parasitic expellant, the most powerful natural fungal killer known capable of destroying even the most resistant fungus. French medicinal uses include treatment for asthma, chronic bronchitis, mental disease, pulmonary tuberculosis, chronic rheumatism, and whooping cough. Other possible uses include acne, allergies, arthritis, athlete's foot, candida, constipation, colds, croup, canker sores, flu, ear aches, fatigue, gum disease, digestion problems, balances metabolism, viral and bacterial pneumonia, psoriasis, toenail fungus, seborrhea, staph and strep infection, ringworm, sinusitis and warts. It's anti-aging and strengthening. Oregano oil affects the immune system, respiratory system, muscles and bones. Emotionally, oregano oil creates a feeling of security.

How can one oil do all this? It's because of its great number of known and unknown active constituents acting on the different parts of the body and working to bring about alkalinity and homeostasis. What will the medical field and pharmaceutical companies do with the evidence of research for the good and healing of mankind? For more information on oils vs. drugs contact webclasses@onehealthylife.net.

We wish you a Merry Christmas and a holistically healthier New Year

Because wise men still seek Him, *Joanna*