



***This Herb Can Do Wonders
For Your Immune System
Part 2***

Oregano Oil Treats Several Skin Conditions

Skin infections are difficult to treat and are growing resistant to conventional medications. One study evaluated the efficacy of a wide range of essential oils against *Microsporum* and *Trichophyton*, two common fungi responsible for athlete's foot and ringworm. They found that of the 65 essential oils tested, oregano was in the top five most potent.

The anti-inflammatory and antimicrobial properties of oregano oil also make it an option for treating acne and eczema. It has exhibited superior healing and antimicrobial properties when compared to the antibiotic control.

Wound infections present a significant health care challenge, costing Medicare up to \$96.8 billion every year. One study demonstrated that the combination of turmeric and oregano extracts may be an effective addition to wound care dressings for diabetics and non-diabetics. Using relatively low concentrations, it demonstrated antibacterial and anti-inflammatory properties.

A second study incorporated oregano essential oil into antimicrobial wound dressings and found concentrations at 5% inhibited all the tested strains of bacteria, including *Staphylococcus aureus*, MRSA and E coli.

The anti-inflammatory and antimicrobial properties of oregano oil have made it a popular addition to skincare products. One study looked at the biological activity in a human skin cell model and found evidence that suggests oregano essential oil not only is a promising candidate as an anti-inflammatory, but one with anticancer properties as well.

Take Care When Choosing Your Oil

Oregano oil can be purchased as an extract or an essential oil. The essential oil is made from dried shoots and leaves and is extracted using steam distillation. The essential oil can then be mixed with a carrier oil and used on the skin.

Oregano oil extract, also called oil of oregano, can be made at home by simply adding chopped leaves to olive oil and heating the mixture in a boiling water bath for 10 minutes to release the natural oil from the oregano leaves. This is stored for one to two weeks before the leaves are drained, and the oil is stored in an airtight container. Oil of oregano can also be purchased in liquid or capsule form.

When purchasing your oregano oil, take care to check the label to make sure it's made by a trusted manufacturer that sells pure, organic oils, as many "bargain" brands can be adulterated. Also remember that oregano oil must be used with a carrier oil. My top carrier oil choices are olive, coconut or jojoba. When you're ready to use it, remember to test it on a small area of your skin, first, to be sure you don't have a local allergic reaction.

the ideal ratio when diluting oregano oil for topical use is one part oregano oil to three parts carrier oil. A few drops of essential oil can also be added to a vaporizer or diffuser to help relieve the symptoms of allergies, sinusitis, chronic bronchitis and coughs.

Soil Lovers say: Oregano Is An Effective And Potent Herb For All But Comes with A Warning For Children And Pregnant Women

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