

Dr. Cass Ingram

FULLY REVISED, EXPANDED EDITION

The
CURE

THE MOST ANCIENT MEDICINE OF ALL

is
in the
Cupboard

HOW TO USE WILD OREGANO FOR BETTER HEALTH

Dr. Cass Ingram

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CURE
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Cupboard

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Second Revised Expanded Edition

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Chapter One

The Natural Antiseptic

Everyone in the Western world is familiar with the pizza spice, but virtually no one seems to know about oil of wild oregano. The oil is derived from the wild plant which grows from the mountain tops above the tree line. It is a major project to collect it, then it is distilled into the spice oil extract.

All species of true oregano belong to the mint family. However, there are dozens of species plus a variety of subspecies. Of the 60-plus species of oregano or oregano-like plants, relatively few possess significant medicinal powers or at least the degree of powers as described in this book.

A number of wild oregano-based supplements are mentioned, notably the oil of wild oregano, wild oregano juice, and crushed wild oregano whole spice. The crushed wild oregano consists of the entire herb, which is in its original natural state: 100% raw. The only processing it undergoes is gentle crushing. Oil of wild oregano is the essential oil of the wild oregano plant, which is produced by steam distillation to produce a hot-tasting, pungent oil. Oregano essence (juice) is the steam-extracted water-bound oregano extract, known as a hydrosol. Though it is in a water phase the juice dissolves readily in fat such as the fatty components of brain and nerve tissue.

Oil of wild oregano, the hydrosol essence (or juice), and the crushed herb are strictly products of wild nature, substances which exhibit curative powers superseding anything previously known in the entire world. This is the divine medicine mentioned in ancient scriptures, where people are commanded to, essentially, “purge themselves,” a revelation attributed to the Prophet David. That purge has profound implications. It means to actually destroy potentially deadly and/or disease-causing germs as well as noxious disease-causing toxins. Wild oregano was also mentioned by another man of God, the Prophet Muhammad, who proclaimed it as a cure for the common cold, a fact that this book clearly establishes.

The high creator Himself gave sound warning to humankind regarding the vulnerability for germs, stating in the Old Testament to take the wild oregano purge, while in the Qur’aan to take advantage of honey, presumably in that era wild and raw, as a medicine. Both these natural complexes are decided germicides. There is even a wild, raw oregano honey now available, which, though delicious, contains the delicate essences of wild oregano flowers. Another potent antiseptic honey is Manuka honey, produced in New Zealand, Comvita being the most reliable brand.

The oil itself is extracted from the dried leaves and flowers of various species of oregano, which grow wild on the hillsides and mountain-tops throughout key areas in the Mediterranean. A blend of these species emulsified in extra virgin olive oil is found in brown amber bottles with an eye-dropper, available in many superior health food stores.

Oil of wild oregano’s antiseptic powers are immense. No wonder it was relied upon in ancient civilizations, while being the premier natural medicine mentioned in the Old

Testament. In fact, nothing else in nature can match it. Moreover, pharmaceutical drugs are weaklings compared to it. Singlehandedly, the oil can kill and/or destroy virtually any bacteria, virus, or fungus. It also readily kills certain parasites. Furthermore, unlike antibiotics, oil of wild oregano inhibits the growth of or outright destroys entire categories of bacteria, in fact, all bacteria known. According to research conducted at Georgetown University, 2004, it even destroys antibiotic-resistant super-germs.

As momentum began moving in favor of the use of such a natural, non-toxic antiseptic versus drug therapy a corruption occurred. At the highest levels of big business a plot was contrived. Here, federal money came into play, where some \$450,000 was set aside, some of which was used to do the incredible. This was to attempt to “disprove” the powers of wild oregano oil. This relates to the FDA-sponsored so-called Food Safety Initiative. Researchers tested a variety of spices for purported antibiotic activity, expecting to find them impotent. One lead researcher, Dr. F. Ann Draughan, stated that she felt the use of spices of any kind in food preservation or as antiseptics was “a useless endeavor.” Even so, the research went on to attempt to determine if these food additives could halt or impede the spoilage of food. Of all spices tested oregano alone exhibited significant antifungal and antibacterial activity. This ability to destroy both bacteria and fungi makes oregano oil unique in the spice kingdom.

Finding it difficult to believe that a natural substance could be this powerful, the federal government also tested oil of wild oregano. While attempting to prove it didn't work, the government-sponsored researchers determined the opposite, which is that it absolutely works. The oil of wild oregano killed every germ against which it was tested. Nine potentially deadly

pathogens succumbed, including salmonella, hemorrhagic E. coli, listeria, staph, pseudomonas, and molds, forcing the researchers to conclude in an article published in the *Journal of Food Protection* (2000) that oregano oil should be *turned into a patentable drug*.

Wild oil of oregano's antiviral properties are significant. Siddiqui, publishing in *Medical Science Research*, proved that the oil completely destroys a wide range of viruses, including the herpes virus. In this instance, as determined under electron microscopy, the viruses were disintegrated, an action deemed "remarkable." Certain parasites also fall prey to the oil, particularly amebas, giardia, cryptosporidium, *Blastocystis hominis*, and certain species of worms.

Researchers publishing in the *International Journal of Food Microbiology*, 1988, evaluated the antiseptic powers of a number of spices. The method used was to grow various organisms in petri dishes in order to halt microbial growth by adding various spices. Of all the spices tested, which included coriander, dill, bay leaf, spearmint, basil, and mustard, oregano possessed the most significant microbial killing ability. The fact is all other spices were regarded as comparatively impotent as antiseptics.

In America essential oil of wild oregano, the type made from the medicinal plant, has been entirely unavailable since the early 1900s, that is until recently, 1997. While certain herbal catalogues may list products such as marjoram oil, oregano oil, *Origanum vulgare* oil, or oil of wild oregano, the dilemma is that the commercially available oil is almost exclusively thyme oil and/or marjoram oil. Despite this, it is erroneously labeled as oregano oil. These oils have a tinny taste and lack the robustness of true Mediterranean oregano oil. Additionally, thyme oil is usually produced from a non-oregano plant,

Thymus capitatus. It is not oregano oil. Nor does it possess its medicinal attributes. In fact, thyme oil, despite being derived from an edible herb, may be toxic. The reason it is called oregano oil is that the Spanish species of thyme from which the oil is distilled is known as “Spanish oregano.”

According to Julia Lawless, who writes about Spanish oregano in her book *The Encyclopedia of Essential Oils*, “Although this herb is strictly a thyme, it serves as the source for *most so-called oregano oil* (italics mine).” The point is the oil extracted from Spanish oregano and that extracted from true medicinal oregano are entirely different, and people should know this when considering purchasing oregano oil in the marketplace.

It is to be expected that it has little similarity, since it is an entirely different species from true, edible wild oregano. Thyme oil contains large amounts of *thymol*, a compound exhibiting significant toxicity, whereas the primary component of oregano oil, *carvacrol*, has no such toxicity. Thymol has a property which causes it to crystallize, including within human cells. This may happen within liver cells, causing cell death. In the 1930s this led to fatalities, largely a result of thymol-induced cirrhosis.

In contrast, carvacrol, the active ingredient of oregano oil, stays in a liquid form and *never crystallizes*. Thus, it is rapidly dissipated from the body and fails to irritate the cells. Moreover, it *never causes liver cell death* in healthy individuals, rather it has the propensity to *protect such cells from disease and death*. This is why the true wild oregano oil may be regarded as a healthy daily supplement. Furthermore, clinical studies on hepatitis C patients have shown that even in this condition a truly crude, edible high mountain-source wild oregano oil emulsified in extra virgin olive oil (P73) is