Free yourself from dozens of illnesses and conditions with wild oregano oil

Used for hundreds of years, not as a food but as a medicine, even mentioned in the Bible. Wild oregano oil is good for the entire body. It cleanses all types of illnesses, including infections and inflammation, and even reverses allergies and excessive mucous. It really does have 101 uses:

- skin cancer
- infections
- muscular pain
- autism
- gum disease
- shin splints
- Crohn's disease
- toothache
- tendinitis
- halitosis
- cold sores
- spinal stiffness
- diarrhea
- acne
- leg cramps
- food Poisoning
- moles
- migraine headaches
- appendicitis
- age spots
- and more

Learn how oil of wild oregano can:

- reverse dozens of respiratory conditions
- reverse digestive syndromes
- ease pain and inflammation
- fight back against skin and nail infections
- treat bruises, contusions, scrapes, and cuts
- heal wounds, burns, and itchy rash

Wild oregano oil is the ideal natural medicine for everyday use.

Dr. Cass Ingram, osteopathic physician, is the author of 30 books on health and nutrition, including The Cure is in the Cupboard, The Cure is in the Forest, The Black Seed Miracle, and The Body Shape Diet. A popular media personality, he has appeared on 10,000 radio and TV interviews.
Dr. Cass Ingram’s

Oil of Wild Oregano

101 Uses
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Wild oregano is a unique plant with potent phytochemistry virtually unmatched by any other. This makes it nature’s most utilitarian and versatile plant medicine known. The aromatic complex itself has a wide range of phytochemicals. The distilled oil has its own panorama of active ingredients, and there are still yet other such active compounds in the hydrosol, known as the “juice.” The fact that they contain different compounds explains the value of using them together.

Regarding oil of oregano this is produced by steam distillation. What results is a rather acrid, hot-tasting oil with an exceedingly pungent smell. At this point it is a crude distillate. This is the type ideal for human consumption. This is stated, since there are other types of ‘oregano oils’ on the market, which are not truly crude and unprocessed. These are the various refined and ultra-refined versions, which are commonly sold as actual wild or even organic oregano oil. Refined oils are also commonly available as aromatherapy grades as well as industrial and perfume grades. None of these are fit for human consumption.
Only the truly whole food, unprocessed oregano oil is optimal for consumption, particularly for daily or weekly intake. This type is never refined. It contains the whole complex of substances extracted in the basic, minimalized distillation process.

The difference is easy to confirm. This is through gas chromatography, which demonstrates a predictable profile: that of wild nature. In this profile, for instance, the one analyzed from the key, original wild oregano oil producer, North American Herb & Spice, there are some 30 to 33 active ingredients. Through this, there is a synergy of ingredients, as found in nature. Adulterated or processed oregano oils, in contrast, are easy to identify. Upon being subjected to the same analysis they show an unexpected, if not bizarre, profile: as low as only four active ingredients, which means they are aberrations of nature. No doubt, this is a sign of corruption. The natural synergy in the oil is fully lost. In an independent analysis of some 30 oil of oregano ‘brands’ the number of active ingredients ranged from six to 33. Truly natural brands were in the range of 23 to 33 active components. Artificial or imitation ones ranged from 10 and lower.

What is the profile, then, of a truly whole food oil of wild oregano? The main density is in the form of a simple phenolic compound known as carvacrol. In a truly natural oregano oil the levels of this powerful phenol range from 55% to 85%, the latter, higher number being more rare. On average, high-grade food-like oil of oregano ranges from 62% to 78% carvacrol, which is a sufficient density of this molecule. It truly is rare in nature to procure oregano oil with measurements of 80% or greater.

Carvacrol is a potent antioxidant and antiseptic. Yet, it is most efficient in its therapeutic actions when in combination
with other key oregano oil active ingredients. A category of such active substances is the terpenes, found in the oil in a relatively high density. It is these substances, which are among the most powerful anti-inflammatory, as well as anti-pain, compounds known. These chemical complexes are also highly anti-tumor, for instance, limonene, well researched as an anticancer agent. One of the other primary terpenes in oregano oil is beta caryophyllene. According to a number of investigations this compound is one of the rare substances in nature with regenerative powers, in particular, for brain and nerve cells. Beta caryophyllene is a key active ingredient of a number of spice oils and is also the most biologically active compound of agricultural cannabis extract.

Oregano oil also contains pinene, a compound known to fight pain, while also aiding in increasing bone density. In the original brand sample borneol was found, which, like pinene, causes bone densification. There is a significant amount of linalool in high-grade, whole food oregano oils, which is a potent anti-tumor agent. Camphene is found in modest amounts, it, too, being highly anti-tumor. As well, 1, 8 cineol is found, which fights pain and inflammation and again acts as an antitumor agent. There is thymol, though, ideally in a low percentage, which acts in synergy with carvacrol as an antiparasitic agent, germicide, and antioxidant. So, it becomes clear that the focus on carvacrol alone, the antiseptic and antioxidant component, is insufficient.

In contrast, corrupt types of oregano oil supplements, even many produced by reputable dietary supplement manufacturers, lack these key synergists. Consider the following analyzed sample, containing only nine active ingredients. Camphene, limonene, linalool, and 1, 8 cineol, found routinely in whole food, wild samples, were all
lacking in this sample. Yet, carvacrol was found at a level, incredibly, of 94%. It is no minor issue that these naturally occurring synergists are missing. Thus, there is no way this is a natural, true oregano oil. Yet, it is on the market as such. The fact is there is no 94% carvacrol-containing oregano oil in nature.

It is also no minor issue that companies are putting on the market suspect types of oregano oil, including those spiked or adulterated with synthetic carvacrol. This is precisely what occurred when the oregano oil market previously collapsed. In the 1930s adulterants were put in oregano oil and other essential oils, including synthetic phenols. This led to a number of fatalities, curtailing all interest in natural, phenolic-rich antiseptics.

The warning, then, is hereby sounded. Yet, it can be even more corrupt than was previously mentioned. In this case there are only six identifiable active ingredients found in gas chromatography, making this completely aberrant. In the analysis there was only carvacrol, thymol, borneol, trans caryophyllene, oxide of caryophyllene, and linalool. Where are the other naturally occurring terpenes? While the carvacrol is ‘within range,’ the thymol is too high, in fact, dangerously so at 10%. There is no way that this oil sample is derived from a completely natural-source wild oregano.

In addition, in true wild oregano oil there are substances known as long chain alcohols. Unlike ethyl alcohol these are natural phytochemicals with medicinal powers, acting primarily as anticancer agents. The terpenes and long chain alcohols are readily destroyed through adulteration.

In the water phase essence there are, also, novel compounds. This is a consequence of the interaction of water with the condensed oregano oil. The oxygen compounds in
water bind to the hydrogen bonds in the oregano molecules, making novel, highly oxygenated compounds.

This is another reason it is crucial to use only the whole food, crude extracts. As they are minimally processed, these extracts are rich in naturally occurring, molecularly bound oxygen. Such oxygen vitalizes the tissues, aiding cell metabolism and regeneration. Among the most oxygenated compounds in wild oregano are the terpenes, routinely corrupted and lost in adulterated versions, where the number of naturally occurring terpenes is greatly reduced.

Buyer beware—do not purchase or use oregano oil supplements unless they are guaranteed wild-source and unaltered with the full profile of chemical compounds, as occurs in nature. In particular, do not use such oils on a daily basis. Even so, all oregano oils will offer some degree of germ-killing powers. Yet, if they simultaneously disrupt the function of the gut and liver, the trade-off is poor. This is why the edible, daily use type from exclusively wild sources is emphasized. The truly whole food, wild-source oregano oil from true wild oregano species is entirely safe, including for consumption on a daily basis. This is true even in high doses, if such dosing is indicated.

**Genetic source**

There is another key issue when selecting wild oregano oil, and this is the genetic source. The plant originated in the deep Mediterranean, where it has grown for countless millions of years on the mountain slopes and tops. Oregano from all other regions are artifacts. For instance, types of oregano plants which grow in the Balkans, in Spain, in the south of France, on the Himalayan slopes, and throughout