

Dr. Cass Ingram's

Health Benefits of Wild Oregano Oil



The most potent, universal natural medicine known

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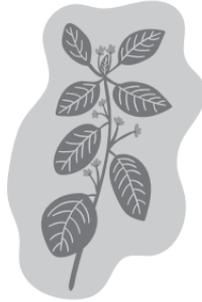
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Introduction

While the whole world suffers from colds, flu, and congestion, all along, there has been a remedy that could come to the rescue. It is a remedy that is more potent than any drug—far more so—and actually helps eliminate these conditions and syndromes. Plus, it is 100% natural. Another key is that it has no side effects. To have a natural medicine that supports the health for all these conditions is itself impressive. Yet, it is useful for far more than just colds and flu. It is a therapeutic agent for virtually any infection: anywhere in or on the body. Add to this the fact that it's the food kingdom's most powerful antioxidant and antihistamine and thus there is reason to be impressed. It even has anti-pain and antiinflammatory powers. Yet, that's not all. It attacks and cleanses excess mucous, while clearing the body of respiratory symptoms, like wheezing and cough. This incredibly impressive natural medicine is oil of wild oregano. Moreover, it has many uses even beyond these, making it by far the most essential, universal natural medicine known.

Notice the word “wild.” It has to have this distinction. This is because the true oregano grows naturally wild in the mountains. It does so directly on the rocks. Plus, the ones upon which it thrives are the so-deemed calcareous rocks, those which are extremely dense in calcium, phosphorus, zinc, and other important minerals. Incredibly, it has a most unique power to digest these rocks, turning them into tiny areas of soil. Yet, in contrast, it doesn’t grow on dirt, as in farming, at least not naturally.

As with GMOs, large manufacturing concerns have manipulated wild oregano, now growing it on farms. This is often achieved through cloning. The genetics are manipulated to force it to grow agriculturally. This can be seen in company patents online and also in corporate literature. Yet, not surprisingly, any attempt to grow the actual wild seeds on soil fails miserably.

Oregano in the wild grows up to 12,000 feet above sea level. The farm-raised versions are cultivated at sea level or slightly above, a major difference. This book describes the use of only the truly wild type, not the altered, farmed imitations.

No doubt, wild oregano has a significant history, being used over many centuries. The first recorded case of herbal medicine was discovered in Iraq in the tomb of a princess. Carbon dated at some 50,00 years, around her neck was a sachet of wild oregano.

The Old Testament gives the world’s first description

The Bible emphasized wild oregano over every other plant. Yet, no one seemingly paid attention until more recently, and scientific studies have proven it correct. Prior to this the Babylonians used it for

various wounds, bronchial disorders, and heart disease. Regarding the ancient Greeks they relied upon it preventively to keep them strong and healthy. They used an emulsion of the spice in olive oil as their favorite cleanser and revitalizer, rubbing it all over their bodies. Early Greek authors recommended it for neutralizing internal poisoning and also for venomous bites. It was also known for its reliability on battle wounds. The ancient Chinese realized its value, dispensing it for respiratory conditions, skin diseases, and joint pain.

Budge in *Syriac Book of Medicine* demonstrates its widespread value. Rather than as a food or spice he only mentions it as a medicine, saying it is invaluable in the treatment of asthma, pain in the eyes, laryngitis or any other cause of hoarseness, and headaches. Its value for reversing jaundice, liver abscess, obstructive liver/pancreatic disease, and cirrhosis was also well-known.

No doubt, this medicinal spice is a vast blessing. Oregano is a true joy for this human race. No other plant has been called a joy for all. Yet, this is the original word for oregano, that is in the Greek, “oro-ganos.” *Oros* means mountains, while *ganos* means joy or happiness. When it was said “joy of the mountains,” the people of this time showed how highly they prized this plant.

This name was popularized as early as 500 B.C. Surely, it is hard proof that the people of the time benefitted from it immensely. Who knows what degree of happiness and satisfaction the ancient Greeks derived from it? They knew that for virtually any health issue it could be relied upon for stupendous results. Wild oregano filled their lives positively. There can be no other conclusion.

Let us also review the wild oregano basics, as there is great confusion regarding this spice.



Pizza Spice or Natural Medicine?

People appear to be shocked about the entire idea that oregano is a medicine. “Oregano?,” people might say “Really, how could that be?” For nearly 70 years in America people think of oregano as only a pizza or spaghetti spice. Yet, in antiquity it was mainly used medicinally. It certainly has value as a spice with its warm, pungent flavor, giving a delicious taste to a wide range of dishes. It is the flavor boss in numerous salad dressings, including those used in Greek salads, as well as marinades and pasta dishes. It makes soups robust.

What may be a shock to many is the standard spice may not even be entirely oregano. It’s typically a cut spice, which is part wild oregano, possibly also farm-raised spice, but also adulterants. Genetic testing proves that commercial products may contain up to 60% fillers. Much of it may be simply a sagebrush-like plant, like Mexican sage.

A study in Australia demonstrated the scope of the problem. Certain brands of oregano in the supermarket were less than 50%

real, the rest being made-up of fillers. In England some one of four brands was found to be fraudulent. In America it is the same ratio.

Therefore, the commercial spice cannot be depended upon for the health benefits described here. Even so, let us look at real oregano, the dried leaf, and evaluate it nutritionally. Its density of nutrients is surprising. In fact, it is an invaluable nutrient source.

It is that rare herb or food that grows directly out of rock. Thus, it incorporates all that is within it. Wild oregano is a top source of calcium, phosphorus, copper, zinc, magnesium, and boron. It also contains considerable amounts of manganese and silicon. Furthermore, it is relatively dense in thiamine and niacin. It is, as well, one of the world's richest sources of vitamin K, containing as much as 33% of the RDA in a tablespoon. Plus, it is an excellent source of the flavonoid quercetin.

Additionally, it is an optimal source of iron existing in a bound form, readily absorbed. For those concerned about an excess of iron this makes wild oregano ideal, because this naturally occurring, balanced form can never cause any issues. Other nutrients include tryptophan, an essential amino acid, and vitamin E. It would be difficult to find any other food with such density. Thus, it is crucial to consume it, as has been done by primitive people for thousands of years.

This is the form that is simply a food. Surely, it can be taken as a supplement: as capsules. Yet, it can also be added to dips, soup, stir fry, and marinade as well as over eggs. Experiment with it. Enjoy this raw, whole form: for your better health.

Wild oregano is dense in minerals. It has comparatively a greater amount of calcium than cheese, twice as much, while offering a higher degree of zinc and niacin than meat. No wonder, traditionally, people spread it cooked with olive oil on bread and cheese.

Figure 1
Vitamin Density in Wild Oregano, Dried Herb, Per 100 Grams

Riboflavin .550 mg (approximate, freshly dried)

Thiamin .200 mg (approximate, freshly dried)

Pyridoxine 1.100 mg

Vitamin K 630 mcg

Vitamin E 18.30 mg

Niacin 4.700 mg

Figure 2
Mineral content in whole food dried oregano

Iron 37.00 mg

Calcium 1600 mg

Magnesium 270 mg

Phosphorus 150 mg

Potassium 1260 mg

Zinc 2.70 mg

Manganese 5.00 mg

Numbers derived from various sources, including USDA Nutrient Database

So, truly, it is much more than a flavoring spice. The calcium content alone is exceedingly impressive, enough to account it as a daily mineral supplement. Surely, all women should consume it for building and reviving their bones. It is the ionic-bound form, so it is more potent than the typical “synthetic types.” If the whole food, wild form can be procured, in itself, it becomes a nutritional food. Traditionally, it is always paired with other spices, particularly *Rhus coriaria* or staghorn sumac, not to be confused with so-called poison sumac. The latter is entirely a different species. This spice imparts a delicious sourness and this is a top source of vitamin C, which oregano lacks.

This whole food spice form, as a blend with the sour sumac herb, is available as capsules and mixing spice in a brown paper bag. Avoid cheap imitations made from Spanish thyme, Mexican oregano, and marjoram species. There is a difference. It is noticeable in both taste and benefits.

The main benefit of these forms of wild oregano blends is nutritional. They also act as a digestive aid, which has been well established in scientific studies. So, use the truly wild oregano for these benefits and far more.