

## The Infection-Fighting Benefits of Oregano

Wild oregano is truly one of nature's gifts and a potent component used within targeted remedies for many of our health ailments.

For example, the research testing P73 wild oregano blend has shown a remarkable ability to kill various viruses, bacteria, yeasts and other microorganisms that can adversely affect human health. The fungal fighting properties of wild oil of oregano against *Candida Albicans* (better known as yeast infection) are supported by research conducted at the Georgetown University Medical Center. These experimental studies have shown that the P73 blend of oil of oregano actually kills at least 30 different strains of harmful bacteria, including *staphylococcus aureus*, as well as other microorganisms such as rhinoviruses – usually associated with the common cold.

This blend of oil of oregano is known to be a rich source of the volatile oils, thymol and carvacrol, which have been shown to be largely responsible for their ability to kill various germs in research studies.

The P73 wild oregano blend represents the first oregano-based product to be tested for its ability to kill a variety of common microorganisms, many of which are known to cause infections in humans. As such, many holistic practitioners recommend supplementation with the P73 research-tested blend of oil of oregano as part of the global management in combating a variety of infectious conditions.

Many health practitioners now advocate this supplementation as an adjunctive measure to help combat acute and chronic bronchitis, sinusitis, the common cold, acne, rosacea, yeast infections, chronic fatigue, chronic mono and other infectious problems.

[Adäeva's Orega-Sept](#) could just be the natural powerhouse you're looking for to alleviate your specific health challenges.

### Suggested Uses

<b>Acne</b>	1 – 2 capsules twice daily; apply cream directly on lesions sparingly, twice daily. Follow with moisturizer
<b>Rosacea</b>	1 – 2 capsules twice daily; apply cream directly on lesions sparingly, twice daily. Follow with moisturizer.
<b>Psoriasis &amp; Eczema</b>	1 – 2 capsules twice daily; use topical cream on infected areas twice daily
<b>Toenail &amp; Fingernail Fungus</b>	1 – 2 capsules twice daily; use oil topically on nail bed twice daily
<b>Common Warts</b>	1 – 2 capsules twice daily; use oil topically twice daily
<b>Plantar Warts</b>	1 – 2 capsules twice daily; use oil topically twice daily and keep covered

### Functions of a High Potency Grade of Oil of Oregano

The high potency grade of Oil Of Oregano (research tested P73 Oil Of Oregano blend) contained in Orega-Sept Capsules and Orega-Skin Cream and Oil has been shown to effectively kill the bacteria on the skin that causes acne, along with the skin mite that is associated with rosacea. It also kills fungal infections of the skin and nails, which skin professionals report is present on the feet and toes in up to 40 per cent of the patients they see for pedicures.

Not only is this form of Oregano highly effective at reversing and treating acne, rosacea and chronic fungal infections of the skin, but it does not cause the many undesirable side effects created by the use of antibiotics and harsh topical agents that are prescribed in conventional medicine for these skin disorders.

## Acne

This high potency form of oil of the oregano, which stems from the easterly tip of the Mediterranean has been shown to be an effective treatment for acne, because it contains anti-inflammatory and natural antibiotic properties which work as a one-two punch against the disease. The antibiotic action works to break down and kill the bacteria which cause the infection leading to acne lesions, while the oregano oil's drying action causes the enlarged acne lesions to shrink and dissolve.

The reason that the high potency form of Oil Of Oregano is able to kill acne is owed to the concentrations and variety of antibacterial and antifungal ingredients the herb contains, including the volatile oils known as carvacrol and thymol. Flavonoids, vitamin A and vitamin C to name just a few are other nutrients found in this amazing medicinal product. The thymol and carvacrol carry the bulk of the antimicrobial and antifungal strength. Working in unison, the various properties of oregano oil fight a wide assortment of microscopic invaders, including acne-causing bacteria. This is why patients with acne should ingest a high potency Oil Of Oregano capsule (one to two capsules, twice per day) and apply the Oil Of Oregano topical cream to affected skin areas at bedtime. The Orega-Skin topical cream helps to directly kill the surface bacteria on the skin overnight.

However, not all Oil Of Oregano supplements are created equal. The type of Oil Of Oregano researched and developed by Dr. Ingram is the best in the world because it contains the highest levels of active ingredients within the oil. This is largely due to the perfect growing and climatic conditions in the regions where this form of high potency Oil Of Oregano is grown and harvested. This unique Oil Of Oregano blend is known as the P73 research tested form of oregano and is the first-ever oregano oil to be used in clinical trials and investigated thoroughly for its anti-bacterial, anti-fungal and anti-viral properties. Experts like Dr. Ingram attribute the germ-killing properties of the P73 Oil Of Oregano blend to the high concentration and proper balance of volatile oils, found in this form of Oil Of Oregano. Of interest is the fact that along with the plant's oil, oregano's leaves and much of the dried herb have been utilized for a multitude of medicinal purposes for many centuries, many of which include the treatment of other infectious conditions (e.g. colds, flus, sinusitis, bronchitis and other respiratory infections, yeast infections, such as candida albicans, and stomach ulcers caused by the H.pylori bacterium)

In the overall game plan for acne it is recommended that individuals use Orega-Sept capsules (1-2 capsules, twice per day as required), and apply the Orega-Skin topical cream overnight.

The best results are obtained by using Orega-Sept in conjunction with the detoxifying booster supplement (**Adëeva Immuno-Detox Prime**) and the digestive enzyme-prebiotic supplement (**Flora Essentials**). These two supplements work together to reduce toxins in the blood that trigger immune inflammatory reactions that are known to aggravate a variety of skin conditions and other inflammatory states.

For optimal skin cell development, to slow skin aging and wrinkling and to improve skin texture, all individuals should also consider the High Potency Multi-vitamin and mineral supplement, Nature's Essential Oils, and the twice daily topical application of Adëeva Essential HA (*Note that Adëeva Essential HA is not required for individuals under 20 years of age*).

## Fingernail and Toenail Fungus

You may not know it, but fingernail fungus is growing at an epidemic rate here in North America. It's a serious and disfiguring condition, and millions of people live with it everyday.

Fingernail and toenail fungus come from one of two sources. It is most often produced by dermatophytes, an organism whose handiwork also includes ringworm and athlete's foot. It can also be a product of a nasty little microbe called *candida albicans*.

When the fungus arrives, it settles deep in the nail bed, and feasts off the rich nutrients in the skin cells. Like the bad houseguest that won't leave, the fungus gets very comfortable. And because it is so deeply imbedded in the nail, topical remedies by themselves aren't powerful enough to reach the fungus and expel it all by themselves.

An effective treatment to eradicate fingernail and toenail fungus is the P73 research tested high potency Oil Of Oregano (Orega-Sept and Orega-Skin), both ingestible capsules and the topical oil.

In addition to ingesting one to two capsules of Orega-Sept, twice per day to treat the fungal infection from the inside out, you need to rub the Oil Of Oregano oil on the nail bed and skin areas affected by the fungus, twice daily as well. Using only the topical oil doesn't work, as the fungus must also be attacked from the inside of the body to completely eradicate the problem. Therefore, the ingestible Oil Of Oregano capsules must be taken daily in conjunction with use of the topical Orega-Skin Oil to generate the best possible results and establish a more permanent solution to the problem.

## **Rosacea**

Oil of oregano has also been shown to be effective at killing the skin mite associated with rosacea and it helps reduce the inflammation associated with this skin problem. Dr. Ingram, mentioned earlier, has shown that the P73 research tested Oil Of Oregano blend contained in Orega-Sept Capsules and Orega-Skin Cream can effectively kill the skin mite that causes or aggravates rosacea and significantly improves this condition in most instances. The recommended treatment protocol for rosacea calls for both topical applications and oral ingestion of Oil Of Oregano capsules. The protocol involves directly applying the Orega-Skin topical therapy cream to the infected areas each night before bedtime, in addition to ingesting one to two capsules, twice per day, of Orega-Sept Capsules, until the condition is completely under control. Thereafter, a lower maintenance dosage of the capsules (one capsule every second or third day) and periodic application of the topical cream is often all that is necessary to prevent flare-ups of the condition.

As support for the oil or oregano in the treatment of rosacea, it is recommended that individuals also use the detoxifying booster supplement (Adëeva Immuno-Detox Prime) and the digestive enzyme-prebiotic supplement (Adëeva Flora Essentials). These two supplements work together to reduce toxins in the blood that trigger immune inflammatory reactions that are known to aggravate a variety of skin conditions and other inflammatory states.

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## **Safety of Oil of Oregano**

Note that Oil Of Oregano is a very safe product and has not been associated with or shown any serious side effects or negative health outcomes in thousands of years of use. However, as is the case with most supplements, oil or oregano capsules and topical products should not be used by women who are pregnant or breast feeding. It may also be prudent to ingest functional foods containing live cultures of friendly bacteria, such as yogurt, as a means to help maintain ideal levels of friendly gut bacteria if Oil Of Oregano supplementation exceeds one month of continuous use, as may be warranted in many cases of acne, rosacea and nail fungal infections. Although Oil Of Oregano primarily targets the killing of

undesirable bacteria and other hostile microbes in the body, it may also minimize the concentrations of friendly gut bacteria with long-term use. To guard against this possibility, the regular ingestion of live friendly bacterial cultures from functional foods is recommended, as well as the daily use of Adëeva Flora Essentials, which contains the prebiotics FOS and Inulin, which support the growth of the friendly gut bacteria.

## **Manufacturing Information**

The oregano oil is steam distilled the old fashioned way with water a minimal heat. The ingredients in the Orega-Sept and Orega-Skin start out as oils and then they are concentrated using a proprietary process. Each capsule of Orega-Sept is equivalent to approximately 20-25 drops of the oil. Please keep in mind that it takes 200-300 lbs of a wild spice to make two liters of oil. So the Orega-Sept is our most concentrated product. Commercial myrtle is different than the wild verity used in the cream and even so the amount is 0.1% and we have had only rave reviews from people with hypersensitive skin. The olive oil is also a tiny portion of the mix and our experience is that because the cream is a mild antiseptic it truly purifies skin because of all of the germ-killing ingredients. After all, it is truly unique; because it is made from 100% edible ingredients, you could (and we have) put it on toast.