

## **Oil of Oregano**

### ***Nature's Antibiotic and Anti-fungal Supplement***

***James Meschino D.C., M.S. N.D.***

The healing powers of oil of oregano were virtually unknown in North America until the early 1900's, even though our ancestors have relied on its medicinal effects for thousands of years. Hippocrates wrote volumes on how to use this medicinal herb in the treatment of many conditions. In recent years, oil of oregano has been largely investigated for its antimicrobial properties. A unique blend of oil of oregano known as the P73 wild oregano blend has been the subject of several recent investigative studies, which have examined its ability to kill various viruses, bacteria, yeasts and other microorganisms that are known to adversely affect human health. The fungal fighting properties of P73 wild oil of oregano are supported by research conducted at the Georgetown University Medical Center and led by Harry G. Preuss, M.D. The study, which was published in the journal *Molecular and Cellular Biochemistry*, tested the efficacy of oregano oil against the fungal infection *Candida albicans* (better known as a yeast infection). The study concluded that oil of oregano "can act as a potent antifungal agent against *Candida albicans*" (1). Other experimental studies have shown that this unique blend of oil of oregano kills at least 30 different strains of harmful bacteria, such as *staphylococcus aureus* as well as other microorganisms, including coronaviruses, which are the second most common viruses to cause the common cold. Coronaviruses can also cause pneumonia and other respiratory infections (2-6).

The P73 oil of oregano blend has also been shown to kill the *Helicobacter pylori* (*H. pylori*) bacterium, which is known to be a causal factor in up to 90% of duodenal ulcers and 80% of stomach (gastric) ulcers. A small clinical trial begun in 2003 demonstrated that the P73 oil of oregano blend showed positive results in patients with stomach and duodenal ulcers.

### **Antimicrobial Active Constituents**

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 its ability to kill various microorganisms under experimental conditions. Oil of oregano also contains other active constituents including flavonoids and a host of vitamins and phytonutrients.

The P73 wild oregano blend represents the first oregano-based product to be tested under controlled scientific conditions, for its ability to kill a variety of common microorganisms, which are associated with infectious conditions in humans.

The P73 wild oregano blend has been created using a proprietary, evaporative technique on the edible oils. The technique used on the wild, mountain grown oil of oregano, as well as the other natural spice extracts, creates a potent and concentrated formula. The oregano species used to make this extract is 100% handpicked Mediterranean oregano, and is produced by traditional methods of cold pressing and steam distillation. No chemicals are used to extract the active ingredients to help assure purity of the product.

When using the 250 mg capsules of the P73 wild oregano blend, as part of the complementary management of various infectious conditions, most experts suggest the following protocols:

1. Colds, Flu, Acute Bronchitis and Sinusitis – 2 capsules every 4 hours at the earliest signs of a cold or flu-bug (as well as sinusitis) to help abort the condition and/or minimize symptoms and duration.
2. Chronic Bronchitis and Chronic Asthma – take 2 capsules twice per day until condition improves to a significant degree and then reduce or eliminate the dosage, depending upon what dosage maintains improvement.
3. Chronic Mono and Chronic Fatigue – 2 capsules twice per day along with other supplements to boost immune and energy systems.
4. Candida and yeast infections – 2 capsules, three times per day until significant improvement is realized, upon which a lower maintenance dosage should follow until complete resolution of the problem is achieved
5. Duodenal and Gastric (stomach) ulcers – 3 capsules, twice per day (can be taken in conjunction with other medicines aimed at killing the H. pylori bacterium)
6. Acne and Rosacea – Oil of oregano can also kill the bacteria and skin mite associated with acne and rosacea, respectively. Some patients have shown success with these conditions when taking 2 capsules, twice per day. A topical oil of oregano cream applied at night can further assist in these cases

As a complementary supplement oil of oregano can be used concurrently with other medications prescribed for the treatment of the above-noted conditions, but should not be used as substitute for these medications without the consent of the attending physician.

## Safety Of Oil Of Oregano

Toxicity studies indicate that oil of oregano is a very safe product and has not been associated with 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 some of the conditions noted above. 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 ingestion of prebiotics (1,000 – 6,000 mg per day of FOS and Inulin), which are proven to foster the growth of the friendly gut bacteria.

### References:

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3. Stiles JC, Sparks W, Ronzio RA. The inhibition of *Candida albicans* by oregano. *J Applied Nutr* 1995;47:96–102.
4. Force M, et al. Inhibition of enteric parasites by emulsified oil of oregano in vivo. *Phytother Res*. May2000;14(3):213-4.
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