

QUICK REFERENCE SHEET

OREGANO

Origanum vulgare



Part Utilized:
Leaf



PROPERTIES:

Antibacterial, Antimicrobial, Anti-inflammatory,
Antioxidant, Antifungal, Vermifuge

SYSTEMS AFFECTED:

Respiratory, Immune, Digestive

POSSIBLE USES:

jaundice, ringworm, headaches, allergies,
earache, parasites, high blood pressure,
macular degeneration, geriatric muscle
deterioration

INGREDIENT IN:

BAC

GENERAL INFORMATION:

The antimicrobial and antifungal properties of Oregano are positively outstanding. Fungal infections can exist both internally and externally and can be difficult to clear up. Oregano is used in preparations for both internal and external use in treating fungal infections, and has been shown to inhibit the growth of *Candida albicans*. (The essential oil is a wonderful antimicrobial!) Besides eradicating bacteria and fungus, Oregano contains the powerful antioxidant thymol, (and a couple of others), and acts to strengthen the immune system as it destroys free radicals in the body.

Vitamin F is a rather unusual component in herbal remedies but it is present in Oregano. Oregano is also a source of natural omega 3 and 6 fatty acids, which reduce inflammation in the cardiovascular system. Research is showing that Oregano aids liver function and speeds up the process of toxin elimination.