QUICK REFERENCE SHEET

OREGANO

Origanum vulgare

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:
France

AFFINITY FOR:
immune system, digestive system, sacral chakra, respiratory system

THERAPEUTIC PROPERTIES:
anti-infective, antibiotic, antiviral, antiseptic, stimulant, anti-aphrodisiac, emmenagogue, antiparasitic, expectorant, rubefacient, antifungal, immunostimulant

AROMATIC CONSIDERATIONS:
Oregano is not pleasant diffused by itself. However, the antimicrobial properties can be pleasantly diffused into the air as part of a blended oil formula.

APPLICATION:
Be sure to dilute very well before applying to the feet or to the body.

⚠ CAUTIONS:
Should be avoided or used very cautiously during pregnancy. Can cause extreme skin irritation if applied repeatedly without dilution. Should be used with a little bit of caution when diffused. Probably too strong for use in baths. Be sure to dilute well when applying to the body.

INGREDIENT IN:
LeDeliverance, LeDeliverance Plus, LeLife Force, LeNoMore

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:
Oregano essential oil promotes a feeling of strength and stability.

PHYSICAL ASPECTS:
Oregano, in either herbal or essential oil form, has strong antiseptic and antimicrobial properties. Oregano essential oil balances metabolism, strengthens the vital centers of the body, and is an immune stimulant. In the respiratory tract, Oregano is useful for treating chronic bronchitis, respiratory infections, pneumonia, pulmonary tuberculosis, colds, and flu.

GENERAL INFORMATION:
Oregano is an extremely beneficial and effective oil which has received some attention from the media lately. Unfortunately, too many reporters and announcers do not know the difference between therapeutic grade essential oils and oils which have been diluted with carrier type oils. DO NOT follow their suggestions and use large quantities at once. 2 or 3 drops of a pure essential oil is always sufficient.

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