QUICK REFERENCE SHEET

OREGANO WILD

Origanum vulgare

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Leaves

Region of Origin:

Turkey

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, LeEndoRelief, LeSimplicity, LeStefanie

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.

This is the same plant and species as the Oregano listed on the previous page, but it is harvested in the wild rather than cultivated for use. There are those who believe that wild-crafted oils (and herbals) are stronger and more medicinal than cultivated ones. I have found that growing conditions vary from place to place in both cultivated beds and in the wild. The differences in quality may have more to do with the conditions under which the harvested plants grew rather than whether or not the plant grew wild or was cultivated.

In a Biblical sense, when man left Eden he was given dominion over the earth and expected to till, cultivate, and improve it somewhat. Good essential oil growers are careful to grow the most vital and therapeutic plants possible. Their livelihood and reputation depend on their ability to optimize the medicinal value of their products.

Often, wildcrafted oils are not up to the standards of loved and cared for (cultivated) plants. This particular Wild Oregano is an exception. It is a very nice oil.

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