

What You Need To Know *about* Wild Oregano Oil



listen 
to your gut

Jini Patel Thompson

WHAT YOU NEED TO KNOW ABOUT WILD OREGANO OIL

Please Note: All the web links in this eBook are LIVE links – just click on them and the webpage will open up in your browser.

©2012 Jini Patel Thompson

Caramal Publishing, a division of Listen To Your Gut Enterprises Inc.

All Rights Reserved

www.ListenToYourGut.com

LEGAL DISCLAIMER - Jini Patel Thompson is a health writer and consumer advocate. She is not a registered health professional nor doctor of any sort. The information in this eBook is simply her own personal opinion. This eBook (including any/all website references, book references, videos, etc.) is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Information is provided for informational purposes only and is not a substitute for professional medical advice. You should not use the information in this eBook for diagnosing or treating a medical or health condition.

If you have or suspect you have an urgent medical problem, promptly contact your professional healthcare provider. Any application of the recommendations in this eBook is at the reader's discretion, risk and liability. Jini Patel Thompson and Listen To Your Gut Enterprises Inc. are not liable for any direct or indirect claim, loss or damage resulting from use of this eBook and/or any web site(s) linked to/from it. Readers should consult their own physicians concerning the recommendations in this eBook. If you do not wish to be bound by the Disclaimer, you can return this eBook to the publisher for a full refund.



TABLE OF CONTENTS

WHAT SHOULD I LOOK FOR IN A BRAND?	4
WILD OREGANO CHARACTERISTICS	5
MY PERSONAL EXPERIENCE	8
INFECTION & INFLAMMATION IN THE GUT	10
WILD OREGANO HOME REMEDIES	12
How To Make Diluted Wild Oregano Oil	13
Bedsores	13
Burns, Cuts and Scrapes	14
Food Poisoning	14
Antivenom	14
Mouth Ulcers	15
Tooth or Gum Infection	15
Use During Pregnancy or Breastfeeding	16
More Resources	17
FOOTNOTES	18
ABOUT THE AUTHOR	20

The great news for people with Inflammatory Bowel Disease (IBD) or Irritable Bowel Syndrome (IBS), or any kind of inflammatory or autoimmune disease, is that wild oregano oil (*Origanum vulgare*) is an anti-inflammatory – in addition to being an extremely potent antiviral, antibacterial, antifungal, antiparasitic, (anti-everything!) agent.

It is extracted from a particular species of oregano that grows wild in rocky regions of the Mediterranean and it has only been used in North America for about twenty years. When I first started writing about wild oregano, few people had even heard of it and few naturopathic physicians were even fluent in its uses and amazing efficacy.

I predicted that it would gain momentum quickly in the coming years and now many people have heard about wild oregano oil – I even saw a comedy sketch on Ellen Degeneres' show where she riffed about the first time she tried it. Like all really effective herbal medicines – the FDA will probably try to ban it before too long!

Much of the scientific research on wild oregano oil is coming from the Applied Microbiology field in the area of food preservation. Microbiologists have found that wild oregano oil is so powerful that even miniscule amounts of it can kill common food-borne pathogens responsible for a lot of the food poisoning incidents with processed food.

To give you just one example, scientists in The Netherlands found that carvacrol (one of the active ingredients in wild oregano) at a dilution of only .25 mM (millimolars) led to cell death of the bacterial soil organism *Bacillus cereus*, "a spore-forming food-borne pathogen often associated with food products such as meat, vegetables, soup, rice, milk and other dairy products. Between 1 and 20% of the total number of outbreaks of food infection in the world is caused by *B. cereus*."

The scientists summarized their results by saying, "From this study, it could be concluded that carvacrol interacts with the membranes of *B. cereus* by changing its permeability for cations like H⁺ and K⁺. The dissipation of ion gradients leads to impairment of essential processes in the cell and finally to cell death."⁽¹⁾ What this means for the layperson, is that even very small amounts of the phenolic compounds within wild oregano oil (such as carvacrol and thymol) can disintegrate the cell walls of pathogenic microorganisms (like bacteria, viruses, yeast, etc.), resulting in their death.

A Brazilian study tested oil of oregano as a preservative for food. They found that oil of oregano has potent antimicrobial activity. However, they also made another statement I found very interesting:

"The antimicrobial potency of essential oils in food systems is generally reduced when compared to in vitro work, as the presence of fats, carbohydrates, proteins, salts and pH strongly influence the effectiveness of these agents. Accordingly, higher amounts of essential oils are required in food systems."(2)

Intuitively, I have always felt that oil of oregano is best taken on an empty stomach and although herbal literature says it can also be taken with food, most of my consultation clients have likewise instinctively taken it alone. Although the above quote is in reference to using oil of oregano as a preservative, nevertheless, it sheds some light on why it may be best to take it on an empty stomach, when ingesting it for therapeutic reasons.

WHAT SHOULD I LOOK FOR IN A BRAND?

It's very important to use a potent species of oregano; as different species contain different levels of carvacrol and thymol. Please follow the specifications here to ensure you get the desired results and don't substitute brands unless they can meet the same criteria (confirmed via an independent lab assay). When purchasing wild oregano oil, make sure you get one that contains the species, *Origanum vulgare*.

There are over 40 varieties of oregano in the world, and all have some medicinal value. The more desirable species grow wild and in abundance throughout the Mediterranean, and contain high levels of carvacrol; oregano's primary active compound.

So, the key points to remember when choosing a brand of wild oregano oil are:

1. Is the oregano oil certified organic wildcrafted? Wildcrafted oregano is assumed to be organic, but the actual process of organic certification requires extra steps to ensure quality through all stages of production: harvest, transportation, warehousing, processing, distilling, bottling.

2. Is the carvacrol content 75% or higher and is this *naturally-occurring* carvacrol? If the carvacrol has merely been added in later to the product to raise carvacrol levels, then this means the oregano oil species used is not potent or therapeutic enough for our purposes.

3. Naturally-occurring thymol levels are not so important (it was previously thought that thymol level should not exceed 5%), since studies on natural phenols have shown that they are not actually toxic to the liver and in fact may even be protective.

To see the two brands of wild oregano oil I recommend and use, go to:

www.LTYGshoppe.com. The brands I carry meet the standards I have outlined for efficacy and potency. Even if you don't want to purchase online, just go to the Shoppe to look up the details and then get the same product at your local store.

Important: If you're using a brand other than the ones I recommend, check carefully to see whether it's diluted or undiluted. Remember to always dilute pure (essential) oregano oil in a carrier oil before using internally or externally, or it can cause tissue damage. The two brands I recommend have already been diluted with olive oil, so you don't need to dilute them further before using – except where I direct you to dilute them further to take away the "burning" sensation and for use on mucous membranes.

WILD OREGANO CHARACTERISTICS

So once you have some background knowledge of this wonderful substance, and you've used it a few times, you can use it to treat a wide variety of conditions:

Acne, Animal bites, Arthritis, Asthma, Athlete's foot, Bad breath, Bed sores and Ulcerations, Bladder Infections, Bromidosis (foul odor associated with excessive sweating), Boils, Bruises, Burns, Bursitis, Candidiasis, Canker sores, Cellulitis, Cold sores, Colds/Flu, Cough, Cryptosporidium, Dandruff and Seborrhea, Diaper rash, Diarrhea, Ear infections, Ebola and Dengue Fever, Eczema, Fingernail fungus, Frostbite and Frostburn, Giardiasis, Gum Disease, Food poisoning, Head lice, Headaches, Hepatitis, Herpes, Impetigo, Irritable Bowel syndrome, Leg cramps, Nail fungus,

Paronychia, Peptic ulcer, Pneumonia, Psoriasis, Prostate disorders, Pruritis, Radiation injury/burns, Ringworm, Rosacea, Scabies, Shingles, Sinusitis, Sore throat, Sports injuries, Tick-borne illnesses, Thrush, Toothache, Tuberculosis, Varicose veins, Venomous bites, and Wounds.

Feel free to experiment (listen to your gut!) and also check my site to see if I have a tried-and-tested remedy for any of these conditions that you might be afflicted with. See the [Heal Your Symptoms](#) section on my site for whatever ails you. And check back from time to time as I am continually adding new protocols as I find combinations and dosages that work consistently and reliably.

Let me give you some more of the scientific data behind wild oregano oil, before we move into my personal experience and some of the home remedies using wild oregano oil that I have developed.

Antibacterial

Harry G. Preuss, MD, MACN, CNS, Professor of Physiology and Biophysics, and his research team, tested wild oregano oil on Staphylococcus bacteria — which is responsible for a variety of severe infections and is becoming increasingly resistant to many antibiotics. They combined wild oregano oil with the bacteria in a test tube, and compared wild oregano oil's effects to those of standard antibiotics Streptomycin, Penicillin and Vancomycin. Wild oregano oil at relatively low doses was found to inhibit the growth of Staphylococcus bacteria in the test tubes as effectively as the standard antibiotics did. (3)

Thymus vulgaris and Origanum vulgare showed much stronger antibacterial potential than streptomycin. Thymol and carvacrol show strong antibacterial activity. This paper concluded that "Because of their very high specific activity essential oils [such as oregano and thyme] may also be used at low and non-toxic concentrations for the prevention and treatment of intestinal diseases in animals and humans caused by Salmonella, Listeria, and other bacterial species."(4)

Note: I have a powerful protocol – trial-tested by thousands – for using wild oregano to heal intestinal infections of any kind (C. difficile, MAP, Candida, etc.) in my eBook, [Jini's Healing Guide: Natural Treatments for Gut Infection](#)

Antifungal

Oregano oil, specifically Oreganol P73*, was found to completely inhibit the growth of Candida albicans in culture. The study demonstrated that origanum oil effectively inhibits the in vitro growth of C. albicans, a human yeast-like fungus which can cause both systemic and superficial infections in debilitated individuals. In addition the study showed that origanum oil directly inhibits germination and filament formation (the two phases required for tissue invasion) by C. albicans. The study concludes that origanum oil can act as a potent antifungal agent against C. albicans, and can function similar to antifungal antibiotics such as nystatin or amphotericin B. Origanum oil is shown to be both fungistatic and fungicidal to C. albicans, the human pathogenic yeast. (5)

In another study by Cleff, et. al. the essential oil of oregano (Origanum vulgare), rich in 4-terpineol (47.95%), carvacrol (9.42%), thymol (8.42%) and alpha-terpineol (7.57%) was found to be an effective antifungal agent against Candida spp. in vitro. The authors state that O. vulgare may represent a good alternative for the treatment of candidiasis. (6)

Note: I have excellent, trial-tested protocols for both fungal skin infections (for example, Athlete's Foot) and Candida, see the [Heal Your Symptoms](#) section on my site.

Antimicrobial

Origanum essential oil, which is used as a food flavoring agent and preservative, possesses a broad spectrum of in vitro antimicrobial activities attributed to the high content of phenolic derivatives such as carvacrol and thymol.(7)

Antiparasitic

According to one study, 14 patients who tested positive for enteric parasites, Blastocystis hominis, Entamoeba hartmanni and Endolimax nana, were treated with 200 mg of emulsified oil of Origanum vulgare three times a day. After 6 weeks of

supplementation parasites were no longer detected in 10 patients while parasite scores decreased in another three subjects. Gastrointestinal symptoms improved in 7 of the 11 patients who tested positive for *Blastocystis hominis*. These patients reported an amelioration of symptoms including bloating, GI cramping, alternating diarrhea and constipation and fatigue. (8)

Note: If you have strong or resistant parasites, I have a killer protocol for this (pun intended!), see the [Heal Your Symptoms](#) section on my site.

Anti-inflammatory

Oregano co₂ extracts show anti-inflammatory properties by (a) reducing the release of pro-inflammatory cytokines, and (b) increasing anti-inflammatory secretion in activated macrophages. These results suggest that oregano supercritical extracts could be used as novel options for treatment of chronic diseases based on inflammatory processes.(9)

Carvacrol activity

Carvacrol, the predominant monoterpene in many essential oils of Labiatae including *Origanum*, *Satureja*, *Thymbra*, *Thymus*, and *Corydothymus* has substantial antibacterial, antifungal, antihelmintic, insecticidal, analgesic and antioxidant activities.(10)

MY PERSONAL EXPERIENCE

I was first introduced to wild oregano oil when my daughter developed a severe yeast infection in the folds of her skin at 4 months of age. I tried every natural substance I knew of to try and heal it and then finally consulted a naturopath who specialized in children. He immediately recognized it as a yeast infection and recommended a dilution of wild oregano oil (diluted with olive oil 15:1). I applied it to her skin and within a day could notice a difference! Within three days, the lesions (which were several layers deep and weeping) had a complete covering of new healthy skin, and within seven days her skin was completely healed and normal.

None of us, including my physician father, had ever seen such a quick and total healing with any substance before – natural or pharmaceutical. We all jumped on this new

wonder herb, began researching and reading about it, and started using it for everything that came up. Since that time, over the many years that followed, I and my family members have used wild oregano oil with amazing results on the following conditions:

- Foot and Mouth Disease (viral)
- Herpes 2 (viral)
- Gum infections
- Mouth ulcers
- Flu and chest infections (bacterial and viral)
- Sore throats
- As a preventative, before and after plane journeys, or when exposed to someone with a cold or flu
- Skin infection (fungal)
- Parasites
- Intestinal infection
- Boils
- Acne
- Swimmer's Itch (skin parasite)

In addition to acute infections, I have also used it myself ongoing for about two years (alternating with probiotics), just 5 drops/day in the morning, on an empty stomach, followed by a glass of water. The first of those years was filled with lots of travel, sleep deprivation, difficulty eating proper meals, lots of stress financially and emotionally and a crushing work load between my businesses and two young children. And yes, there were a few months where I was definitely using it as a crutch (like a drug) to keep myself going and buy myself some time to look at the root issues in my life that were resulting in such stress and exhaustion.

At the time I took it, I had no overt symptoms of any gut disease, I would have been classed as "in remission". However, the difference was still remarkable: No more fuzzy-brain or depression, my memory got much sharper, my energy levels stayed strong and consistent throughout the day (instead of crashing around 4-5 pm) and I was less irritable and had more patience.

All these symptoms are correlated with a compromised gut flora and thus I suspect that even though my health has been quite good, perhaps I have had an ongoing low-grade gut infection (yeast, mycobacteria, etc.) for years that has typically flared up or intensified during times of stress. Using wild oregano oil, however, can prevent the flare-up cycle during times of acute stress.

INFECTION & INFLAMMATION IN THE GUT

There is a growing field of research suggesting that Crohn's and ulcerative colitis (and even IBS) are not immune system diseases, but rather, infectious diseases – as a result of harmful bacteria or other pathogens in the gastrointestinal tract. Doctors who are treating patients from this position are using potent cocktails of antibiotics and antifungals to wipe out the existing flora in the gut. Some then repopulate the gut with good bacteria, and some don't. Personally, I'm convinced the permanence of the cure or remission would be directly related to whether or not the gut was repopulated sufficiently (and perhaps supplementation maintained indefinitely) with beneficial bacteria.

Nonetheless, this is important research to keep in mind, since wild oregano oil is as potent and effective (and in some cases more so) than pharmaceutical antibiotics, antifungals, antiyeast, antiparasitics, etc. products.

Mycobacterium avium paratuberculosis (MAP) is a bacterium whose RNA has consistently been isolated in 92-100% of patients tested with Crohn's Disease (the incidence varies from study to study). MAP is occasionally found in milk – even in milk that has been pasteurized. However, UHT milk (sealed, boxed milk that can sit on the shelf till opened) is subjected to much higher temperatures than pasteurized milk and may be less likely to contain MAP (they're not sure at this point). John Herman-Taylor, a researcher at St. George's Hospital Medical School in London, thinks there is also evidence that MAP is at the root of irritable bowel syndrome, "In animals, MAP inflames the nerves of the gut. Recent work from Sweden shows that people with (IBS) also have inflamed gut nerves."

Kelly Karper, PhD, RPh, recently published a paper in a journal for pharmacists titled, *Crohn's: An Infectious Disease?*

"Like other mycobacterial strains, MAP reproduces very slowly. For antibiotics to effectively eliminate MAP, a cocktail of antimycobacterial drugs must be used for extended periods of time. And that is just what the doctor orders for patients with Crohn's disease in Sydney, Australia. Thomas Borody, M.D., director of the Centre for Digestive Diseases, utilizes triple antimycobacterial therapy for his Crohn's patients...for at least three years...In his experience, 'cures are achieved in 20-25% of his patients and the rest go into total remission.' By cure, he means that when his patients are off all medications, they not only have no symptoms, but, endoscopically, they have no inflammation, no histologic evidence of Crohn's disease, and their blood work is negative for markers of inflammation. In contrast, those patients that 'go into total remission' experience only minor symptoms, and there is still slight evidence of the disease in endoscopic examination."(11)

I can't help wondering what Dr. Borody's cure and remission rates would be like if he also followed his antimycobacterial protocol with one to two years of therapeutic quality, potent probiotic supplementation. As Kelly Karpa goes on to say in her article:

"Some other gastroenterologists who believe an infectious agent may underlie Crohn's disease have taken a different approach to treating the illness. Instead of using antibiotics to wipe out infectious microorganisms, they have instead opted to treat patients with therapeutic doses of 'healthy bacteria', or probiotics. Rather than using antibiotics to kill bacteria, this novel approach lets bacteria kill bacteria."(12)

Those of you who have colitis know that a standard first approach in the medical system is drug antibiotic therapy. Regardless of where you stand on this theory, certain facts are inescapable: Inflammation is usually a response to infection, or, the body's attempt to get rid of something undesirable.

If you get a splinter and it's not removed quickly, the body will launch an inflammatory response to push out the splinter. If you cut yourself and the wound gets infected, the

body responds with inflammation; the wound swells up, pus forms and the body seeks to trap the infectious agent, kill it, and push it out of the body. The presence of inflammation in the gut may likewise be signaling the presence of an undesirable or infectious agent that the body is trying to get rid of.

Personally, I suspect there is both an infectious and an auto-immune component to Inflammatory Bowel Disease and you will have the highest degree of success if you treat for both. If you follow the protocols in my complete program outlined in my book, [*Listen to Your Gut*](#), then it will show you exactly how to address both components.

There are two ways to eliminate infectious microorganisms: Antimicrobial drugs or substances, or high doses of probiotics. In my book, *Listen To Your Gut*, I provide a Wild Oregano Protocol that is unique in that it combines the two methods for maximum effectiveness in both eradicating infectious microorganisms, maintaining a healthy bacterial flora during antimicrobial supplementation, and maintaining a healthy gut environment ongoing, for continued long-term health. Or, if you just want to clear gut infection (and not the other components), then you can purchase my eBook, [*Jini's Healing Guide: Natural Treatments for Gut Infection*](#).

Jini's Wild Oregano Oil Protocol eliminates infectious microorganisms (like mycobacterium, fungi, bacteria, yeast, viruses, parasites, etc.), provides a moderate level of detoxification, and restores beneficial gut flora. By healing the infection we also heal inflammation. Other supplements are then used to heal ulceration, bleeding, and repair the intestinal wall and mucosal lining. Supplementation with probiotics then restores a healthy, balanced gut flora to prevent future recurrence.

WILD OREGANO HOME REMEDIES

As I already mentioned, the oil of the wild oregano plant can be used to treat many conditions. Sometimes it's best to use it at full strength (straight out of the bottle – one of my recommended brands) and other times it's best to dilute it further with additional organic olive oil.

How To Make Diluted Wild Oregano Oil

I find a 7:1 dilution (7 drops organic olive oil to 1 drop wild oregano oil – NOT essential wild oregano, but the commercial brand of oregano oil) is very easily tolerated on mucous membranes like the mouth (herpes, canker sores, mouth ulcers, etc) or the inside of the nose. For adults it is also okay for the genitals, but for children aged five to twelve, the genitals likely require a 10:1 dilution.

So, if – like me – you find yourself regularly mixing up diluted batches of wild oregano, I'm sure you'll find these dilution recipes useful. Use these recipes so that you can mix up a 1 ounce bottle at a time and use larger measuring spoons, rather than measuring out the oils drop by drop.

Wild Oregano Oil 7:1 Dilution

2 tbsp + 1 tsp of organic olive oil (or 7 tsp)

1 tsp wild oregano oil

Makes a 1 oz bottle – use an old, empty wild oregano oil or herbal tincture dark glass bottle. Do not use plastic.

Wild Oregano Oil 4:1 Dilution

2 tbsp + 1 tsp of organic olive oil (or 7 tsp)

1 tsp wild oregano oil + 70 drops (2 dropperfuls + 10 drops = 70 drops)

Makes a 1 oz bottle – use an old, empty wild oregano oil or herbal tincture dark glass bottle. Do not use plastic.

Here are a few of my remedies for conditions that can be successfully treated with wild oregano oil – for lots more home remedies, see the [Heal Your Symptoms](#) section on my site.

Bedsore

Apply topically to affected area to speed healing and reduce discomfort. For children or elderly, use the 7:1 dilution. Then, if the elderly person tolerates it well, use the 4:1 dilution (except on mucous membranes – nose, lips, genitals – then stick with 7:1).

Also put a lambskin underneath the base sheet on the bed as this is hugely protective against bedsores developing and gives them the best chance to heal. You can purchase a lambskin (sheep's wool with skin attached) from Ikea for a very reasonable price and they can be machine washed and then hung to dry, if soiled.

Burns, Cuts and Scrapes

Apply the oil topically immediately to clean and reduce pain in the wound. Quick application may prevent blistering and scarring from light burns and will prevent infection and speed rapid skin recovery in all wounds. Use the 7:1 dilution for burns (we have tested this and it does not hurt and heals the burn much faster) and for wounds on children's skin. For adult wounds, use full strength, or 4:1 dilution.

Food poisoning

In a recent study about 20% of meat samples obtained from grocery stores contained antibiotic-resistant bacteria. And 84 million cases of food poisoning occur annually in North America. Vegetarians can be also affected by food poisoning; Salmonella and E. coli have been found on vegetables like iceberg lettuce, spinach, and alfalfa sprouts. Restaurant foods can be contaminated due to poor employee hygiene, or not washing the produce properly.

So you can use wild oregano oil as a preventative: After dining, take 5 drops of oregano oil. But If symptoms occur, then take 3 - 5 drops hourly for up to 10 hours, or until symptoms disappear. However, if you start vomiting, then stop taking the wild oregano and follow my protocol for Food Poisoning on my website.

Antivenom

Oregano oil is capable of neutralizing certain venomous bites, making it invaluable in the wilderness or when traveling abroad. It's an effective first aid treatment for venomous bites of all varieties including bees, snakes and spiders. Wild oregano oil is also useful for preventing infection from animal bites and other puncture wounds. It reduces inflammation and stops the pain associated with bites and stings.

Apply directly to stings or bites. The oil will penetrate into the wound and neutralize toxins and pathogens. Take a few drops internally to amplify the effect. When my family

members have been stung by bees or wasps, wild oregano really minimizes the swelling. Use the 7:1 dilution for children on the face (keep away from eyes) and 4:1 dilution for adult faces. Use full strength on limbs or torso for adults and 4:1 on limbs or torso for children.

Mouth Ulcers

Put a drop of wild oregano oil onto your finger and apply it directly to each mouth ulcer or canker sore on your lips, tongue or palate. Leave it as long as you can up to 10 minutes without drinking anything, although feel free to swallow (the intense heat sensation will last about 2 to 3 minutes). The longer you can leave the wild oregano oil in your mouth, the more effective it will be as a mouth ulcer treatment.

You should see results/partial healing after only one application of wild oregano oil. Continue treatment until your mouth ulcer symptoms are completely gone (usually 2 to 3 applications). For adults, use either full strength or 4:1 dilution. For children use 7:1 dilution.

Tooth or Gum Infection

Gum or tooth infection can be halted by using wild oregano oil in the mouth. The oil may be applied full strength or in a 4:1 dilution to infected gums with a clean finger or Q-tip. Or a drop can be placed on your toothbrush before brushing the teeth. Oregano oil gives effective relief for toothaches by killing the bacteria that is causing the pain. Apply the oil directly to the infected tooth. See my video where my daughter Zara and I demonstrate exactly how to do this and when to use a dilution or full strength wild oregano oil:

Wild Oregano Oil for Tooth Decay & Infection



Click on the video, or copy/paste this into your internet browser:

<http://youtu.be/UrMNYURBi9g>

Use During Pregnancy or Breastfeeding

I have not used wild oregano oil whilst pregnant. But I have used it while breastfeeding and I have used it on my children from 4 months of age topically, and 6 months of age orally. Obviously, I gave it to my kids in very minute doses (congruent with their body weight) and found it caused no harm when used in conjunction with and followed by probiotics. My friend would rub it onto the soles of her baby's feet, rather than give it orally, since uptake through the soles of the feet into the bloodstream is very fast.

I also gave it in high doses to my breastfeeding cat when she became deathly ill after eating a dead bird, and she and her five kittens showed no ill effects. In fact, when we took the kittens to the pet store 3 weeks after dosage, the vet said he'd never seen an entire litter of kittens come in with no mouth or ear infections before!

Obviously, this is an area where you'll have to make your own decision since there are no clinical studies on usage with pregnant or breastfeeding women, or with babies and toddlers. Herbal literature states that you should avoid giving wild oregano oil to children under age five.

My personal opinion when pregnant or breastfeeding is: Avoid it if possible since it is a very strong substance (especially in first trimester pregnancy when your liver is already stressed). But if the need arose, I would ask myself: When faced with antibiotics or steroids as the alternative, do I feel wild oregano will do less harm than these potent drugs?

Also, an excellent alternative that is also antiviral, antiyeast, and antibacterial is intravenous hydrogen peroxide – which is safe during pregnancy or breastfeeding. Consult your naturopathic physician for more guidance or information. If you do decide to take wild oregano oil whilst pregnant or breastfeeding, stay under your physician's care and supervision.

More Resources

For detailed dosage/usage instructions on using wild oregano oil specifically to heal colitis, Crohn's, diverticulitis or irritable bowel syndrome, see my complete program in my book, *Listen To Your Gut*: www.ListenToYourGut.com

You can also find out more about wild oregano oil and other herbal antibiotics in my eBook, [*Jini's Healing Guide: Natural Treatments for Gut Infection*](#).

And remember, for a complete list of all the conditions I have home remedies for, see the [Heal Your Symptoms](#) section on my ListenToYourGut.com site.

FOOTNOTES

1. "Mechanisms of Action of Carvacrol on the Food-Borne Pathogen *Bacillus cereus*" by A. Ultee, E.P.W. Kets, E.J. Smid, *Applied and Environmental Microbiology*, Oct. 1999
2. "Evaluation of *Origanum vulgare* essential oil as antimicrobial agent in sausage" by Cassiano Busattal; Altemir José Mossil; Maria Regina Alves RodriguesII; Rogério Luis CansianI; José Vladimir de Oliveira, *Brazilian Journal of Microbiology*. vol.38 no.4 São Paulo Oct./Dec. 2007
3. Harry G. Preuss, MD, MACN, CNS, Professor of Physiology and Biophysics, Georgetown University Medical Center, Press Release, October 6, 2001
4. Sokovic M, Marin P, Brkic D, van Griensven L.J.L.D. Chemical composition and Antibacterial activity of ten aromatic plants against human pathogenic bacteria. *Food*. 2007. Global Science books.
5. Manohar V, Ingram C, Gray J, Talpur NA, Echard BW, Bagchi D, and Preuss H G., Antifungal activities of *origanum* oil against *Candida albicans*. *Molecular and Cellular Biochemistry* 228: 111-117, 2001.
6. Cleff M B, Meinerz A R, Xavier M, et al. In Vitro Activity of *Origanum vulgare* essential oil against *Candida* species. *Brazilian Journal of Microbiology* (2010) 41: 116-123.
7. Manohar V, Ingram C, Gray J, Talpur NA, Echard BW, Bagchi D, and Preuss H G., Antifungal activities of *origanum* oil against *Candida albicans*. *Molecular and Cellular Biochemistry* 228: 111-117, 2001.
8. Force M, Sparks W S, Ronzio R. Inhibition of Enteric Parasites by Emulsified Oil of *Oregano* in vivo. *Phytotherapy Research* 14, 213-214 (2000).
9. Ocana-Fuentes A, Arranz-Gutierrez E., Senorans F, and Reglero G. Supercritical fluid extraction of *oregano* (*Origanum vulgare*) essential oils: Anti-inflammatory properties

based on cytokine response on THP-1 macrophages. Food and Chemical Toxicology 48 (2010)1568-1575.

10. Koparal A Tansu and Zeytinoglu M. Effects of carvacrol on a human non-small cell lung cancer (NSCLC) cell line, A549. Cytotechnology 43:149-154, 2003.

11, 12. "Crohn's: An Infectious Disease?" by Kelly Karper, PhD, RPh, Drug Topics, Nov. 3, 2003; 147:52

13. K. Alam, M.N. Nagi, et al. The Protective Action of Thymol Against Carbon Tetrachloride Hepatotoxicity In Mice, Pharmacological Research, Volume 40, Issue 2, August 1999, Pages 159–163



ABOUT THE AUTHOR

A former journalist, Jini Patel Thompson is an internationally recognized expert on natural healing for colon and bowel syndromes such as rectal prolapse. Her books have sold in over 40 countries. She has appeared repeatedly on radio and TV shows giving hope to those suffering from gastrointestinal disease. Jini is a popular speaker at natural health-related conferences, and her health articles have been published in magazines and journals in the U.S, Australia and the U.K., and on the Internet worldwide.

LEGAL DISCLAIMER - Jini Patel Thompson is a health writer and consumer advocate. Jini is not a doctor or registered health professional. The information in this report is simply her personal opinion, based on years of research and experience. This report is not intended to replace the services of a physician, nor does it constitute a doctor-patient relationship. Any application of the recommendations in this report is at the reader's discretion. Jini Patel Thompson and Listen To Your Gut Enterprises Inc. are not liable for any direct or indirect claim, loss or damage resulting from use of this report and/or any web site(s) linked to/from it. Readers should consult their own physicians concerning the recommendations in this report. If you do not wish to be bound by the Disclaimer, you can return this eBook to the publisher.

©2012 Jini Patel Thompson All Rights Reserved

Caramal Publishing, a division of Listen To Your Gut Enterprises Inc.

www.listentoyourgut.com

