
TOP 10 USES FOR OREGANO OIL

- 1. Cleaning:** Oregano is a powerful cleaning and purifying agent. Put a few drops in your cleaning solution to clean surfaces in your home. Oregano is powerful against environmental threats. You can add it to the diffuser to cleanse the air.
- 2. Immunity:** Oregano supports healthy immune system. Put a drop in a capsule and take just as you feel illness setting in. Do this a few times a day and you'll find that you've nipped whatever it was in the bud.
- 3. Digestion:** Promotes digestive health and respiratory function. Take in a capsule or add a drop (or less than a drop) to appropriate dishes.
- 4. Antioxidants:** Yes, it is a powerful antioxidant. Take internally in a capsule or rub on feet.
- 5. Breathing Assistance:** Take internally to help improve your respiratory health or rub on the bottom of the feet several times a day. Best to dilute and then wear socks.
- 6. Flavoring:** Add less than a drop (use a toothpick) into your spaghetti sauce, pizza sauce or on a roast.
- 7. Sore Throat:** Add to water and gargle as needed. Warning: It is spicy!
- 8. Toe Infections:** Rub diluted Oregano on the affected areas on the feet. Your feet may get worse before they get better. Relax and think more positively and you'll find that it will recover quicker.
- 9. Skin Tags & Warts:** Use a toothpick and touch the affected skin slightly with Oregano. Do this 3-4 times a day for 2-3 weeks until the skin tag or wart is gone. Use diluted lavender on the skin around it if it is red and irritated.
- 10. Promote Humility and Non-Attachment:** Shift from being overly attached, opinionated, and excessively willful to humility and non-attachment. Diffuse whenever you encounter the negative emotions.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

