

Oregano Oil for Infections

Herpes

Put a thick layer of coconut oil on the lip and add 1 drop of oregano oil. Oregano oil burns if you do not use coconut oil.

Toenail fungus, candida

Dilute it to apply on the skin
- 1 drop in 1 teaspoon carrier oil.

Sinus infection

Inhale every hour or every 2 hours
as explained on the back of the card.


Sore throat

Gargle as indicated on the back of the card.






Oregano Oil Inhalations:

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- Use 2 liters of boiled water.
 - Put 2 drops of oregano oil (organic and pure, no added oils) in a spoon.
 - Cover the head with a towel and inhale for a while then lower the spoon into the pot.
 - Add 6 drops of eucalyptus oil (optional).
 - Inhale for 5-10 minutes.
 - For infection - every 2 hours.
 - For prevention - 1-2 times daily.
 - If oregano oil is unavailable, may use a full hand of oregano leaves, and boil for about 5 minutes prior to inhaling.

Oregano Gargles:

- Use 1 glass jar of 350 ml water
 - Put 1 drop of oregano oil (organic and pure)
 - For infection - gargle every hour
 - For prevention - gargle 3-5 times daily
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For more information go to our website:



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Informational only.
Always consult a medical professional.

