

# 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:

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- 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

For more information go to our website:



**amevera.com**

Informational only.  
Always consult a medical professional.

