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.

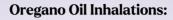
Toenail fungus, candida
Dilute it to apply on the skin
- 1 drop in 1 teaspoon carrier oil.

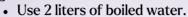
Sinus infection

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.







- 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

For more information go to our website:





Informational only.
Always consult a medical professional.



