



Must Read

Many companies claim they sell true *Oreganum Vulgare*. Those SAME companies claim to have 80% and higher of Carvacrol but with NO PROOF of what Oregano species they are selling. There are many subspecies of Oregano therefore one must be aware when buying the real thing. We place our (GCA- general combining ability) report online so that there is no confusion. The owners of the Healthy-Health are Turkish with all of our employees being of Mediterranean background. We, as a company, are aware of ALL the high-end companies claiming one thing but selling another. Unfortunately, we are not here to list names and dethrone our competition. Our oil of oregano is 100% ECOCERTIFIED ORGANIC and we do not import anything less than 80% Carvacrol. Whatever that Lot # yields is what THE CARVACROL LEVEL WILL BE. Since having the “highest Carvacrol” seems to be other companies point please ask if they can provide a (GCA) or Oregano Analysis report. Please ask if it is Organic Certified and if Oil of Oregano is labeled first on the back on their bottle. It should be!

Our plant in Turkey has the following certificates:

- **ECOCERT ORGANIC** (Largest organic certification organization in the world)
- **AJA** (Anglo-Japanese American Registrars)
- **ISO 9001-2000** (International Organization for Standardization of Quality Management)
- **UKAS** (Quality Management-Registration #059-A)
- **HACCP** (Hazard Analysis Critical Control Points)
- **FDA** (Registered Manufacturing Facility)



The Miracle of Wild Oregano

We are one of the few companies that currently make an effective Wild Mediterranean 100% Eco Certified Organic Food Grade Oil of Oregano supplement

Our Organic Oil of Oregano is a completely natural substance derived from Wild *Oreganum Vulgare* species.

The plant grows in remote western mountainous regions of TURKEY and free of pollution. Only the leaves of the flowering plant are ever used. They are picked precisely when the plant is highest in essential oil. Being Wild, it is grown chemical-free and the oil is extracted via a completely natural process called “Steamed Distilled”.

No chemicals or solvents are ever used. The oil is the source of virtually all of the plant’s active ingredients.

HOW IT WORKS

Isomeric phenols (primarily carvacrol) in oregano oil in dilutions as low as **1/50,000** destroys *Candida albicans*, the *Aspergillus* mold, *Staphylococcus*, *Campylobacter*, *Klebsiella*, *E.coli*, *Giardia*, *Pseudomonas*, and *Proteus*. Another phenol constituent, thymol, boosts the immune system. These compounds also act as free radical scavengers (shield against toxins) thus preventing further tissue damage while encouraging healing.

Oil of oregano is antiviral, antibacterial, antifungal, and antiparasitic. It also has strong antioxidant and anti-inflammatory effects and is an ideal product to use for people who suffer from CFS and/or fibromyalgia. Oil of Oregano natural herbal supplement offers a variety of remedies.

True Oil of Oregano

Nevertheless, true oil of oregano offers many exciting remedies to a variety of ailments. In “Herbal Renaissance”, Steven Foster credits oregano as having “been employed to treat indigestion, diarrhea, nervous tension, insect bites, toothache, earache, rheumatism, and coughs due to whooping cough and bronchitis (primarily for its antispasmodic effects).”

RICH in MINERALS

The wild oregano is rich in a long list of minerals that includes calcium, magnesium, zinc, iron, potassium, copper, boron, and manganese. Vitamins C and A (beta carotene) and niacin also are contained in oregano. Judging from its mineral content alone, it is not hard to figure out why oregano is such a valuable commodity. Consider some of oregano's other useful purposes and it becomes even more obvious.

"Oregano is one of Nature's finest preservatives", states Ingram in another book, "Supermarket Remedies". The author suggests that if oregano is used with foods such as meat, eggs, milk, or salad, you "will greatly halt the growth of microbes and, thus, reduce the risk for food poisoning."

CARVACROL

The key element is carvacrol the primary component, with small traces of thymol, linalol and about seven others make up the "fungicidal and worm-expellant properties" of oil of oregano". These phenols will constitute 100% of (the oil)."

All of this helps make oregano oil a significant factor in treating internal and external fungi including athlete's foot. Skin conditions such as psoriasis and eczema can be improved with the treatment as well.

Most astonishing discovery is that "oil of oregano outright destroys all variety of fungi and yeasts, regardless of where they reside."

In addition to fighting various fungi, oil of oregano is useful against bacteria and parasites. Oil of Oregano's antiseptic powers are immense . . . it inhibits the growth of the majority of bacteria, something that prescription antibiotics fail to accomplish." In the case of parasites, oil of oregano has had success neutralizing worms, amoeba, and protozoan.

Additional uses for oregano and oil of oregano are multi-dimensional. It has been found helpful in combating diarrhea, intestinal gas, and digestive problems, as well as sore throat and breathing difficulties. Oil of oregano can immediately help against bee stings and many venomous bites until medical attention can be reached. Oil of oregano has even been suggested as a treatment for dandruff, and other skin disorders.



Oregano Oil is a powerhouse and may be useful for the following:

- Fighting yeast, fungus (skin and blood-borne)
- Knocking out allergies, hay fever, and sinusitis
- Stopping infections (cold and flu).

MODERN USES FOR OREGANO

Healthy-health's Organic Oil of Oregano mountain-grown oregano (from TURKEY) is the only kind that is naturally rich in carvacrols, flavonoids, and terpenes, which give the oregano its tremendous strength. Carvacrol is a natural phenol that contains powerful anti-microbial activity. Flavonoids provide natural antiseptic properties, and Terpenes (long chain hydrocarbons) are natural anti-inflammatory agents.

Natural Decongestant

Carvacrol, Flavonoids, and Terpenes are Mother Nature's antihistamines and decongestants. Our Organic Oil of Oregano has always over 80% Carvacrol. That is an abundance of healing power. Please beware of cheap imitations.

Anti-Allergy Properties

Every potential allergy sufferer needs to know that wild oregano is capable of halting your next allergy attack in its tracks. It is effective, reliable, and safe. Over-the-counter drugs have side effects, and they are not your only option. Try a natural approach first. Don't be a victim of allergies any more. Wild oregano overpowers them every time.

Anti-Bacterial Agent

Oregano is also an excellent antibacterial agent. Its volatile oils are highly active against the majority of pathogenic bacteria, including staph, strep, and E-coli.

Furthermore, fungal resistance to oregano oil is exceptionally rare. Oregano is such a potent antifungal agent that it is capable of destroying even resistant fungal forms such as the mutated fungi which result from antibiotic therapy.

Suggested Use

Internally:

You can take Healthy-Health's Organic Oil of Oregano by mouth. It is very strong, so when using it internally, drink a glass of water if you have to. The proper usage is to let it do its thing and the burning sensation will subside in a minute or two.



For treating ailments take **undiluted** 1-4 drops of one to three times a day with water, or juice or place 1-4 drops under the tongue and let it work for 5-15 seconds and then drink a glass of water, or juice. During treatment of ailments repeat, as many days as you feel you need to.

For preventative usage take 1-4 drops once a day with water, or juice. Most people will use oregano oil on daily basis for the duration of the Winter Months.

With soups and salads:

For customers that don't like the taste of the oregano oil especially children. We always suggest to them to put a drop of oregano oil into tomato juice, V8, soups, tomato sauce, stews, and salads, which will hide the taste. It is spicy, so don't overdo it.

Externally:



This product is VERY POWERFUL – Dilute the **Extra Strength Oregano Oil** at least **25:1** with Olive oil or Organic Coconut Oil for skin application such as skin disorders. Organic Coconut oil is known for its skin healing properties. Review again: **25** parts Coconut or Olive oil to **1** part of Extra Strength Oil of Oregano.

Always test a small amount of the mixture for sensitivity or allergic reaction. Always test a small amount of oregano oil first for sensitivity or allergic reaction. If under a doctor's care, consult a physician. There are no known side effects .



Oil of oregano may also be applied to treat gums and teeth. Exercise extra care if you use it near the genital region where it is best mixed with olive oil or coconut oil before application. This product is extremely concentrated and not to be used by or for children.

Please Note: Super Strength

Oregano Oil is not recommended for topical use, it is very strong. If you should desire to use it then you should dilute it at least **50:1** with Olive oil or coconut oil for skin application. Always test a small amount of the mixture first for sensitivity or allergic reaction.



Caution: Do not use this product in eyes, nose and avoid contact with genital areas. If a rash or irritation occurs, discontinue use. Do not use if pregnant or breastfeeding. Keep out of reach of children.

Statements on this document have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, prevent, treat, cure or prevent any disease. Please consult a qualified health care practitioner for medical advice.

While studies have shown the numerous possible benefits attributed to use of Wild Mediterranean Oregano Oil, we make no claims, expressed or implied, concerning the healing, usage or preventative nature of Wild Mediterranean Oregano Oil.