

Support for Your Health and Defense Mechanism In Treatment of Ear, Nose and Throat (ENT)

For the Support of Your Health and Defense Mechanism in the Treatment of Ear, Nose and Throat (ENT)

A unique and rare chemotyped oregano oil (*Origanum compactum*) has been researched in Europe as a broad spectrum anti-infectious oil for the treatment of retinitis, colds, flu, sinusitis, sore throats and dermatological disorders. It also has antibacterial activity as well as antiviral, antifungal and anti-parasitic. The oregano oil sold in the United States is of a different species (*vulgare*). The most potent and perfect blend of active components is found in oregano (*compactum*). For the most effective and highest strength make sure you look for the *compactum* species of oregano.



Oregano

UNIVERSITY STUDIES DEMONSTRATE OREGANO'S EFFECTIVENESS

Numerous university studies (Georgetown, Cornell, Tennessee, etc.) and independent research have shown Oregano Oil to be a potent antimicrobial. The ever growing body of evidence is showing Oregano Oil to be useful as an antiviral, antibacterial, and antifungal agent rivaling even pharmaceutical antibiotics such as streptomycin, penicillin, vancomycin, nystatin, and amphotericin in its ability to eliminate microbes. Remarkably it accomplishes

this without promoting the development of drug resistant strains and other problems often attributed to the use of standard antibiotics. In addition to this already impressive list of abilities, Oregano Oil is also a powerful parasitic expellant, is valuable as a food preservative, and has been used to decontaminate foods from potentially harmful pathogens. Carvacrol



Origanum compactum

has been identified as the chief constituent behind Oregano Oil's extraordinary properties and is thought to work synergistically with the other components found in Oregano Oil. These findings have been published in various scientific journals and presented at prestigious scientific functions.

Oil of Oregano is used as a natural nutritional supplement for the management of acne, allergies, arthritis, asthma, athlete's foot, candida, constipation, croup, digestive disturbances, insect bites, bronchitis, canker sores, colds, flu, earaches, fatigue, gum disease, headaches, menstrual irregularities, muscle pain, parasites, pneumonia, psoriasis, toenail fungus, toothache, seborrhea, staph and strep infection, strep (sore) throat, ringworm, rosacea, sinusitis, and warts.

I would recommend looking for a formulation that contains no more than 150 mgs per 1 capsule. Scientific research in Europe has

To your good health,
Terry... Naturally



found a dosage in this range to be highly effective and free of side effects. Scientists in Europe say that capsules containing 250-500 mgs of oregano oil are highly suspected of liver and kidney damage when used long term. The 150 mgs dosage has been studied for safety and toxicity and has been safely used in Europe for 25 years. Using a dosage higher than what scientists recommend is not necessarily better and can be harmful long term. TM

Look for this formula at your local health food store:

Oregano Chemotyped (*Origanum compactum*),
150 mgs

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

Subscribe to a free weekly health newsletter at www.TerryTalksNutrition.com