

The Ultimate Antibiotic: Oregano... Why You Should Get Some Now to Help Protect You during Hard Times

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Antibiotics have been getting a lot of bad press lately – and for good reason. Besides their many harmful effects, they are vastly over-prescribed, and are leading to the evolution of deadly superbugs that can't be killed. This is leading many people to seek out natural alternatives, and one of the best herbs that boasts antibiotic properties is oregano.

If you've ever wondered how people survived before modern medicine, the answers can be found growing in the world's mountains, forests and jungles. Native to the Mediterranean, oregano oil was first used for medicinal purposes in ancient Greece, where it was noted for its antiseptic, antibacterial, antiviral and anti-fungal properties. While some people only know it as a spice for pizza and other Italian dishes, it remains a popular treatment today, and can be used for a number of problems, including colds and flu, arthritis, ear infections, sore throat, diarrhea, tuberculosis and rashes, to name just a few.

Antibiotics and antioxidants in one

Oregano oil is a lot more potent than the dried version, but both carry health benefits. According to the USDA, oregano's antioxidant capacity is somewhere between three and 20 times higher than all other herbs, and it's believed to have four times the antioxidants of blueberries.

In one recent study, oregano easily beat the 18 antibiotics that are currently used in treating MRSA staph infections. It has also proven effective to treat norovirus. This food-borne illness is notoriously difficult to treat, but the carvacrol found in oregano can break down the virus's tough external walls.

It has also been shown to help expedite the death of cancer cells, which means it shows some promising potential for cancer treatment.

Conditions that can be helped by oregano

Respiratory issues: Oregano oil can treat problems such as bronchitis, sinusitis, pneumonia and asthma. It can also get rid of sinus buildup.

Digestive problems: Oil of oregano can be used to treat food poisoning, which makes it a useful oil to carry when traveling. It can also be used to combat ulcers, bacterial infections and parasites.

Pain relief: Some people use the oil externally for muscle soreness and pain relief, and it's particularly soothing for joint pain thanks to its warming properties. It should be mixed with a base oil first to avoid skin irritation.

Oral health: Oregano oil contains thymol, which is used in mouthwashes to fight bad breath, plaque and bacteria. Add a few drops to your toothbrush and brush away the bacteria!

Allergies: The oil has antimicrobial and antiviral properties that can help the body fight against external allergens.

Immunity: If you want to boost your body's defenses against sore throats and colds, take two or three drops daily mixed into water or juice.

Congestion: Oregano oil can be diluted in a carrier oil or lotion and then applied to the chest area to relieve congestion. You can also add a few drops of the essential oil to a handkerchief and inhale it to relieve nasal congestion.

Dandruff: A few drops of oregano oil can be added to shampoo to help eliminate dandruff, or it can be mixed with coconut oil to create an anti-dandruff scalp massage oil.

As you can see, oregano's many healing properties make it ideal for tackling a number of different conditions. The next time one of these issues is plaguing you, why not give oregano oil a try? You could save yourself from taking medications that have some very scary side effects, and you might even be able to avoid taking antibiotics! Oregano is just one of many herbs that Big Pharma doesn't want you to realize works just as well as its own toxic medications, but with none of the adverse effects.

Sources include:

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