

KINAROME

ESSENTIAL OIL TREATMENT PROTOCOLS

OREGANO OIL: THE AROMATIC WARRIOR

GIVING IMMUNITY AN EDGE

Essential Oil of Oregano, extracted through steam-distillation, is one of the most potent allies we have in Aromatic Medicine. We speak, of course, of the wild Mediterranean-grown Oregano (*Origanum vulgare*) and not the more common kitchen or garden variety known as Marjoram (*Origanum majorana*). Extensive clinical research as well as anecdotal and historical evidence has proven Oregano Oil to have powerful morphine-like anti-inflammatory and antibiotic (antibacterial, antifungal, antiviral and anti-parasitic) effects without the side effects of pharmaceutical drugs. Moreover, it has been shown to be effective against even drug-resistant bacteria, does not destroy naturally occurring intestinal flora and has demonstrated significant benefits to the immune system. Used prudently, Oregano Oil is one of the best preventive and proactive measures you can take for a broad range of chronic and acute conditions.

KINAROME OREGANO OIL is a 100% certified organic preparation of Oregano Oil (*Origanum vulgare*, 90% carvacrol) in a base of cold-pressed, extra virgin Olive Oil. Carvacrol is an aggressive phenol compound and is typically found in much lower concentrations (45-80%) in poorly distilled or poorly grown plants. If isolated, carvacrol, as well as undiluted essential oil of Oregano, is highly caustic. Many other compounds are extracted upon distillation of the whole plant and these, as well as dilution with pure Olive Oil, mediate this effect making oral and even topical use possible. Additionally, Olive Oil serves to speed and facilitate assimilation into the body.

CONDITIONS FOR WHICH OREGANO OIL MAY BE USED

Bacterial infections:

Common cold
Digestive tract
Respiratory tract
Sinus
Urinary tract
Toothache & Gums
Tonsillitis
E.coli
Listeria
Salmonella
Staphylococcus
Streptococcus
Traveler's diarrhea
Food poisoning

Fungal infections:

Athlete's foot
Candida/Thrush (oral Candida)
Nail fungus
Ringworm
Yeast

Viral infections:

Bird flu
Herpes
Hepatitis
Swine flu
Herpes
Influenza

Parasitic infections:

Giardia

Spores:

Anthrax

Inflammation:

Arthritis
Carpal tunnel
Joint pain
Rheumatism
Sports injuries
Tendonitis

Immune deficiency:

Chronic fatigue
Lupus
Recurrent infections

USING KINAROME OREGANO OIL

FOR INFECTION:

- **ORALLY:** For most infections of the body, at the onset of symptoms, take 3-6 drops in a capsule, water or juice 3 times per day. For general oral hygiene, use 1 drop in mouthwash or on your toothbrush with toothpaste or baking soda. To disinfect gums, apply 1-2 drops with a fingertip directly on painful or infected area.
- **TOPICALLY:** Apply a few drops 2-3 times per day on infected area, using caution if skin is broken or irritated.

FOR PAIN & INFLAMMATION:

- **MESSAGE:** Use 3-6 drops around joints, along the spine or on any painful area. Avoid using on mucus membranes, genital area or sensitive skin.

CAUTION:

Oregano Oil contains harsh phenols, which are potentially damaging to the liver and kidneys if taken at high doses for long periods of time. Do NOT ingest for more than 10 days or with compromised liver or kidney function. Do NOT use on broken skin or open wounds. If irritation occurs, dilute in additional Olive Oil or discontinue use. Do NOT use while pregnant or breastfeeding. For small children and sensitive individuals, do NOT give orally. Instead, use 2-3 drops topically on the soles of the feet. Older children and teens may be given 1-2 drops in a capsule.

BETTER FOR YOU, BETTER FOR THE PLANET

Oregano Oil, like much of the natural health care arsenal, is a centuries-old remedy, hardly new or unique. The potent compounds in Oregano Oil give immunity an edge while *never* interfering with the delicate balance naturally established by the body. Unlike pharmaceutical drugs that accumulate in the body unmetabolized, only very small amounts of carvacrol or its metabolites can be found in urine after 24 hours, indicating an almost complete elimination of Oregano Oil and its constituents. Moreover, pharmaceutical compounds are found in increasing concentration in our rivers and streams, affecting plant life, wildlife and drinking water.

Each time you successfully treat a health condition through natural means, your conviction and confidence for seeking out these remedies and attempting home care grows. At the very least, increasing drug & health care costs alone should inspire curiosity and inquiry into natural treatment options and, ultimately, health independence.