



Steam Distillation—Cold Pressed

Wild Oregano Oil

EXTRA STRENGTH 82.96% Carvacrol
Mediterranean Wild Crafted Oregano
Spring Harvested
60 Softgel Capsules 300mg



Physica Energetics

Respiration, Influenza, Anti-microbial, Digestion, Candida

Indications:

- Respiratory infections
- Asthma
- Candida, yeast
- H-pylori
- Mucus membranes
- COX-2 inhibitor
- Anti-bacterial, fungal, parasites, viral
- Intestinal support
- Type II Diabetes / Blood pressure
- PMS
- Urinary tract infections
- Rheumatism

Directions:

1 pill per day anytime but can take 1 twice a day for greater symptom resolution. Take for 2-4 bottles or can take to help with prevention 1 pill every other to every third day ongoing.

Please consult with your Health Practitioner at all times before taking supplementation.

Oil of oregano has been used since the beginning of recorded time for treatment of infections, colds, fevers, influenza, enteric parasites, fungus infections, candida, indigestion, stomach ailments, asthma, flu, colds, insect bites, bronchitis, warts, rheumatism, headaches, and painful menstruation. Oil of oregano, has been scientifically researched and proven to be one of the strongest and most effective broad spectrum antibiotics known to man. It is natural and safe to use. It will not create more mutant strains of bacteria.

Recent studies have confirmed that oil of oregano has some of the best natural antiviral, antiparasitic, antifungal and antibacterial properties. It can be used externally and internally. There are no negative side effects. No prescription is needed and it doesn't cost a fortune!

The word Oregano comes from the Greek, which means "mountain of joy". The Greeks believed the sweet smell was created by Aphrodite as a symbol of happiness. Nice!

Many studies demonstrating the strong antioxidant, broad antimicrobial and even painkilling properties of oregano have been published in scientific journals. *The Cure is in the Cupboard: How to Use Oregano for Better Health*, by Dr. Cass Ingram, gives us a complete, well crafted, resource on oregano.

Here is an excerpt from his book.

"In early eras there was no pharmaceutical cartel to 'control' the information. Regarding wild oregano consider the ancient Greeks. They called this plant the 'delight' or 'pleasure' of the mountains oreganos. Thus, they realized its essential nature for human health. This authority maintained by wild oregano is proven by the discovery of an ancient Grecian shipwreck off the coast of Chios in the Aegean Sea. Incredibly, the cargo of the shipwreck was mainly olive oil flavoured with wild oregano. Again, this was the entire cargo. It consisted of amphora containing an oregano-infused olive oil, which was distinct to the people of Chios. There were some 350 such amphora found on the

wreck. The shipwreck was about 2400 years old. This was precious cargo, which proves that for this ancient society, which boasts the still-admired Hippocrates or 'father of medicine,' food is truly the best medicine"

Physica Energetics' *Wild Oregano Oil* is made only from wild, mountain-grown, 100% Mediterranean oregano, free of all chemicals and pesticides, and guaranteed to be handpicked in the pristine untarnished wilderness at the height of their potency and with an awareness as to *correct species (!)* and ecological balance. The oil is produced by old-fashioned cold-pressing and steam distillation. No chemicals are used to extract it. Its effectiveness is enhanced by its safety, since it is entirely non-toxic.

Over the years, we have steadily built relationships with quality-conscious suppliers who consistently provide the best of a year's crop and respect our sustainability concerns.

Studies conducted by Georgetown University in Washington D.C., have

shown that the wild, mountain-grown oregano used by Physica Energetics is an excellent anti-fungal agent, completely killing *Candida albicans* in concentrations as minimal as 0.25mg/ml. In a recent medical journal research showed that oil of oregano was 100 times more potent than caprillic acid against candida. Further research at Georgetown suggested that oil of oregano has far more powerful antibiotic properties than the antibiotics penicillin, streptomycin, and even the most potent pharmaceutical vancomycin (which is reserved for use in only the most extreme need for antibiotics).

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In addition to fighting various

Ingredients (per 2 Softgel Capsules):

Wild oregano oil (*Origanum vulgare*)
minimum 80% Carvacrol 182.4 mg
Organic cold pressed
extra virgin olive oil

To assure optimal potency, flavour and aroma, our wildcrafted Oregano plants are hand-harvested as they are flowering and are then carefully shade-dried.



Wild Oregano Oil

Many studies demonstrating the strong antioxidant, broad antimicrobial and even pain killing properties of oregano have been published in scientific journals.

In addition to fighting various fungi, oil of oregano is useful against bacteria and parasites. As Ingram asserts, "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 protozoans.

Additional uses for oregano and oil of oregano are multi-dimensional. They have been found helpful in combating diarrhea, intestinal gas, and digestive problems, as well as sore throat and breathing difficulties. Oil of oregano can be immediate 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, diaper rash, and other skin disorders.

True oregano grows only under specific soil and climate conditions and it cannot be reproduced in your own backyard, even if the seeds are planted. It is the perfect growing conditions found in the mountains of the Mediterranean that produce oregano with active, beneficial substances and without compounds that can be harmful to your health, when taken in concentrated dosages.

Research studies of food borne pathogens found the oil of oregano effective against such strains as *Escherichia coli*, *Salmonella enterica*, and *Staphylococcus aureus* (Hammer et al., 1999); *Bacillus cereus* (Ultee et al., 1999); and *Giardia duodenalis* (Ponce-Macotella et al., 1994), showing anti-parasitic properties.

Among 60 plants studied, research indicated the oil of oregano contained the highest amount of antioxidants (Duke, 1997).

Anecdotal research indicates that oil of oregano is one of the powerful natural antiseptics. It also suggests that oil of oregano is a powerful immune system enhancer and its anti-viral properties significantly fight off flu and colds.

Pharmacist and researcher James B. LaValle states that wild oregano oil has potent COX-2 inhibiting properties, useful for Arthritis. He reports that, "Its COX-2 inhibiting properties should bring new devotees among those seeking relief from the symptoms of inflammatory disease".

A lot of research has been done on Oregano and its chief chemical constituent, the phenol known as Carvacrol – a very powerful antiseptic. Oregano oil contains 3 other main classes of chemicals which act synergistically to provide the antibacterial, antifungal, antiviral, anti-inflammatory, antioxidant, analgesic, anti-venom and antiparasitic qualities of Oregano oil. As powerful as Carvacrol is, it does not act on its own. This has been proven over and over again in clinic and in lab testing.

Carvacrol levels can be increased by adding Carvacrol to the water during distillation or afterwards to the oil or by fractionating the essential oil after distillation by "boiling off" other natural components of the oil to make

the Carvacrol percentage higher in relation to what is left.

In these cases, the vital synergies of the naturally active constituents in the oil is knocked off balance and destabilized, without any thought of the effect that this will have on the properties of the end product—physically and energetically. In fractionation, significant parts of the Oregano plant's makeup are removed or destroyed out of ignorance to their function!

We chose to present our *Wild Oregano Oil* in a toxin and rancid free, soft-gel for convenience. This **significantly increases greater patient compliance** as opposed to a dropper dispenser that you put in water or on food.

It's not unusual for patients to report feeling a very pleasant warm glow shortly after taking this highly stable product.

References:

1. Stiles JC, Sparks W, Ronzio RA. The inhibition of *Candida albicans* by oregano. *J Appl Nutr* 1995;47:96–102.
2. Hammer KA, Carson CF, Riley TV. Antimicrobial activity of essential oils and other plant extracts. *J Appl Microbiol* 1999;86:985–90.
3. Ponce MM, Navarro AI, Martinez GMN, et al. In vitro effect against *Giardia* of 14 plant extracts. *Rev Invest Clin* 1994;46:343–7 [in Spanish].
4. Tantaoui EA, Beraoud L. Inhibition of growth and aflatoxin production in *Aspergillus parasiticus* by essential oils of selected plant materials. *J Environ Pathol Toxicol Oncol* 1994;13:67–72.
5. The Cure is in the Cupboard How to Use Oregano for Better Health by Dr. Cass Ingram, Knowledge House 1997