

Oregano Oil

Cynthia Foster, MD • DrFostersEssentials.com

How to Use It:

- **Topically:** make sure to dilute with a thick carrier oil (coconut oil, castor oil, etc.) before applying to skin. I like to add some peppermint oil with it to neutralize any burning sensations on the skin.
- **By Mouth:** Put 40 drops in a one-ounce glass dropper bottle (always use glass when you're making an essential oil preparation). Fill up the bottle with any food-grade edible oil – preferable organic cold-pressed oil such as olive oil, sesame oil (not the toasted), walnut oil, etc. Take for around 10 days if you have an infection. See info on chronic infections below if your infection is not gone after 10 days.
- **Oral Dose:** The average dose is around 3 drops of this mixture three times per day, but I've used up to 48 drops (of this diluted blend) 3 times per day.
- **Cautions:** **NEVER take oregano oil straight into your mouth from the bottle and never mix it with water.** It's OIL (NOT water) that helps the oregano to go through your digestive system without burning sensation or doing any harm. If you don't use oil with it, it will cause a strong burning sensation and could cause harm. Keep out of the reach of children.
- **For Acute Infections (you just recently got sick):** Take a dose three times per day for 10 days. Includes colds, flu, urinary tract infection and other infections that come on suddenly and/or come on with a fever and/or chills.
- **For Chronic Infections,** you may need to take oregano for up to 2 months if you have a chronic infection. You also may have toxins accumulated in your colon and liver and you may need a liver cleanse and/or some juice fasting to get to the "root" of the infection. Some people take antibiotics for months at a time, and oregano oil is much safer, so if you need it for longer, it's not going to hurt you, but you would want to address all root causes. If you keep getting urinary tract infections, do some [kidney cleansing \(Kidney Revitalization Program\)](#).
- **Hand Sanitizer:** Mix a drop into your hand lotion. To balance out the smell, you may want to add a few drops of other essential oils with it such as lemon, orange, lavender and/or peppermint
- **Immune System Enhancer:** Apply 1 drop diluted in a carrier oil to soles of feet to help protect against viruses when you are on public transportation or around sick people. Can also be worn on the soles of feet in order to protect yourself from viruses and it can kill foot fungus.



- **Other Remedies for Infections:** oregano oil on its own is often enough to heal an infection, but if you are older, weaker, have diabetes or insulin resistance, or if the infection has become chronic, you may also want to consider using other formulas such as Dr. Foster's Essentials [Echinacea Premium Formula](#) or [Cider Blaster](#) or [Cold and Flu Formula](#) or [Lung Support](#) by mouth, a sporebiotic, do some liver cleanses and/or some juice fasting.

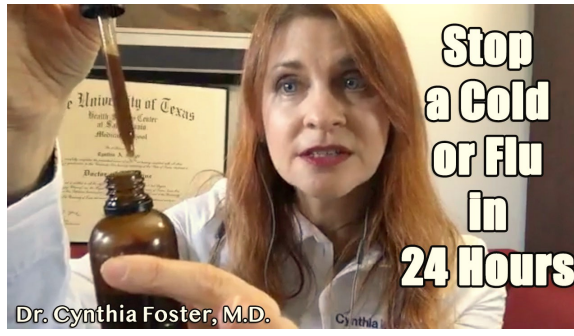
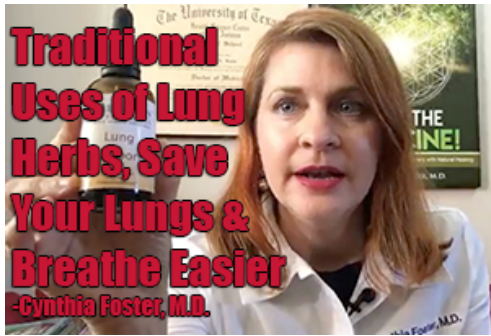


- **Colds & Flu/ Lung Infections/ Chronic Bronchitis:** Lung Support and Cold & Flu Formula can take away most and sometimes all of the congestion and symptoms of a head cold or flu. [Germ Shield Essential Oil](#) can also be used inside the nostrils to help dry up congestion and kill viruses in the nose and sinuses. [Echinacea Premium Formula](#) or [Cider Blaster](#) or [Cold and Flu Formula](#) or [Lung Support](#) by mouth.

- **Sore Throat:** [Echinacea Premium](#) can be used as a gargle to help with sore throat from any cause, whether it's bacterial, viral or fungal.
- **Ear Infections:** If you have an ear infection, you will also want to massage your ears in all directions to help open up the circulation around the ears and you may also find it helpful to apply [Celebration Essential Oil Blend](#) around the outside of the ears and behind the ears and repeat twice daily.
- **Candida Overgrowth or SIBO** – make sure to do a [colon cleanse \(Intestinal Rejuvenation Program\)](#) which can last up to 2 months or longer if you have a severe or longstanding case. Sporebiotics can also help in your fight against SIBO, C Difficile and Candida overgrowth.
- **If You Have Diabetes** – the carbs/ sugars in your diet need to get inside your cells but they don't if you have a deficiency of insulin or your body has become resistant to insulin. In diabetes, sugars build up in your blood, raising the blood sugar, which feeds infections of all kinds. Fungal infections are common with high blood sugar, but bacterial infections can happen, too. Make sure you do more than just “take a pill” to lower your blood sugar and “manage” a lifelong problem with diabetes. Herbal remedies, along with diet and lifestyle can help your body recover from both types of diabetes if you stay with them for long enough. See [Pancreas Support](#) and [Sweet Essence Essential Oil](#) and use both to heal your blood sugar issues.

YouTube Videos and Articles for Even More Info:

For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page:
[YouTube.com/DrFostersEssentials:](https://www.youtube.com/DrFostersEssentials)



How to Save Your Lungs & Breathe Clearly Again Naturally:
<https://bit.ly/3v30mvq>

Stop a Cold or Flu in 24 Hours:
<https://bit.ly/3K5vPRS>

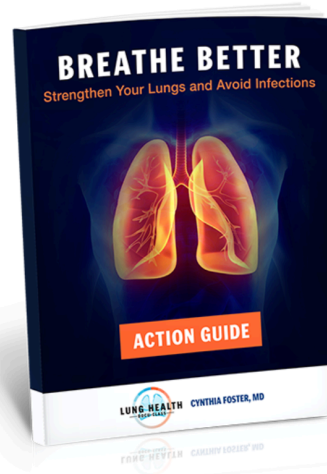
Natural Remedies for Colds and Flu:
drfostersessentials.com/store/Cold_Flu_Season.php

Breathe Better Action Guide

by Cynthia Foster, MD

This epic 120-page guide to lung health contains everything you need to know about keeping your respiratory system healthy, including how to...

- ✓ Stop an asthma attack in 2 minutes
- ✓ Heal the emotional causes of breathing problems
- ✓ Stop a cold — or even the flu — in 24 hours or less
- ✓ Heal pneumonia naturally
- ✓ Protect yourself against exposure to highly contagious respiratory illnesses
- ✓ *Plus, so much more!*



Dr. Foster's Books Available from the Cardiovascular Docu-Class.
Currently Only Available From

<https://ku251.isrefer.com/go/cvdtrailer/DrFosterMD>

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Good Luck and Good Health To You!

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