

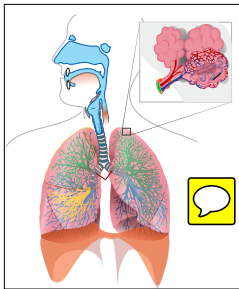


Oregano Oil usage for congestion



The following suggested usage is based on personal use and customer experience. You would have to listen to your body and make adjustments accordingly. Remember always use your best judgment and caution when using herbs, supplements and any kind of medicine, when in doubt stop using it.

Respiratory Tract



The use of Oregano Oil as a decongestant is to place 1- 4 drops under your tongue for about a 15-seconds and then start slowly inhaling deep breath through your mouth and hold it in for about 10-seconds then exhale through your nose very slowly.

If one nostril is more clogged than the other, plug the one nostril that's not clogged with your thumb and force exhale very slowly through the clogged nostril.

Do this for about 3-4 times a day for as long as your nose feels stuffy. It is suggested your first dosage prior to a shower in the Morning. You will clear the congestion in the shower.

If you have a vaporizer, you can also add 1-4 drops into the water chamber (use distilled water) and breathe in the hot vapors. Steam and oregano oil work synergistically to rid fungus.

You can also fill a cup or a bowl with boiled water and add 1- 4 drops of Oregano Oil and inhale the vapors through your nose.

Hot steam and Oregano Oil does wonders for the most stubborn stuffed nose or sinus infections. While oregano oil destroys the germs, steam will loosen them and help release from your nasal passage.

If you are presently smoking, please QUIT! If you are like me and suffer from sinus infections during every winter, you will need to use Oregano Oil under the tongue once a day during the winter months and perform the breathing exercises. By cleaning your respiratory system of any fungus or air born viruses will prevent the occurrence of infections.

You brush your teeth on a daily basis don't you? Why wouldn't you want to clean your respiratory track!

As long as you breathe, there are gazillion bacteria, fungus and air born viruses that need a host to colonize their species. By performing the breathing exercises with oregano oil on a daily basis will eliminate their growth.

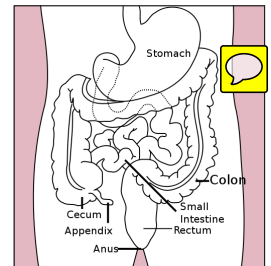
If you are cramped in a tiny office with people sneezing and coughing and you start getting that funny feeling in your nose or start getting a sore throat, take 1- 2 drops of oregano



oil with the dropper and squeeze the oil on the back of your tongue and swallow fast. You want the oregano oil go directly to your sore throat where the germ is trying to settle in. Be ready to take a glass of water, just in case you don't like the burning sensation in your throat. Take oregano oil three times that day and you will feel the difference.

Digestive Tract

Some folks buy the empty vegetarian capsules at their health food or vitamin store and fill the capsule with oregano oil and take it with food preferably during lunch for intestinal cleansing of bacteria or parasites. Also during the same week 3 Days later they will take another capsule filled with oregano oil between lunch and dinner. Preferably between 3-4:00pm (when the stomach is somewhat half empty) with a tall glass of water will help with any urinary tract infections or bacterial infection in the vaginal chamber.



The understanding is when taking oregano oil with food will mix with food and travel to the intestinal track while taking the capsule filled with oregano oil on a semi filled stomach with lots of water will travel to the urinary track.



Some folks start with several drops in the capsule till they get use to the oregano oil and slowly build to a full capsule. Don't rush it! Get used to it first!

The raw foods you consume on a daily basis may contain bacteria and germs and cleansing your digestive and urinary track on a weekly basis will keep your body clean and free of illnesses.

Make sure you are using our brand of Oregano Oil that is Food Grade and Eco Certified and processed in an ISO 9001-2000 with HACCP (Food Safety Management System).

You can also give it to your pets (Horses, dogs, cats, pigs, chickens, sheep, goat, cow and many more) These animals are all prone to many kinds of bacterial, fungal, viral and parasitic infections.

If you have any further questions, please email us at:

customerservice@healthy-health.com or
customerservice@healthy-oregano-oil.com



Statements on this document have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, prevent, treat, cure or prevent any disease. Please consult a qualified health care practitioner for medical advice.

While studies have shown the numerous possible benefits attributed to use of Wild Mediterranean Oregano Oil, we make no claims, expressed or implied, concerning the healing, usage or preventative nature of Wild Mediterranean Oregano Oil.