

Product Profile

OREGANO SPIRITS

Origanum vulgare

Liquid extract of dried leaf, and essential oil of dry flowering herb.

Actions: Circulatory stimulant. Mild expectorant, diuretic and emmenagogue. Strong antiseptic.

Uses: Taken in hot water or tea to stimulate sluggish circulation, induce sweating during fevers, or to induce menstrual flow when suppressed by coldness or chill. Treatment of colds, flu and coughs. Apply topically as a stimulating liniment to sore, achy muscles and joints, or to minor cuts and abrasions as an antiseptic.

Dose: Three or four times per day, take 20 to 30 drops in 4 to 8 ounces of water. To optimize stimulating effects, take in hot water or tea. As a liniment, massage freely into affected area. Apply sparingly to broken skin, as it will sting.

Cautions: Do not take undiluted extract drops internally. Large doses may cause stomach irritation. Consult a qualified physician or midwife before taking during pregnancy.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.