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Oil of Oregano: Nature's Antiseptic and Antioxidant (Live Healthy Now)

Barbara Schuetz

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Oregano is not only a popular seasoning used in cuisines worldwide, but the herb is also prized for its oil. Oregano oil has been traditionally used as a remedy for digestive upset, inflammation, colds and flu, and respiratory problems, such as asthma and bronchitis. The naturally occurring compounds carvacrol and thymol, which are found in oregano, have been shown to have antibacterial, antifungal, and antiviral properties; they also contain potent antioxidants. Health and lifestyle writer Barbara Schuetz presents research on oregano oils effectiveness in combating diabetes, cancer, and food-borne illnesses. Readers will learn how to buy and safely use oregano oil in over two dozen treatments, make an infusion from the dried herb, and use fresh and dried oregano in several nutritious recipes, including a healing oregano tea.

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