

WILD OREGANO OIL



Special Report
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The great news for people with Inflammatory Bowel Disease (IBD) or Irritable Bowel Syndrome (IBS) is that wild oregano oil (*Oreganum vulgare*) is an anti-inflammatory – in addition to being an extremely potent antiviral, antibacterial, antifungal, antiparasitic, (anti-everything!) agent. It is extracted from a particular species of oregano that grows wild in rocky regions of the Mediterranean and it has only been used in North America for about ten years. As such, it is a relatively 'new' herbal medicine in the U.S. and not many naturopathic physicians are even fluent in its uses and amazing efficacy. I expect it will gain momentum quickly in the coming years and – like all really effective herbal medicines – the FDA will probably try to ban it before too long!

Most of the scientific research on wild oregano oil is currently coming from the applied Microbiology field in the area of food preservation. Microbiologists have found that wild oregano oil is so powerful that even minute amounts of it can kill common food-borne pathogens responsible for a lot of the food poisoning incidents with processed food. To give you just one example, scientists in The Netherlands found that carvacrol (one of the active ingredients in wild oregano) at a dilution of only .25 mM led to cell death of the bacterial soil organism *Bacillus cereus*, "a spore-forming food-borne pathogen often associated with food products such as meat, vegetables, soup, rice, milk and other dairy products. Between 1 and 20% of the total number of outbreaks of food infection in the world is caused by *B. cereus*."

The scientists summarized their results by saying, "From this study, it could be

concluded that carvacrol interacts with the membranes of *B. cereus* by changing its permeability for cations like H⁺ and K⁺. The dissipation of ion gradients leads to impairment of essential processes in the cell and finally to cell death."⁽¹⁾ What this means for the layperson, is that even very small amounts of the phenolic compounds within wild oregano oil (such as carvacrol and thymol) can disintegrate the cell walls of pathogenic microorganisms (like bacteria, viruses, yeast, etc.), resulting in their death. A Brazilian study tested oil of oregano as a preservative for food. They found that oil of oregano has potent antimicrobial activity. However, they also made another statement I found very interesting:

"The antimicrobial potency of essential oils in food systems is generally reduced when compared to in vitro work, as the presence of fats, carbohydrates, proteins, salts and pH strongly influence the effectiveness of these agents. Accordingly higher amounts of essential oils are required in food systems."⁽²⁾



Intuitively, I have always felt that oil of oregano is best taken on an empty stomach and although herbal literature says it can also be taken with food, most of my consultation clients have likewise instinctively taken it alone. Although the above quote is in reference to using oil of oregano as a preservative, nevertheless, it sheds some light on why it may be best to take it on an empty stomach, when ingesting it for therapeutic reasons.

MY PERSONAL EXPERIENCE

I was first introduced to wild oregano oil when my daughter developed a severe yeast infection in the folds of her skin at 4 months of age. I tried every natural substance I knew of to try and heal it and then finally consulted a naturopath who specialized in children. He immediately recognized it as a yeast infection and recommended a dilution of wild oregano oil (diluted with olive oil 15:1). I applied it to her skin and within a day could notice a difference! Within 3 days, the lesions (which were several layers deep and weeping) had a complete covering of new healthy skin and within 7 days her skin was completely healed and normal. None of us, including my physician father, had ever seen such a quick and total healing with any substance before – natural or pharmaceutical.

We all jumped on this new wonder herb, began researching and reading about it, and started using it for everything that came up. Since that time, over the two years that followed, I and my family members have used wild oregano oil with amazing results on the following conditions:

- Foot and Mouth Disease (viral)
- Herpes 2 (viral)
- Gum infections
- Mouth ulcers

- Flu and chest infections (bacterial and viral)
- Sore throats
- As a preventative, before and after plane journeys, or when exposed to someone with a cold or flu
- Skin infection (fungal)

I have also used it myself ongoing for about two years (alternating with probiotics), just 5 drops/day in the morning, on an empty stomach, followed by a glass of water. The first of those years was filled with lots of travel, sleep deprivation and difficulty eating proper meals, lots of stress financially and emotionally and a crushing work load between my businesses and two young children. And yes, there were a few months where I was definitely using it as a crutch (like a drug) to keep myself going and buy myself some time to look at the root issues in my life that were resulting in such stress and exhaustion.

At the time I took it, I had no overt symptoms of any gut disease, I would have been classed as "in remission". However, the difference was still remarkable: No more fuzzybrain or depression, my memory got much sharper, my energy levels stayed strong and consistent throughout the day (instead of crashing around 4-5 pm) and I was less irritable and had more patience.

All these symptoms are correlated with a compromised gut flora and thus I suspect that even though my health has been quite good, perhaps I have had an ongoing low-grade gut infection (yeast, mycobacteria, etc.) for years that has typically flared up or intensified during times of stress. Using wild oregano oil, however, can prevent the flare-up cycle during times of acute stress.

INFECTION & INFLAMMATION IN THE GUT

There is a growing field of research suggesting that Crohn's and ulcerative colitis (and even IBS) are not immune system diseases, but rather, infectious diseases – as a result of harmful bacteria or other pathogens in the gastrointestinal tract. Doctors who are treating patients from this position are using potent cocktails of antibiotics and antifungals to wipe out the existing flora in the gut. Some then repopulate the gut with good bacteria, and some don't. Personally, I'm convinced the permanence of the cure or remission would be directly related to whether or not the gut was repopulated sufficiently (and perhaps supplementation maintained indefinitely) with beneficial bacteria. Nonetheless, this is important research to keep in mind, since wild oregano oil is as potent and effective (and in some cases more so) than pharmaceutical antibiotics, antifungals, antiyeast, antiparasitics, etc. Products.

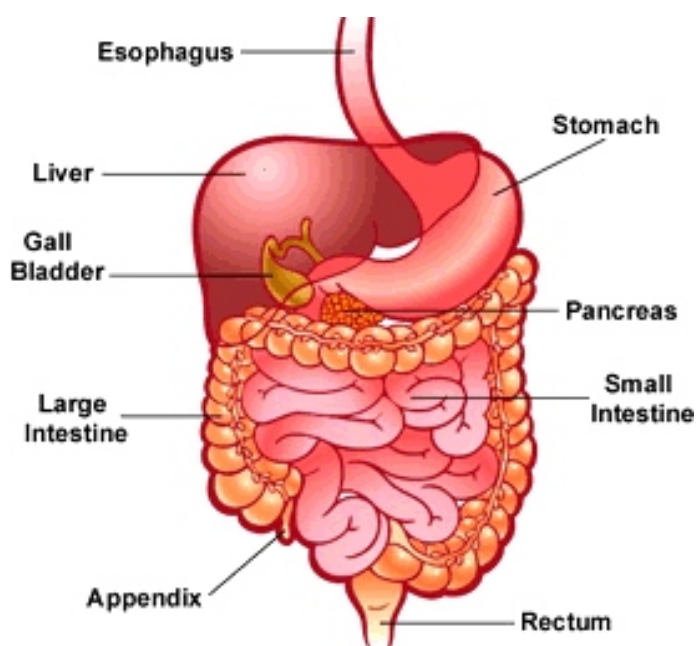
Mycobacterium avium paratuberculosis (MAP) is a bacterium whose RNA has consistently been isolated in 92-100% of patients tested with Crohn's Disease (the incidence varies from study to study). MAP is occasionally found in milk – even in milk that has been pasteurized. However, UHT milk (sealed, boxed milk that can sit on the shelf till opened) is subjected to much higher temperatures than pasteurized milk and may be less likely to contain MAP (they're not sure at this point).

John Herman-Taylor, a researcher at St. George's Hospital Medical School in London, thinks there is also evidence that MAP is at the root of irritable bowel syndrome, "In animals, MAP inflames the nerves of the gut. Recent work from Sweden shows that people with (IBS) also have inflamed gut nerves."

Kelly Karper, PhD, RPh, recently

published a paper in a journal for pharmacists titled, *Crohn's: An Infectious Disease?*:

"Like other mycobacterial strains, MAP reproduces very slowly. For antibiotics to effectively eliminate MAP, a cocktail of antimycobacterial drugs must be used for extended periods of time. And that is just what the doctor orders for patients with Crohn's disease in Sydney, Australia. Thomas Borody, M.D., director of the Centre for Digestive Diseases, utilizes triple antimycobacterial therapy for his Crohn's patients...for at least three years...In his experience, 'cures are achieved in 20-25% of his patients and the rest go into total remission.' By cure, he means that when his patients are off all medications, they not only have no symptoms, but, endoscopically, they have no inflammation, no histologic evidence of Crohn's disease, and their blood work is negative for markers of inflammation. In contrast, those patients that 'go into total remission' experience only minor symptoms, and there is still slight evidence of the disease in endoscopic examination."(3)



I can't help wondering what Dr. Borody's cure and remission rates would be like if he also followed his antimycobacterial protocol with one to two years of therapeutic quality, potent probiotic supplementation. As Kelly Karpa goes on to say in her article:

"Some other gastroenterologists who believe an infectious agent may underlie Crohn's disease have taken a different approach to treating the illness. Instead of using antibiotics to wipe out infectious microorganisms, they have instead opted to treat patients with therapeutic doses of healthy bacteria', or probiotics. Rather than using antibiotics to kill bacteria, this novel approach lets bacteria kill bacteria."(4)

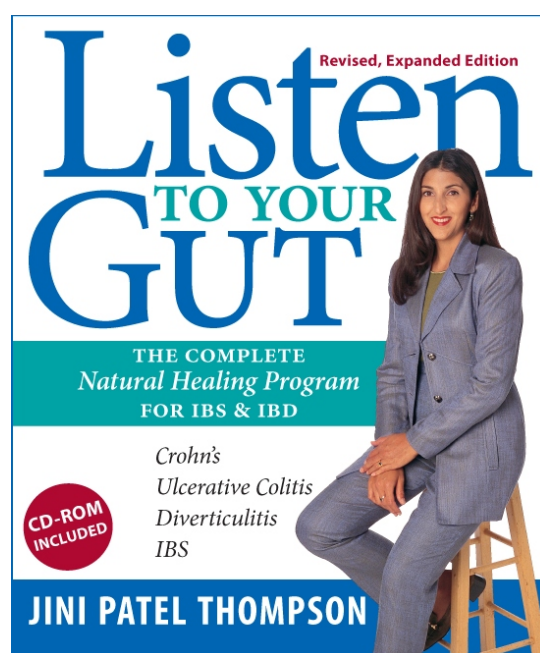
Those of you who have colitis know that a standard first approach in the medical system is drug antibiotic therapy. Regardless of where you stand on this theory, certain facts are nescapable: Inflammation is usually a response to infection, or, the body's attempt to get rid of something undesirable. If you get A splinter and it's not removed quickly, the body will launch an inflammatory response to push out the splinter. If you cut yourself and the wound gets infected, the body responds with inflammation; the wound swells up, pus forms and the body seeks to trap the infectious agent, kill it, and push it out of the body. The presence of inflammation in the gut likewise is probably signaling the presence of an undesirable or infectious agent that the body is trying to get rid of.

Personally, I suspect there is both an infectious and an auto-immune component to Inflammatory Bowel Disease and you will have the highest degree of success if you treat for both (if you follow the protocols in my complete program outlined in my book, Listen to Your Gut,

then it will show you exactly how to address both components: www.listen2yourgut.com).

There are two ways to eliminate infectious microorganisms: Antimicrobial drugs or substances, or high doses of probiotics. In my book, *Listen To Your Gut*, I provide a Wild Oregano Protocol that is unique in that it combines the two methods for maximum effectiveness in both eradicating infectious microorganisms, maintaining a healthy bacterial flora during antimicrobial supplementation, and maintaining a healthy gut environment ongoing, for continued long-term health.

Jini's Wild Oregano Protocol eliminates infectious microorganisms (like mycobacterium, fungi, bacteria, yeast, viruses, parasites, etc.), provides a moderate level of detoxification, and restores beneficial gut flora. By healing the infection we also heal inflammation. Other supplements are then used to heal ulceration, bleeding, and repair the intestinal wall and mucosal lining. Supplementation with probiotics then restores a healthy, balanced gut flora to prevent future recurrence.



WHAT SHOULD I LOOK FOR IN A BRAND?

It's very important to use the correct species of oregano; as different species contain different levels of carvacrol and thymol. Please follow the specifications here to ensure you get the desired results and don't substitute brands unless they can meet the same criteria (confirmed via an independent lab assay). When purchasing wild oregano oil, make sure you get:

Species: *Oreganum vulgare* Subspecies: *Hirtum* is the most popular and is one of several that work well For wild oregano oil to be effective, it must be high in naturally-occurring carvacrol (ideally 75% or more) – not just have extra carvacrol added in later. If you get a brand with the correct species and subspecies, this will not be a problem. Effective, good 8 quality wild oregano oil should also be low in thymol. Thymol is a naturally occurring compound in oregano oil that must be present as it works synergistically with carvacrol. But, too much is hard on the liver, so check that thymol levels do not exceed 5% maximum. To see the two brands of wild oregano oil I recommend and use, go to: www.HolisticHealthShoppe.com and click on the Wild Oregano Oil category. Both of these brands meet the standards I have outlined for efficacy and bioavailability.

Important: If you're using a brand other than the ones I recommend, check carefully to see whether it's diluted or undiluted. Remember to always dilute pure (Undiluted) oregano oil in a carrier oil before using internally or externally, or it can cause tissue damage. The two brands I recommend have already been diluted with olive oil, so you don't need to dilute them further before using.

I have not used wild oregano oil whilst pregnant or breastfeeding, but I have used it on my children from 4 months of age

topically, and 6 months of age orally. Obviously, I gave it to my kids in very minute doses (congruent with their body weight) and found it caused no harm when used in conjunction with and followed by probiotics. I also gave it in high doses to my breastfeeding cat when she became deathly ill after eating a dead bird, and she and her five kittens showed no ill effects. In fact, when we took the kittens to the pet store 3 weeks after dosage, the vet said he'd never seen an entire litter of kittens come in with no mouth or ear infections before!

Obviously, this is an area where you'll have to make your own decision since there are no clinical studies on usage with pregnant or breastfeeding women, or with babies and toddlers.

Herbal literature states that you should avoid giving wild oregano oil to children under age five. My personal opinion when pregnant or breast feeding is: Avoid it if possible since it is a very strong substance (especially in first trimester pregnancy when your liver is already stressed). But, you have to ask yourself: When faced with antibiotics or steroids as the alternative, do you feel wild oregano will do less harm than these potent drugs? Also, an excellent alternative that is also antiviral, antiyeast, and antibacterial is intravenous hydrogen peroxide – which is safe during pregnancy or breastfeeding. Consult your naturopathic physician for more guidance or information. If you do decide to take wild oregano oil whilst pregnant or breastfeeding, stay under your physician's care and supervision, and please post your results in my forum so that other's can benefit from your experience: www.JiniPatelThompson.com

For more dosage/usage instructions on using wild oregano for a wide variety of problems, please visit: www.joyofthemountains.com/usage.htm

For detailed dosage/usage instructions on using wild oregano oil specifically to heal colitis, Crohn's, diverticulitis or irritable bowel syndrome, see my complete program in my book, *Listen To Your Gut*: www.listen2yourgut.com

You can also find out more about wild oregano oil and other herbal antibiotics in my Quick-Start Guide, *How To Use Natural Antibiotics* at: www.listen2yourgut.com

FOOTNOTES

1. "Mechanisms of Action of Carvacrol on the Food-Borne Pathogen *Bacillus cereus*" by A. Ultee, E.P.W. Kets, E.J. Smid, *Applied and Environmental Microbiology*, Oct. 1999
2. "Evaluation of *Origanum vulgare* essential oil as antimicrobial agent in sausage" by Cassiano BusattaI; Altemir José MossiI; Maria Regina Alves RodriguesII; Rogério Luis CansianI; José Vladimir de Oliveira, *Brazilian Journal of Microbiology*. vol.38 no.4 São Paulo Oct./Dec. 2007
3. "Crohn's: An Infectious Disease?" by Kelly Karper, PhD, RPh, *Drug Topics*, Nov. 3, 2003; 147:52
4. "Crohn's: An Infectious Disease?" by Kelly Karper, PhD, RPh, *Drug Topics*, Nov. 3, 2003; 147:52





Jini Patel Thompson

Jini Patel Thompson was originally diagnosed with widespread Crohn's disease in 1986.

She healed herself, has remained drug and surgery-free for over 19 years, and is dedicated to teaching others how to achieve the same freedom. Jini is the author of numerous books on natural healing methods for digestive diseases. An internationally recognized expert, she has appeared on TV and radio shows throughout the U.S. and her health articles have been published in magazines and journals in Canada, the U.K, Australia and the U.S. Find out more, or contact Jini at: www.listen2yourgut.com

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