

# The Many Uses of Oreganol P73

**The truly edible, daily use oregano oil, certified organic, 100% wild, unadulterated**

Oreganol P73 is the most potent herbal extract known, and it is the only one safe for use by the whole family, every day. The oregano used in Oreganol P73 grows wild in the Mediterranean mountains as high as 12,000 feet above sea level directly on rocks rich in calcium, magnesium, and phosphorus. It is handpicked and steam distilled to ensure the highest quality and purity possible. Emulsified in extra virgin olive oil, it is highly versatile to support overall health. Oreganol P73 is the ideal choice for better health and is available in other powerful formulas. These formulas include SinuOrega, OregaMax, OregaResp, H<sub>2</sub>Orega, OregaSpray, and the OregaFresh and OregaCare dental care products, plus ScalpClenz shampoo and conditioner. Oreganol P73 is the original wild oregano formula. Inferior supplements are made with Spanish thyme and/or GMOs or are farm-raised and sprayed with pesticides. Beware of GMO infestation in oregano oil supplements, as toxic substances have been detected. Note: many GMO oregano oils claim a carvacrol level 85% or higher, which is artificial. Maximize your health with Oreganol P73 and other wild NAHS oregano supplements. NAHS's P73 was the first and is the highest-grade available. It's the only researched wild oregano in the market, so choose the best.

- Oreganol P-73 supports the health of all cells; put drops under the tongue for overall body support and maintenance.
- Take Oreganol P-73 and OregaMax with every meal for maintenance of proper digestion and as a powerful antioxidant.
- Oreganol P-73 is delicious added to foods; add a couple drops to meats, raw milk, salad and/or dressing, soups, pizza, pasta sauce, fruit and/or vegetable dishes. OregaMax is also an ideal food additive; sprinkle over yogurt, eggs, stir-fry, salads, fish and casseroles. Rub your holiday turkey with P73 to tenderize and make it safe to eat.
- Rub a couple drops of Oreganol on your scalp daily, and add several drops to your shampoo and conditioner for added moisture to benefit dry scalp. ScalpClenz formula shampoo, conditioner, and scalp rub are also available.
- Oreganol oil can be added to soaps and lotions; because of its high antioxidant content it is an ideal addition for skin health.
- Saturate a cotton ball with Oreganol and place on your tooth between cheek and gums for pain and swelling.
- When preparing fruits or vegetables, soak in water with a few drops of Oreganol, or spray with Germ-a-Clenz and rinse.
- Oregano oil is highly aromatic and invigorating—rub the Oreganol on these parts of the body daily to help stimulate the immune system: spine, shins, bottoms of the feet, and breastbone. For larger or more sensitive areas dilute with extra virgin olive oil. Use Oreganol P73 Cream for additional benefits, especially on the face and hands.
- Oreganol oil is highly relaxing. Rub Oreganol on the chest before a nap or bedtime.
- Rub Oreganol on and around your ears. For use in the ear, only use highly diluted Oreganol (5 to 1 or 10 to 1) in olive oil or, ideally, Kid-e-Kare Eareez.
- Wild oregano is naturally high in antioxidants. Apply topically to cuts/scrapes, sunburns, burns, blisters, toenails and fingernails, rash, fevers or hives. For larger or more sensitive areas dilute with extra virgin olive oil. Use Oreganol P73 Cream for additional benefits. Avoid genitals.
- Use OregaSpray or Germ-a-Clenz on pierced areas especially if swollen for ease of putting in earrings.
- Rub Oreganol thoroughly on feet and between the toes after taking a shower or bath especially when fungus is present.
- Rub Oreganol oil on joints. Take Inflam-eez capsules or oil for additional benefits.
- Use Oreganol P73 in some form every day for best results. Other types cannot be taken internally.
- Before cooking rub Oreganol on meat and poultry to tenderize them and add flavor.
- Rub Oreganol oil on cold hands and feet to create warmth.

- Add a few drops of Oreganol to steamers, humidifiers, vaporizers and neti pots for a safe nasal cleansing. For sinuses and congestion use SinuOrega.
- Great for rubbing on gums. Also look for our Oral Health Care line, now available, for additional oral support.
- Apply a couple drops on your toothbrush to disinfect and/or brush with. Use OregaDent drops for additional benefits, as well as the new chemical free OregaFresh toothpaste.
- Use the new OregaCare as a mouth cleaner and tonic. It's swish and swallow. Good for you all the way down and no waste.
- For children under age 5 rub several drops of the oil on bottoms of the feet and/or spine, an ideal way to administer it to infants or newborns. For children rub also on ears, throat, chest, spine, and bottoms of feet. Add the oil to milk or juice: a drop goes a long way. For additional benefits the Kid-e-Kare product line is ideal for any child. Also, purchase Ms. Judy K. Gray's book *Kids Need Care* for nutritional information and support for the whole family.
- Put drops in boiling water, nebulizer, or humidifier and breathe deeply. H<sub>2</sub>Orega, the #1 water soluble oregano oil, is the ideal formula for this purpose.
- H<sub>2</sub>Orega can also be added to a humidifier, washing machine, or dishwasher for sterilization and to inhibit mold.
- H<sub>2</sub>Orega should be added to mop water to sanitize the floor or a spray bottle to spray countertops. OregaSpray or Germ-a-Clenz may also be used.
- OregaSpray or Germ-a-Clenz can be used to spray air filters or vents. This will also deodorize.
- OregaSpray or Germ-a-Clenz can be sprayed in shoes for a powerful disinfectant and deodorizer.
- Use OregaSpray or Germ-a-Clenz on countertops, sinks, stoves, refrigerators, utensils, bathrooms and bedrooms—anything that needs to be cleaned.
- For bedbugs, mites and other critters, use OregaSpray or Germ-a-Clenz to kill them and drive them out of any home.
- A spray bottle with a couple drops of oregano oil can make an effective pest repellent; also, for additional options use OregaSpray or Germ-a-Clenz.
- For ticks on humans, saturate cotton with Oreganol and hold against the tick until it dies, then remove carefully with tweezers.
- Rub Oreganol P73 on bug bites, stings, and mite irritations for fast relief. Ideally, cover with cotton ball saturated with the oil.
- Rub Oreganol on the paws of your cats or dogs so they, too, can get the powers of Oreganol P73.
- Add a few drops of Oreganol P73 oil to pet food or water dish. This is the only one that is safe. Imitations can kill.
- Use Oreganol to sanitize your pet's bowls, and add a drop to birds' water and swish until dissolved.
- Spray your pets with Protec-X or Germ-a-Clenz to repel pests and ticks.
- When bathing your pets rub Oreganol into their fur first.
- Oreganol is a mandatory addition to anyone's first aid or survival kit. Can also be used to sterilize water in an emergency. H<sub>2</sub>Orega would be ideal for sterilization.
- While staying in hotel rooms, spray OregaSpray or Germ-a-Clenz on the bedding, vents, air conditioner, etc. to sanitize.
- Oreganol—the best travel companion you can have! Take OregaSpray or Germ-a-Clenz along for extreme protection and even spray in the mouth for cough and sore throat in emergencies.
- For action all the way down the system supporting the intestines and colon, use OregaBiotic, the emulsified, enteric-coated, wild oregano/spice oil complex. It's great protection when eating out or traveling.