

Everything Herbal

• by Cheryl Jabz •

NATURE'S
WISDOM
FOR EVERYDAY
WELLNESS

OREGANO Health Benefits

Oregano is a nutrient-rich herb known for its powerful antioxidant and antimicrobial compounds, including carvacrol and thymol. It helps protect the body from oxidative stress, supports immune function, and may contribute to overall wellness.

HEALTH BENEFITS

-  **Rich in Antioxidants**
Contains carvacrol and thymol, which help protect cells from damage caused by free radicals.
-  **Antibacterial & Antiviral Properties**
May help inhibit harmful bacteria and viruses, including some antibiotic-resistant strains (primarily shown in lab studies).
-  **Anti-Inflammatory Effects**
Supports the body in reducing inflammation, which is linked to many chronic health conditions.
-  **Supports Digestive Health**
Traditionally used to ease bloating, gas, and digestive discomfort; may help support gut balance.
-  **Nutrient Content**
Provides small but meaningful amounts of nutrients like vitamin K, which supports bone health and blood function.
-  **Potential Anti-Cancer Activity**
Early lab studies suggest compounds in oregano may slow the growth of certain cancer cells, though more research is needed.

SAFETY NOTES

Do not ingest oregano essential oil unless it is specifically labeled food-grade and properly dosed. Avoid high-dose oregano supplements during pregnancy, as it may stimulate uterine activity. Consult a healthcare provider before use if you are pregnant, nursing, taking medications, or have medical conditions.

HOW TO USE



Culinary Use:

Add fresh or dried oregano to sauces, soups, meats, and salads.



Tea:

Steep leaves in hot water to support digestion and wellness.



Oil/Supplements:

Oregano oil is highly concentrated and should always be diluted or taken as directed on food-grade products.

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