

Basics on Hot and Cold doTerra CPTG ® Oregano and Peppermint EO

Oregano (Origanum Vulgare)

Oregano can cause skin irritation or a very hot sensation – dilute 1:3 and follow up with Lavender or additional fractionated coconut oil. If a pregnant woman has not used EO previously, remember that Oregano simulates menstruation, so use with great caution.

HOT, HOT, HOT

Oregano is steam distilled from leaves, and has a pungent (spicy, tangy and hot) and penetrating herbal scent.

Oregano (Origanum Vulgare) antibacterial, antifungal, antiparasitic, antiseptic (amazing when diffused or spritzed into areas in eliminating air borne viruses and neg.bacteria), antiviral, immune stimulant, lice repellent, whooping cough.(Due to the purity of this product line, Oregano is so strong that only very little goes a long way –use very little and then reapply every half hour if you need to.)

Oregano is a killer oil that knocks out common intestinal, skin and lung infections, including staph, strep and pneumonia. Oregano may be helpful with colds, asthma, bacterial and viral pneumonia, bronchitis (chronic), mental disease, pulmonary tuberculosis, athlete's foot, skin parasites, jock itch, (always diluted)

Airborne viruses are tricky and elusive little critters; colds, flu, herpes, shingles, mumps, chicken pox and even warts. One of the most unpleasant things about viruses is that they use your cells as a host, even to the point of manipulating DNA and RNA, which provide instructions for cell operations. This makes viruses especially difficult to eradicate without harming your own cells. Medical science can't touch most viral infections – when a doctor prescribes an antibiotic for a viral infection it is only to try to help you with the bacterial infection that might follow the weakened immune system left by the viral infection. Their adaptogenic and opportunistic nature is amazing and their ability to hide in the spine or fatty tissues and warm places in the body surprise us when we get a little overtired and then feel sick in the throat or intestines.

As a nerve tonic, Oregano calms and quiets almost any nervous upset. It is relaxing and can help overcome insomnia. It can ease irritability and tension. It reduces stress and anxiety while restoring emotional balance. It helps to clarify thinking and promote a positive attitude.

MRSA (Methicillin Resistant Staphylococcus Aureus) -Basically any infection

that antibiotics can no longer help with because the bacteria (adaptogenic) and the viruses are smarter than the chemicals (Antibiotics)—often picked up in hospitals when an opening in the body allows entry (wound, cut, mouth etc.) with weakened immune system. Drink plenty of water, use oils on the **bottoms of feet** every hour – whether the infection is in soft tissue or bone -- Oregano, On Guard, Frankincense –3 drops of each followed by coconut oil, to cool off in like 10 minutes, unless too hot –apply coconut oil as needed–put on thick cotton socks, next, in hour use Lavender, Lemon and Melaluca – 3 drops of each on the bottoms of feet. Keep up hourly rotation until fever is reduced and then use oils every 4 hours for 3 days and then twice a day for 5 days. doTerra CPTG® Oils will kill off infections that medication cannot – trust mother nature to do the job but allow time for them to work and keep person hydrated. GX Assist internally if patient can – one 3 times a day **with FOOD** will help speed the recovery.

A few uses when a little bit of Oregano motivates change and recovery:

- Skin Tags: apply Oregano undiluted on skin tags each night and watch them disappear – if becomes too warm after application, then apply coconut oil to cool down.
- Candida overgrowth – ingest oils in capsule – Myrrh 2, Melaluca 4, Oregano 2, Coconut oil 6, -- 3 times a day with food. PBAssist, GX Assist also excellent.
- Sore Throat – *Justin's Remedy* – 2 drops of Oregano in water and gargle – but be prepared for a serious heat on the sore area –very strong – you will definitely get rid of whatever was hurting your throat quickly – but it is very strong!!
- Thrush in the mouth – use oregano 2 drops, mixed with vegetable oil 15 drops, and swab the inside of the mouth.
- Nail Fungus: Toenails – apply around the nail bed and on top of the nail; Oregano 1, Melaluca 4, Myrrh 2, Lavender 4 – apply each morning and evening consistently.
- Fingernails; Melaluca 4, Myrrh 3, Lemon 4, -message into cuticle and around nail bed several times a day.
- Chronic sinus issues: apply on bottoms of feet nightly – roller bottle fine – Oregano 2, Roman Chamomile 5, Lavender 6, Coconut oil 5. Must keep this up for at least three weeks consistently.
- Warts on the bottoms of the feet: Plantar's Wart – Oregano 2, On Guard 2,

Lavender 4, put on cotton socks, each night, keep applying even though pain is gone and may be difficult to detect wart until the natural whorls of the foot print are back in the sunlight.

LICE

If Lice Settlements have been reported in your school or work environment:

To prevent Lice: add 4 drops of oregano to a mixture of 1 ounce vinegar and 1 ounce of water. Use as a hair rinse.

If a Lice Settlement chooses your head:

To Get Rid of Lice.

1. Mix 20 drops of Melaluca, 10 drops of Rosemary, 8 drops of Oregano, 8 drops of Lavender, 2 ounces of vegetable oil.
2. Apply the oil to dry hair, cover with a plastic bag or shower cap, and then wrap your head in a towel.
3. After 1 hour, shampoo your hair without wetting it first to help remove the oil. rinse and shampoo again. (If your head feels irritated before the hour is up go ahead and rinse out right away).
4. Lice eggs are very resistant, so repeat this treatment in a week and then again in 2 weeks to destroy any newly hatched lice.

In between treatments, do a preventive hair rinse. Add the same number of drops as above to 1 cup of vinegar, shake the mixture very well then add ¼ cup of it to 1 cup of water and use this as your final hair rinse, making sure you rub it well into your scalp. Lightly rinse with water.

Please buy the books and check EverythingEssential.me for more uses of Oregano.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. Thank you for your sharing with others.

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(www.learningdoterra.com) for additional information. Playback Phone # (323) 927-0075

PEPPERMINT

(Mentha Piperita)

(one drop of oil equals 26 cups of peppermint tea)

Caution: Dilute when a high blood pressure circumstance exists; use minimally.

Cooling??? Mystery

Peppermint is a creeping plant with fragrant leaves. Steam distilled from leaves, stems, flower and buds. The minty-fresh and slightly camphorlike scent of peppermint is helpful to us in amazing ways.

Analgesic, antibacterial, anticarcinogenic, ant repellent, antifungal, anti-inflammatory, anti-nausea, antiseptic, antispasmodic, cockroach repellent, digestive aid, *driver* of other oils, fever reducer, headache relief, invigorating, menopause symptom relief, mental clarity, mice repellent, motivating oil, relieve colic, stamina enhancement, ...

This oil can help with arthritis, asthma, bronchitis, depression, fatigue, food poisoning, hemorrhoids, hives, hysteria, irritable bowel syndrome (IBS), itchy skin, liver issues, memory issues, morning sickness, motion sickness, nerves (support and regenerate), radiation exposure, rheumatism, elevate and open sensory system, shock, soothe and cool skin (keeps u cool on really hot days) throat infection, toothaches, tuberculosis, varicose veins and vomiting.

Peppermint oil cools emotions and dissipates anger, hysteria and nervousness. It energizes and relieves mental fatigue, increases Joy, inspires confidence, and self esteem. It awakens the central nervous system, stimulates the brain, improves memory, and clarifies though processes. It increases insight and inspires new thoughts and ideas.

- Peppermint is soothing and calming while driving in the car (but helps keep you alert at the same time)--car diffuser very helpful.
- As a Study Aid: Peppermint 2, Rosemary 2, Lemon 3 – rub on the back of the neck while reading or studying for a long time.
- Memory: Peppermint drops on cotton ball in zip-lock or ½ ounce cream container and open and breathe in and keep studying or memorizing and breathe in again just before the exam.
- Impatient or Intolerant: Bergamot 3, Laverder 2, Peppermint 1.

Please pick up books – 216 ways to Use Essential Oils- for more uses. [www. AromaTools.com](http://www.AromaTools.com)

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