

Keep Wild Oil of Oregano on hand this holiday season



In a recent review of natural immune boosters, I gave a nod to oregano as an all-purpose antibacterial, antiviral and antifungal. Here's a deeper dive on oregano's benefits, from our friends at Future Pharm.

-Dr. Hoffman

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Health-conscious people know that Wild Oil of Oregano can be a smart choice when it comes to fending off colds and the flu during flu season, but that doesn't mean it should go unused during the holiday travel season. There are many benefits to Wild Oil of Oregano all year round, so keep it on hand this holiday season!

Stay healthy while you travel

Traveling can be really challenging to our immune system. We have to contend with being in such close quarters with potentially sick people, breathing in recycled airplane air, increased stress levels that come with the holiday, changes in food we eat and changes in sleep. Oil of oregano is a powerful medicine to have handy when you feel your immune system has been compromised, or even as pre/post flight preventative immune protection. Oil of oregano is an antiviral, antibacterial, antifungal, antioxidant, anti-inflammatory, and a digestive aid.

Fight winter colds during holiday travel season

Colds can be tough during the holiday season. With so many more people traveling and your body already compromised, cold and flu bugs can trigger upper respiratory symptoms such as a runny nose and sore throat, as well as stomach problems. Rhinoviruses are more common in colder months, which happen to land during the holiday season. Wild oil of oregano may help protect against cold and flu symptoms. Travel, sleep loss, and stress can all wreak havoc on our immune systems, so it's no wonder so many people catch colds when they travel during the holidays.

Keep winter holiday allergies away

Believe it or not, winter can be a big allergy season for many! This is especially true for those who travel; your

system can be aggravated by pollens you're not accustomed to being around. The soothing properties of oil of oregano can produce a sedating effect on the hypersensitivity of allergies, which ultimately encourages relief.

Protection against bugs, germs and parasites

Regardless of whether your travel takes you to far-flung destinations or only a state away, you can become susceptible to bugs and parasites. Unfamiliar foods, perhaps less than sanitary conditions if you're traveling abroad, and other situations can lead to intestinal parasites—but don't fret! Wild oil of oregano has been considered for possible treatment of intestinal parasites and the symptoms that go with it, including diarrhea, bloating and cramps.

Fight UTIs when you travel

Travel any time of year can be a big disruption to our usual routine. More alcohol, less water, and long road trips without enough bathroom breaks can lead to developing a UTI. Anyone who has ever traveled with a UTI knows what a big damper it can be on your vacation. Herbalists recommend oil of oregano to treat urine infections. Studies show that oregano oil is at least as effective at killing bacteria than prescribed antibiotics. This is especially great news when you're far from home and your family doctor!

Of course, if you suffer from any of the above issues, it's always a good idea to contact your doctor or medical professional, especially if symptoms persist or get worse. However, keeping a bottle of wild oil of oregano handy is a great way to help keep you happy and healthy this holiday travel season.