

# Make Wild Oil of Oregano your go-to for good health



*Here's an article from our friends at Future Pharm on what I consider one of nature's superfoods: Oregano. You're sure to want to add it to your personal wellness portfolio!*

*—Dr. Ronald Hoffman*

*This article contains sponsored content*

---

Wild Oil of Oregano can be a smart choice when it comes to fending off colds and the flu. There are many benefits to this fabulous supplement all year round, so make Wild Oil of Oregano your go-to for good health!

## **Stay healthy during your busy week**

Hectic schedules can be really challenging to our immune system. We must contend with being in such close quarters with potentially sick people, breathing in recycled office air, increased stress levels that come with the sheer busyness of life lately, 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. Oil of oregano is an antiviral, antibacterial, antifungal, antioxidant, anti-inflammatory, and a digestive aid.

### **Fight winter colds during cold and flu season**

Colds can be tough during the cold and flu season. With 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 this time of year. 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 this time of year.

### **Keep winter 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 stomach issues**

Regardless of whether your ventures take you to far-flung destinations or a few miles away to work or grocery shopping, you can become susceptible to bugs and 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. Our schedules have all been turned upside down these past several months, but you can still stay protected!

### **Other issues Wild Oil of Oregano can help with**

These challenging times have greatly altered a lot of people's usual healthy routine. More alcohol and sugary foods, paired with less exercise and less water, can lead to issues like a UTI. Anyone who has had a UTI knows what a big damper it can be on your everyday life. Herbalists recommend oil of oregano to treat urine infections. Studies show that oregano oil is at least as effective at killing bacteria as prescribed antibiotics\*. This is especially great news when you're far from home or can't get in to see your family doctor!

More than ever, we have to do all we can to protect our health, and incorporating Wild Oil of Oregano is a great start! 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 wonderful way to help keep you happy and healthy this winter season, so make it your go-to for good health!