

## Dried oregano



*100% natural and organic Italian product*

**Ingredients:** Organic *Vulgare Origanum* flowers and leaves

**Origin:** Pietradefusi (AV), Italy

**Net weight:** 25 g

**Features:** Oregano is well known for its digestive and aromatic properties. Oregano herbal tea can be helpful in relieving the symptoms of respiratory diseases, indigestion and gastrointestinal disorders according to the folk medicine.

**Benefits and uses:** it is one of the herbs most commonly used in Mediterranean cuisine because of its intense and stimulating scent. In addition oregano has analgesic, antiseptic, antispasmodic, expectorant and tonic properties, improves digestion, reduces intestinal pain and bloating.

Oregano herbal tea is used to treat colds, sore throat, phlegm, cough according to the folk medicine.

It is helpful in treating cellulite. Mixed with wine it stimulates the digestive system, relieves headaches, intestinal pain and helps in case of colds.

In case of eczema, rashes of allergic origin or impure skin once a week add to your bath water a highly concentrated infusion obtained by putting 50-60 g of oregano in 1 liter of boiling water.

To make an invigorating footbath add to your footbath water 250 ml of infusion obtained with 5 g of oregano.

Oregano is emmenagogue. It means that it promotes the menstrual cycle. For this reason it cannot be used during pregnancy.