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THE ROAD TO HEALTH . . . Using The Clark Method Newsletter

March/April 2004

Number 56

by *Bonnie O'Sullivan*

Dear Friends,

A reader emailed the following testimonial to me when she received issue #55 on March 25, 2004 . . .

Mutating Bacteria Defeated by Oregano

Dear Bonnie,

You wrote: "We are praying the combination of antibiotics and Serrapeptase with hyperbaric and PAP-IMI treatments will kill off the bacteria in Sandy's jawbone and throughout her body."

Here's a testimony about a certain product you should read:

To whom it may concern,

I am writing this letter to advise you of the benefits I have obtained from information provided in the books by Dr. Cass Ingram. His books may well have saved my life.

I was being eaten alive for many years by infections caused by an adverse reaction to a military vaccination in 1985.

I was finally receiving treatment from the VA starting in March of 2001. I had a massive infection of the skull, and facial bones. My jawbone had completely rotted out. It had to be replaced in Salt Lake City, in 1998 with a graft from my right hipbone.

My palate has been completely and probably irreparably eaten by infections and my nose by a midline granuloma or possibly Wegener's Granulomatosis.

It was in the winter of 2001 I had osteomyelitis of the skull and was given 40 hyperbaric oxygen treatments. Throughout the year 2001, I had numerous very serious eye infections and was hospitalized several times. While hospitalized I was given IV antibiotics such as unacyn. The unacyn was not effective. I was sent home with a Groshong Catheter in my left upper chest. I was using IV Fortaz for most of the last few months of 2001, then again in the first months of 2002. The infections would not go away.

I was also given massive amounts of different oral antibiotics;

1. Augmentin 875/CLAV K 125 mg 2X Daily
2. Amoxicillin 500 mg 2X Daily
3. Azithromycin 250 mg 1X Daily
4. Ciprofloxacin 750 mg 3X Daily
5. Ciprofloxacin 500 mg 3X Daily
6. Minocycline 100 mg 2X Daily
7. Cefuroxime 500 mg 2X Daily
8. Levofloxacin 500 mg 1X Daily
9. Co-Trimazole 2X Daily
10. Minocycline 2X Daily
11. Suffamenthoxazole 800/Trimeth 160 mg

I had the Groshong Catheter in my chest for 14 months.

They wanted to start reconstruction of my facial bones but not until the infections were gone ... I thought they might never be gone.

I finally found out about Oregacyn products and they may well have saved my life because until I started using Oregacyn the infections were rampant. I used Oregacyn in conjunction with Oreganol, which is the oil of oregano. Then to top it off, I use Oregamax. All of these products contain P73 non-radiated oregano.

I did tell my doctors about what I had been doing and they said whatever I was doing to keep on doing it because it seemed to be working where other conventional antibiotics had not.

I had my first surgery, due to the fact I was infection free on June 5th, 2002, at the VA Palo Alto Medical Center.

I will also tell you that the infectious disease department at the VA was very interested in me and had a whole page of things they wanted to biopsy. The thing that is so amazing is that when the doctors laid open my face, there was no bony structure left, only scar tissue holding my face together and there was nothing to biopsy. The area was basically infection free. This after using the Oregacyn products.

I have had a total of four surgeries this year, one a month in June through September. My next surgery is scheduled for this month.

When I had these infections, my face would swell up like a basketball and you would only see little slits for my eyes. These eye infections were so painful and debilitating that they would have to lance the area under my eyes. I was afraid I was going to lose my eyes, then my eyesight, and possibly my life, as were the doctors.

I think that the time has come for us to realize that conventional medicine and synthetic antibiotics may well have run the course with the bacteria we are facing in these troubled times. I have been afflicted with enterococcus faecalis, which is the bacteria that is almost impossible to cure. I have also been infected with streptococcus and pseudomonas this along with osteomyelitis of my skull bones. I had several gallium scans done, and that was the

conclusion.

I know I was in serious trouble and there was a possibility that if this was not cleared up, I might not be around much longer.

I just wanted you to know that without alternative medicine I most likely would not be here to write this letter.

Thank you for your consideration in this matter of great importance to so many.

Sheila S., NV, 11/8/02

Sincerely, AW

North American Herb & Spice's Oregacyn

From: <http://www.oreganol.com/>

North American Herb & Spice introduced the world to edible Oil of Oregano in the form of Oreganol P73 and Oregacyn P73; the most concentrated and effective source of antioxidants.

To be edible, this essential oil must be made from only wild, mountain-grown Mediterranean oregano, which is free of all chemicals and pesticides. The oregano we use is real 100% Mediterranean oregano, handpicked from the pristine, untarnished wilderness.

Our oil is produced by old-fashioned cold pressing and steam distillation. No chemicals are used during the extraction process. We take pride in producing the only oregano product on the market supported by extensive research.

Oregacyn is the only researched, tested wild oregano and spice extract for boosting immunity and supporting respiratory health. Research shows that spice extracts kill germs, including bacteria, molds, yeasts, and fungi. Oregacyn is completely edible and is made from natural spices and extracts, including the proprietary P73 wild oregano blend.

In a recent article from the London Times it was stated, "ever since penicillin was discovered, medical science has been involved in a race against constantly mutating bacteria. Inevitably, the quest for ever-stronger drugs to fight infection is one that can have no end, prompting some experts to look again at ancient, but effective, ways of tackling ill health. One of these could be the use of the wild oregano plant. Around 3000 B.C., the Babylonians described wild oregano as a cure for lung and heart disease, and it is used for healing wounds and venomous bites."¹ With benefits like these, North American Herb and Spice proudly presents Oregacyn P73, the first ever tested and researched respiratory health supplement from the leaders in oregano-based products.

The fungal fighting properties of wild oil of oregano (the main ingredient in Oregacyn P73) are supported by research conducted at the Georgetown University Medical Center and led by Harry G. Preuss, M.D. The study, which was published in the journal *Molecular and*

¹ "The Ancient Greeks' Favourite Medicinal Herb Could Help to Destroy Modern Viruses," *The Times*, May 8, 2001.

Cellular Biochemistry, tested the efficacy of oregano oil against the fungal infection *Candida albicans* (better known as a yeast infection) in mice. The study concluded that oil of oregano “can act as a potent antifungal agent against *Candida albicans*.”² With anti-fungal abilities like these it is easy to see why Business Week magazine said, “Oregano could turn into the next wonder drug.”³

In addition to oil of oregano, Oregacyn P73 also includes cumin and sage. Cumin is a strong tasting spice that is derived from the seed of a small plant belonging to the parsley and celery family. Cumin has many benefits including its antifungal powers. Tantaoui-Elaraki and Beraoud published in the Journal of Environmental Pathology, Toxicology and Oncology that cumin oil could halt the growth of the invasive forms of yeast in a rather small concentration: less than one tenth of one percent. They also found that the oil of cumin could potentially hinder the production of fungal toxins such as aflatoxin. Moreover, multiple researchers writing in the journal Nutrition and Cancer found that oil of cumin had the ability to increase the activity of a liver enzyme known as glutathione-S-transferase. This enzyme is necessary if the liver is to detoxify toxic chemicals. This means that the ingestion of cumin oil may help the body remove cancer causing chemicals via acceleration of liver detoxification. Currently, the known and potential benefits of cumin make it a powerful natural remedy for numerous maladies that plague modern man.

Sage is an herb found naturally in Europe, which has strong antioxidant and antibacterial powers.⁴ The antioxidant effects of sage help to destroy free radicals, scavenger molecules that lack necessary electrons and create cellular havoc while hunting for their missing components, before they can do too much damage to the cellular structure of the human body.⁵ One of the benefits of sage is its potential ability to break down acetylcholine, which helps to preserve the compound that “seems to help prevent and cure Alzheimer’s.”⁶ Moreover, sage may help in the treatment of bad breath, canker sores, carpal tunnel syndrome, gingivitis and tonsillitis.⁷

Oregacyn P73 has been created using a proprietary, evaporative technique on the constituent edible oils. The technique used on the wild, mountain grown oil of oregano, as well as the other natural spice extracts included in the Oregacyn P73, creates a more potent and concentrated formula than the natural edible oils possess alone. Oregacyn P73 comes in both powdered capsule and oil forms. In our experience, the oil mixture appears to contain properties all its own. At North American Herb & Spice, we have seen maximum results

² Vijaya Manohar, Cass Ingram, Judy Gray, Nadeem A. Talpur, Bobby W. Echard, Debasis Bagchi, and Harry G. Preuss, “Antifungal activities of origanum oil against *Candida albicans*,” *Molecular and Cellular Biochemistry*, 228: 115, 2001.

³ Pallavi Gogoi, “Seeking an Anthrax Cure in Your Spice Garden,” *Business Week*, October 22, 2001.

⁴ “*Salva officinalis* — Sage,” in *The Illustrated Encyclopedia of Essential Oils*, 167.

⁵ John Heinerman, Ph.D., “Sage advice: Warm up with this remarkable spice,” *Better Nutrition*, February 1999, 34.

⁶ *Ibid* (same source as above).

⁷ *Ibid* (same source as above).

when Oregacyn P73 is taken in both capsule and oil form simultaneously.

North American Herb & Spice is totally unique in the nutrition industry. Our creations are the finest and purest on the earth. Our goal is to help people become as healthy as possible. It is truly amazing to discover an edible spice extract that is potentially effective at fighting bacteria and fungi. This has led Dr. Cass Ingram, the company's medical researcher, to pose the question, "If Oregacyn P73 can be proven to fight bacteria and fungi equally well in humans as they have in laboratory studies, wouldn't this be a potentially monumental accomplishment for mankind?"

North American Herb & Spice's Oregamax

Oregamax is the original wild oregano supplement. It contains a type of wild oregano that has the most ancient history known. In fact, when you take Oregamax, you are consuming the same ancient substance known as the hyssop of the Bible. It is the same substance which Mamonides, the famous Jewish physician of Islamic Spain, said is the "hyssop of the Law." Yet, Mamonides as well as the modern researcher Fleisher knew that the hyssop of the mountains is, in fact, wild oregano.

Oregamax is the ideal tonic for virtually anyone desiring strong herbal support. It tastes strong (but it is lovely) and is a source of tremendous herbal strength. Oregamax is made from wild oregano found in the deep Mediterranean mountains and is the only guaranteed wild Mediterranean oregano product. The wild oregano in Oregamax offers a rich array of strength-promoting flavonoids not found in the oil. It also contains *Rhus coriaria*, which is a mountain berry. This berry is a rich source of anti-allergy flavonoids, particularly malic, tannic and gallic acids. It also provides naturally occurring vitamin C. Finally, organic garlic and onion are added to accelerate the herbal powers. Oregamax is a village formula, and it has been used for thousands of years. The wild oregano in Oregamax is an excellent source of special, powerful substances known as phenolic acids. When you need herbal strength quickly, this is the formula to rely upon, because these phenolic acids are readily used by the body to enhance health. It is also a top source of natural calcium, zinc, copper and phosphorus; in fact, the plant grows right out of white, rocky, mineral-rich soil.

HOW TO USE OREGAMAX: Take two capsules once or, preferably, twice daily with meals or on an empty stomach. For greater herbal power, take three caps two or three times daily. This wild oregano is safe and valuable. Open the caps and add it to food. It's the perfect way to feed your children! Always see your physician first. This product is not designed to cure any condition.

North American Herb & Spice's Oregano Juice

Oregano juice is highly aromatic extract made from wild oregano growing in high mountains — up to 12,000 feet above sea level. This plant concentrates oxygen from the mountain air. This Juice and oxygen mix is what makes Juice of Oregano higher in oxygen content than Oregano Oil. Juice of Oregano is great for the oxygenation of the brain and other internal organs. It gives the body optimal strength and energy.

Synthetic oxygen is potentially caustic, but plant oxygen is entirely safe. In today's world full of pollutants, drinking Juice of Oregano is a perfect way to ingest the amount of oxygen we need.

Oregano Essence has ancient uses. For hundreds of years it has been relied upon as a health booster and disease fighter. It is excellent to stimulate the body's functions, to improve digestion, metabolism and circulation. As a digestive tonic it stimulates digestive juices and regulates the appetite. It can be taken every day for the boost of energy.

North American Herb & Spice's Oreganol — Oil of Oregano

North American Herb & Spice was the first company on the American market to introduce edible Oil of Oregano. We are the oregano experts! This was the result of extensive research. To be edible, this essential oil must be made only from wild, mountain-grown, Mediterranean oregano, free of all chemicals and pesticides. It also has to be emulsified in a carrier oil such as extra virgin olive oil, which is used by North American Herb & Spice in its oil of oregano.

The oregano we use is the real, 100% Mediterranean oregano, guaranteed to be handpicked in the pristine, untarnished wilderness. We even PAY the villagers to limit picking to preserve and protect the plants. Our oil is produced by old-fashioned cold pressing and steam distillation. We use no chemicals to extract it.

Oil of Oregano is used in the prevention and treatment of: acne, allergies, arthritis, asthma, athlete's foot, candida, constipation, croup, digestive disturbances, insect bites, bronchitis, canker sores, colds, flu, earaches, fatigue, gum disease, headaches, menstrual irregularities, muscle pain, parasites, pneumonia, psoriasis, toenail fungus, toothache, seborrhea, staph & strep infection, strep (sore) throat, ringworm, rosacea, sinusitis, and warts.

North American Herb & Spice's Testimonials

Testimonial #1

I had a bladder infection, which bothered me terribly. Recently I began using the Oregamax capsules twice a day and am very happy to report my bladder infection has completely cleared up! I also have used the Oil of Oregano (Oreganol) to treat a skin rash and it cleared up the rash overnight!!! This oregano is incredible!!!

Rose H. — KS

Testimonial #2

I love Oregamax for digestion problems. As a side effect, all the minerals from the wild herbs stopped the bone loss and pain. It helped me heal a fractured hip and stopped the terrible pain. I also used the Oreganol P73 topically and under the tongue right after the fracture for several months. It stops pain fast and bleeding too. Cuts, wounds and burns of all kinds are healed so fast and painlessly. God blessed the plant and anyone who uses it is blessed.

JK — Manitoba

Testimonial #3

My husband and I are 62 years old and both suffer from arthritis pain in our hands. We have been using the Oil of Oregano for 5 days ... the pain has virtually gone away. My husband has suffered also from chronic nasal congestion. The Oil of Oregano has cleared up the congestion! He takes a few drops of the oil in juice each day. I highly recommend the oil!

Connie G. — NJ

Testimonial #4

I'm 60 years old and I am very pleased with the oregano products. I use the Oregamax and the Oil of Oregano and it has cleared up my toenail fungus. My energy levels have also improved. Finally, I have found a product that does everything that it says it will do and more. Thank you!!! Michael H. — OH

Testimonial #5

My daughter has suffered from eczema for many years. After using the Oregamax for 10 days she saw dramatic improvements. She won't be without the Oregamax and the Oil of Oregano. Max M. — OH

Testimonial #6

The Oil of Oregano and capsules (Oregamax) have been a tremendous help for me. After a week, my sinus congestion and nasal drip have been relieved. I feel as though my breathing capacity has strengthened, and I highly recommend this. Bob M. — PA

Testimonial #7

Just a note to let you know how pleased I am with the Oregacyn product. Since I started taking this on a daily basis about a year ago, I have nearly eliminated all asthma symptoms and I'm free of medication. In addition, my blood pressure has dropped and stabilized. Thank you.

Testimonial #8

I am writing to express my total satisfaction in the information derived from the book, *The Cure is in the Cupboard*. I have always thought of myself as a healthy individual and have taken steps to institute a more salubrious lifestyle.

I have always had to deal with dandruff and irritation of my scalp. I have tried all the shampoos on the market with some success, more or less. With Oil of Oregano (Oreganol) applied directly to the surface of the skin not only is the relief immediate, the condition has abated to the point that those flakes that used to dust the steering wheel of my car are gone. I sometimes scratch out of habit. What a joy!!

With my exercise regimen in full gear, I had over extended my walking routine (I will cover 3 to 5 miles at a relatively fast clip) and developed soreness in my calves after one particularly strenuous outing. Oil of Oregano (Oreganol), worked into the seat of the muscle, offered instantaneous relief!

Bottom line: if you can relieve pain, provide greater range of motion and reduce the incidence of infection — that, for people in my age group (over 50), is a fountain of youth.

Sincerely, Ivan G. — CA

Testimonial #9

I plan to cram 1½ years of agony and 3½ months of joy into this letter.

I took a wonderful vacation to Turkey and Greece in July 2000. Two days after returning from my trip, a multitude of symptoms hit me and I was very ill until November 2001. Hepatitis C. was diagnosed; however none of the symptoms were related to the hepatitis. Symptoms included agonizing stomach pains, nose bleeds, internal bleeding, rashes, vomiting, etc., etc, Every doctor I saw after not finding a problem suggested that I see a psychiatrist, as it was merely a stress issue. I had also lost 60 lbs. and am now 40 lbs. underweight.

My son purchased Oil of Oregano (Oreganol) and gave it to me in November. After taking it for 2 weeks, every symptom vanished. After seeing the change in my health, several of my friends are now taking Oil of Oregano and have mentioned an improvement in several areas, i.e. more restful sleep, smoother skin, better digestion.

Thank you so much for manufacturing, creating, selling — whatever your role is — because my whole life has changed. I'm looking forward to my next liver test, as I feel confident that my hepatitis is in check, just because of the Oil of Oregano.

Thanks again and good luck on spreading the word, which I also plan to do.

Sharon H. — WA

Testimonial #10

It has been three years since we have had a bad cold or respiratory infection thanks to North American WILD “Oil of Oregano.” We are a couple of seniors of advanced age and those two drops of oregano every day really keep us going. You can be sure that when we travel we don't leave home without it. William P. — AZ

Testimonial #11

I'm writing this letter to give you a testimonial for your Oil of Oregano (Oreganol) and to thank you again for your wonderful books, which I still enjoy over and over again.

I had a fully impacted wisdom tooth under my gums for many years, which had never given me one problem until recently when my dentist discovered an inflammation in my gums and said it was my wisdom tooth and I must go to an oral surgeon to remove it. He stated that I would probably loose 2 other molars in the process. I found out about Oil of Oregano, and NAH&S at a health food store where a girl recommended the book *The Cure is in the Cupboard*.

I started using Oil of Oregano, brushing my teeth with it and massaging my gums as well. The wisdom tooth broke through the skin and started to grow and grow. The dentist said

the tooth was still impacted, but I would not give up putting the Oil of Oregano on the gums and teeth — it started to get loose.

Eleven months later the wisdom tooth and root rolled out to the front of my mouth — no bleeding, no pain.

My doctor said it was a miracle. The dentist could not believe what had happened — he said in his 50 years of being a dentist he had never seen a fully impacted wisdom tooth fall out on its own.

It was your Oil of Oregano that gave such a happy ending to this story. Louise Z.

Testimonial #12

I have suffered severe postnasal drip for approximately 8 years due to sinus drainage. Traditional MDs could not find the root of the problem, leading them to prescribe me Claritin, Alegra and several other medications. No positive results came from these prescriptions, but yet I received all possible side effects. This condition became part of my daily life and I came to accept it.

Upon awaking every day, I would need to clear my throat for most of the morning. Sinus surgery seemed to be my last resort, as my situation did not see any improvements. With trying to avoid surgery, I heard about Oregacyn on a local radio station. I decided to try it out because at that point, there was nothing to lose.

Within the first 2 days, I felt like the problem never even existed. I would rarely have to clear my throat and for the first time in ten years I was finally able to sleep on my back.

I don't know exactly how or why it works, but this Oregacyn was the only thing that got to the root of the problem and took care of something that traditional medicine could not. God bless! Mr. P — Seattle

Testimonial #13

Gentlemen: After hearing Dr. Ingram on a local radio broadcast, I decided to try some oregano. I purchased the Juice of Oregano. We live in the southern Ohio "sinus belt" and my wife and I were both bothered with **allergies**, sinus and related problems. When I began taking it, my wife was an absolute non-believer. She said she would never take that stuff!!! After taking the first dose, my head cleared in 10 minutes or less. I sleep better at night although my wife still didn't and hacked and coughed as usual.

After noticing my success, in desperation, she tried the product. Guess what, she is now a confirmed oregano user. The Juice of Oregano cleared up her sinus problems. She no longer coughed all the time. She began noticing other improvements. She no longer took the allergy pills she took every day. Her headaches went away. She mentioned one day that she had not needed indigestion pills since she began taking Juice of Oregano. One day I was putting on my shoes and I called to my wife, "come look at my feet!" All the ugly calluses and dry ugly skin were gone. My feet were pink and smooth. My nails, which were thick and

brown, were lightened up and returning to normal ... hadn't looked that good for 30 years.

I told my friends about it and they are confirmed Juice of Oregano users. My wife's best friend tried it and she said it was the first time in 6 years she was able to sleep all night. Also, she had some minor bladder or urinary tract problems, which caused her difficulty, and she had to get up several times each night. After a few days of the "Juice" all this returned to normal. She swears by it now. My wife had cracks and thick skin around her fingernails that wouldn't heal and caused discomfort. These healed up and didn't come back.

I can't recall any prescription drug given to me by a doctor that was as effective as Juice of Oregano is. It acts unbelievably fast as we have had no side effects. I talked to one of my friends this morning and he said he considered it a miracle.

We ordered some more this morning!!! Thanks a million for this great product. Ron T., OH
P.S. My significant other says thank you so, so much!

Testimonial #14 (Note: Testimony #14 is Sheila's testimony, which begins on page one.)

Update on Sandy Petry, Bonnie's Daughter:

March 6, 2004: Sandy (who is being treated for osteomyelitis of the jawbone) began taking Serrapeptase tablets and she noticed a reduction in her whole-body-pain soon after taking her first tablet! By the next day (after only 3 tablets) Sandy's deep chest cough was much better and her whole outlook on life had improved. (Serrapeptase tablets have noticeably reduced Sandy's whole-body inflammation and swelling. See issue #55 for more Serrapeptase info.)

March 17, 2004: Sandy began a course of Clindamycin, 300 mg, 3 times per day.

March 18, 2004: Sandy began 40 consecutive days of hyperbaric treatments at John Muir Hospital in Walnut Creek, CA. At her initial hyperbaric appointment, when the doctor examined her, he saw cysts on her eardrums that were weeping pus. While she was in the hyperbaric chamber she developed blisters on her arms and fingers — while she watched — that burned and itched and in the center of the blister was a hard piece of something that she squeezed out and then pus weeped out. She has had these blisters come and go before, but since beginning the hyperbaric treatments they are much more numerous and are surrounded by bruises. To control the weeping, she uses bentonite powder made into a paste to keep her skin dry for an hour or so. She has missed several hyperbaric treatments due to this reaction and an obviously developing *Clostridium Difficile* infection (a side effect of Clindamycin). [*Clostridium Difficile* causes burning indigestion, vomiting, diarrhea, no appetite, exhaustion and extreme irritability (due to the other symptoms).]

March 25, 2004: Sandy stopped taking antibiotics (Clindamycin). She knew she had *Clostridium Difficile* as her intestinal upset became progressively worse over the past three days. (She also had to cancel the CT scan of her sinuses that was scheduled for today.)

March 26, 2004: AW sent Sheila's testimonial by email and as soon as I read it I bought Oregamax capsules and 140 mg Oregacyn gel caps and Sandy began taking 2 of each 3 times a day. Her digestion problems stopped after she took her first dose, which helped her to feel

better both physically and emotionally. Oregamax capsules and Oregcyn 149 mg gel caps immediately cleared up Sandy's *Clostridium Difficile* infection. However, after a week of taking them faithfully they were not slowing down the pus weeping from her ears or keeping the pus from burning her skin (Coagulase-negative Staphylococcus was cultured from the pus from her ears in October 2003).

April 2, 2004: An hour after her sixth hyperbaric treatment (this was the 2nd hyperbaric treatment after recovering from her *Clostridium Difficile* infection) Sandy had a horrendous nose bleed from her left nostril that lasted 30 minutes — at first she had 15 minutes of ropey mucus mixed with blood pour out, then 15 minutes of watery blood gush out, then it all stopped completely with no evidence of a nosebleed.

April 3, 2004: Sandy felt a sharp piece of loose bone under the surface of her upper left front gum (since March 26th she has been brushing her gums with Dr. Clark's oil of oregano).

April 4, 2004: Sandy saw the tip of the piece of bone, used sterile tweezers and pulled it out.

April 6, 2004: Sandy switched from taking two Oregamax capsules 3 times per day to taking two 450 mg Oregacyn capsules 3 times per day (and is still taking two 140 mg Oregacyn gel caps 3 times per day). After one day on the 450 mg Oregacyn capsules the weeping blisters on her arms and hands began to heal and her ears wept less profusely. Her energy is excellent now and she is creating beautiful homemade items with her sewing machine. Also, she is planning a trip to Washington to attend her son, Benjamin's, wedding on August 14, 2004. Until she began taking the 450 mg Oregacyn capsules she thought she might not make the wedding. With this evidence right before my eyes it's easy to believe her Staph infection will soon be completely gone. Another reason I can believe it is that she loves the taste of the 450 mg Oregacyn capsules and says she is looking forward to taking them for the rest of her life.

More from Bonnie:

When I first read Sheila's testimony I called my closest health food store and asked for Oregacyn. They only had Oregamax. I called several other health food stores and one had Oregacyn (oil) gel caps and Oregamax (powder) capsules, so I bought a bottle of each.

A few days later I sent an email to AW thanking her for her kindness in sending me Sheila's testimony. I also wanted to ask permission to reprint it so I asked where she had read it. She emailed back saying that Sheila's testimony was the last one on the testimonial page of www.oreganol.com — which is the website of North American Herb & Spice (NAH&S).

When I read the information on NAH&S's website I realized I had not understood exactly what Sheila was taking when she wrote, "I used Oregacyn in conjunction with Oreganol, which is the oil of oregano." On the website it says, "Oregacyn P73 comes in both powdered capsule and oil forms and the oil mixture appears to contain properties all its own. At North American Herb & Spice, we have seen maximum results when Oregacyn P73 is taken in both capsule and oil form simultaneously." Then I read that Oregacyn comes in 450 mg capsules as well as 140 mg gel caps. (On the Oregamax bottle and under "Oregamax" on NAH&S's website there was no mention of Oregacyn P73.) I began to suspect I hadn't

bought the right combination. I finally decided that to kill the mutated bacteria Sandy was fighting she needed Oregacyn 450 mg capsules, not Oregamax capsules.

To find out if this was correct I called NAH&S (their 800 number is on their bottles). The man I spoke with said I was correct; the active ingredient, Oregacyn P73, is in the Oregacyn 450 mg capsules as powder and in the Oregacyn gel caps as oil. For anyone who is having trouble getting rid of a bacterial infection NAH&S recommends Oregacyn 450 mg capsules and Oregacyn oil (Oil of Oregano Oreganol P73 or 140 mg Oregacyn gel caps).

He then offered to call Sheila, give her my number and ask her to call me! He said he had met her when she visited the office to thank them personally for their lifesaving products.

I was very happy when Sheila called. She answered several of my questions: To get rid of her bacterial infection she drank 2 drops Oreganol in juice and took Oregacyn, 450 mg, 2 capsules 3 times a day for 3 months. She believes one of the reasons Oregacyn works so well is because it has not been irradiated. She believes staying free of bacterial infections, in her case for over one year, is due to her daily intake of Oregacyn P73 in capsules and oil.

I am interested in taking Oregacyn to help my body continue to tolerate the three root canals I have in my mouth. The way I'm taking 2 Oregacyn gel caps and 2 capsules of 450 mg Oregacyn twice a day is on an empty stomach and I wait after I take them for a half hour before I eat. (Since Oregacyn is spicy-hot and aromatic, I found I must take it on an empty stomach to avoid a burning sensation in my stomach and burps that smell like a Pizza Parlor.)

Love,

Bonnie

Bonnie

The Material in this letter is for educational purposes only and is not intended as a prescription for any illness.

North American Herb & Spice Oregano Products Now Available from RTH

Oregacyn (w/P73), 140 mg, 60 (bovine) gel caps, \$29.99 + \$7.50 shipping

Oregacyn (w/P73), 450 mg, 30 (vegetable) capsules, \$29.99 + \$7.50 shipping

Oregacyn (w/P73), 450 mg, 90 (vegetable) capsules, \$69.99 + \$7.50 shipping

Oil of Oregano Oreganol P73, .45 ounce, \$29.99 + \$7.50 shipping

Oil of Oregano Oreganol P73, 1 oz, \$59.99 + \$7.50 shipping

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