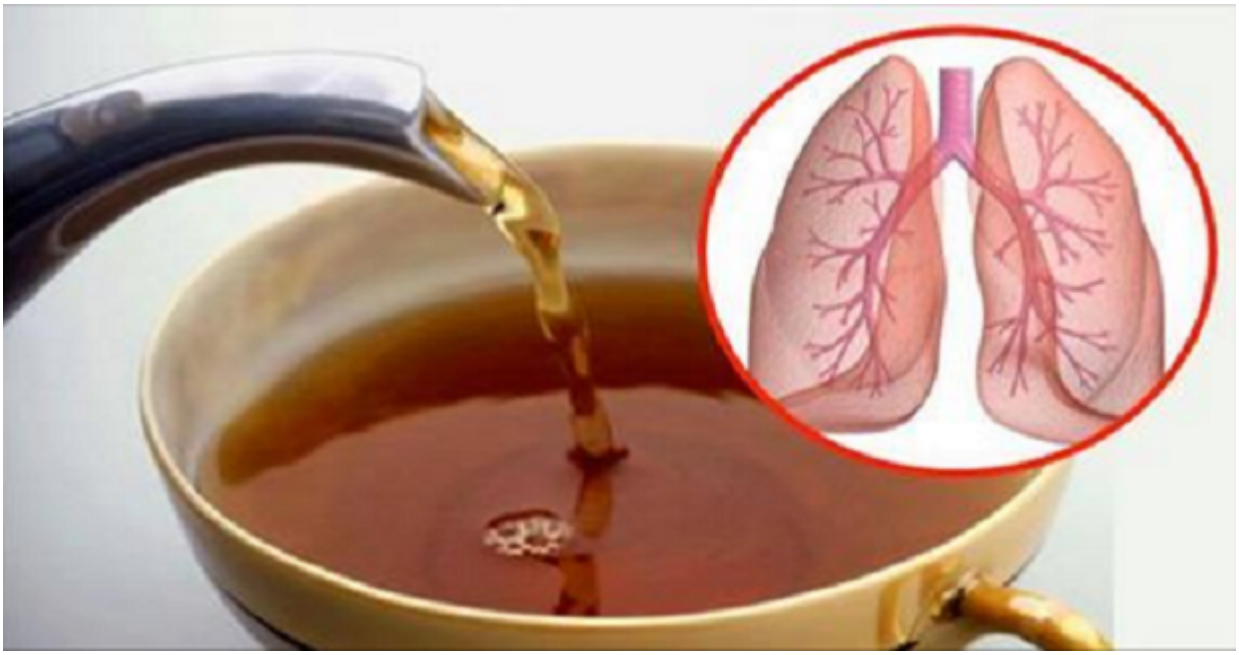
DRINKS & SMOOTHIES

Heal the Lungs with This Tea: Cough Asthma, Bronchitis, Emphysema, & Infections

By bestfolkmedicine · 21/06/2018 · 2 min read



Oregano, whether you use it in its fresh or dry form, is a powerful culinary and medicinal herb which has been used for a long period of time. It is a member of the mint family and it has strong antioxidant, anti-cancerous, and anti-inflammatory properties.

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Nutritive Value of Oregano

- *Magnesium*
- *Iron*
- *Fiber*

- *Manganese*
- *Niacin*
- *Carotenoids*
- *Vitamins A, C, E, and K*
- *Its dried form has 3 percent volatile essential oil*

Oregano Can Decrease Oxidation

One study showed that cooking meat with a mixture of spices, including oregano, lowered the level of malondialdehyde in the meat by staggering 71 percent. The mixture was consisted from oregano, cinnamon, clove, rosemary, ginger, paprika, black pepper, and garlic.

Different Uses of Oregano

- Fresh
- Dried
- As a supplement
- In tea

The Healing Properties of Oregano

Asthma

Coughing

Arthritis

Dandruff

Digestive issues

Pain in the muscles

Acne

Allergies

Toothache

Bloating

Tiredness

Headache

Earache

Heartburn

UTIs

Menstrual cramps

How to Prepare Oregano Tea

This tea is highly recommendable against colds and flu, sinusitis, bronchitis, asthma, rheumatism, and infections.

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You will need:

4 tbsp of oregano leaves, dried

3 cups of water

One slice of lemon

Honey, a tsp

Preparation: Boil the water first and then add the oregano and cover the content. Leave it to steep for 5 minutes and then strain it. Add the honey if you want a sweeter taste.

Use: Drink it throughout the day.

How to Use Oregano in Cooking

Add the leaves towards the end of the cooking process to avert the loss of flavor

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Always sprinkle a small amount to prevent the meal from becoming bitter

Prior to cooking, crush dried oregano leaves so that the essential oils are released

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Add it to meats and veggies

Goes great with broccoli, cauliflower, zucchini, lamb, onions, thyme, basil, garlic, and olive oil

Medical Uses of Oregano

Against nail fungus

Soak the feet in a mixture of water and, a drop of oregano essential oil, and a tsp of coconut oil or rub the mixture of oils onto the affected areas daily.

To treat sinusitis and colds

Add a couple of oregano oil drops in a pot with steaming water and come close to the steam and inhale it for 2 to 3 minutes.

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To stop infections and remove parasites

Mix a drop of oregano oil and a drop of some carrier oil and put it underneath the tongue. Leave it to dissolve and then rinse the mouth. Repeat the process 4 times per day.

Source:

HEALTH LINE

LIVE STRONG

WELLNESS MAMA

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