

Oregano (ADP) – the pasta and pizza herb – is killing prostate cancer cells.

The Experimental Biology 2012 conference, April 24, 2012

Oregano – the herb used in pasta and pizzas – kills prostate cancer cells. The results are so exciting that researchers hope that the ‘super herb’ will become a standard treatment – and one without side effects.

Carvacrol, a constituent of oregano, is causing apoptosis – or cell death – in prostate cancer cells in laboratory tests being carried out by researchers from Long Island University.

Their results mirror earlier studies that had discovered that pizza seems to reduce cancer risk, but now the new research suggests why it has such a positive effect. Initially, researchers believed that lycopene, which is found in the tomato sauce covering on pizzas, had anti-cancer qualities. The Long Island researchers say that oregano and lycopene could be working synergistically to kill cancer cells.

What is clear is that neither have the same damaging side effects as the current therapies of surgery, chemotherapy and radiotherapy.

A D P (Emulsified Oil of Oregano) - Scientific Paper Abstracts

Phytotherapy Res 2000 May;14(3):213-214

Inhibition of enteric parasites by emulsified oil of oregano in vivo.
Force M, Sparks WS, Ronzio RA

Health Explorations Trust, Scottsdale, AZ, USA (M.F.) and Biotics Research Corporation, P.O. Box 36888, Houston, Texas 77236, USA.

Oil of Mediterranean oregano *Oreganum vulgare* was orally administered to 14 adult patients whose stools tested positive for enteric parasites, *Blastocystis hominis*, *Entamoeba hartmanni* and *Endolimax nana*. After 6 weeks of supplementation with 600 mg emulsified oil of oregano daily, there was complete disappearance of *Entamoeba hartmanni* (four cases), *Endolimax nana* (one case), and *Blastocystis hominis* in eight cases. Also, *Blastocystis hominis* scores declined in three additional cases. Gastrointestinal symptoms improved in seven of the 11 patients who had tested positive for *Blastocystis hominis*.

The Inhibition of Candida Albicans by Oregano.

John C. Stiles, MS, William Sparks, BS and Robert A. Ronzio Ph.D.*

J Appl Nutr, Vol 47, No.4, 1995

Abstract: The effects of oil of oregano on the growth of *Candida albicans* were studied using agar diffusion and serial broth dilution methods. The minimum inhibitory concentration was <0.1 mcg per ml when tested with three different *Candida* strains; 0.1 percent survival of *C. albicans* occurred at a concentration of 45 mcg per ml. In contrast, the minimum inhibitory concentration of caprylate was <0.5 mg per ml, and 0.1 percent survival occurred at a concentration of 5 mg per ml. Thus, caprylate is a less potent agent than the essential oil. Carvacrol, a major phenolic constituent of oil of oregano, inhibited *Candida* as effectively as the essential oil. **The results indicate that oil of oregano is an effective anti-*Candida* agent and this activity may be due to the carvacrol content.**