

Headaches

Treatment protocol

Rub oil of oregano liberally on inflamed neck and shoulders tissues. Massage a small amount into painful regions and trigger points in the scalp. Massage the feet with oil of oregano and rub into any sore spots/trigger points on the hands, neck, shoulders and feet. Inhale the oil frequently. Take a few drops under the tongue as often as necessary, even every hour. Repeat these treatments until the pain is resolved. As a maintenance take oil of wild oregano under the tongue, 2 or 3 drops twice daily. Also take Oregamax capsules, 2 capsules twice daily.