

MEDICINE CHEST IN A BOTTLE

by Ronald L. Myers, CNC

Imagine being able to give a patient one supplement that would be effective against chronic sinusitis; and would help with candida; could stop a cold or the flu in its tracks; kills amoebas or other parasites; helps prevent "Montezuma's Revenge" when traveling; etc, etc. What could it be that has such a wide range of applications? The answer is oil of oregano. This was known as hyssop in the Old Testament.

ADP (Patent # 5,955,081), manufactured by Biotics Research Corporation, provides an emulsified, sustained release oil of Oregano in tablet form. The combination of emulsification (increases surface area of the oil) and sustained release enhances intestinal exposure to the essential oil, greatly increasing its' effectiveness.

ANTI-CANDIDA

A German study compared oil of Oregano with the anti-fungal drug Nystatin. They found oil of Oregano and Nystatin to exhibit equivalent inhibition of *Candida Albicans*.

Based on this finding, a four-week trial of ADP was begun at a Family Practice clinic in Auburn Washington. Ten subjects diagnosed by culture as having *Candida Albicans* were selected to participate in the study. Throat, stool and vaginal cultures were done prior to and following the study. (Cultures were analyzed by Meridian Valley Labs of Kent, WA). The dosage of ADP during the study was as follows: Week 1, 1 tablet of ADP 4 times daily, after meals; Weeks 2-4, 2 tablets of ADP 4 times daily, after meals.

The object of this study was to isolate the effects of ADP on the survival of candida. Because of this, subjects were specifically instructed NOT to follow any anti-candida dietary measures.

Post study cultures showed the following results:

- 60% of subjects showed zero growth in 4 weeks
- 30% of subjects showed a 50% or more reduction in their counts
- 10% of subjects showed no change

All participants reported major subjective improvement, less insomnia, improved energy, and an increased appetite. One subject with an eight-year history of chronic fatigue reported actually going back to work after a long absence.

Results were considered favorable for ADP despite the short duration of the study and lower dosages used during the test. The majority of participants responded very well.

The German studies showed oil of Oregano to be effective against *many bacterial forms as well*.

ANTI-PARASITIC

A study conducted by Mark Force, D.C.ⁱ, et al, showed ADP (as emulsified oil of Oregano), to have decidedly anti-parasitic effects.

Thirty-three patients with chronic gastrointestinal complaints and fatigue submitted two purged fecal samples, which were analyzed by the Diagnostic and Educational Laboratory of the Institute of

Parasitic Diseases in Phoenix Arizona. Fourteen subjects (four men and ten women) with parasites were admitted to the study. ADP was dosed at 4 tablets 3 times a day with meals. No dietary changes or other therapeutic interventions were used. After 6 weeks of supplementation, subjects submitted a final purged stool specimen for parasite analysis.

Thirteen of the 14 subjects with parasites completed the supplement protocol and submitted follow-up stool specimens. Parasites could no longer be detected in 10 (77%) of the subjects completing the study. Parasite scores for the other 3 subjects were decreased, though parasites were still detectable by the end of the study.

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ANTI-VIRAL

Anecdotal research indicates the anti-viral aspects of ADP. Clinical research is in the planning stages at this time.

For now, consider this. Over the past 3 years, I have been recommending ADP for patients with acute cases of the flu at a dose of 2 tablets every other hour, during waking hours for 3 days. The feedback I have received from physicians using this protocol is as follows: 1) vomiting and diarrhea subsides in about 24 hours; 2) fever breaks in 36 to 48 hours; 3) patient is asymptomatic in approximately 72 hours.

Dosing ADP at up to 20 tablets a day is certainly a saturation dose, but most patients suffering with the flu would probably agree it is worth it for this kind of shortened duration.

Reports indicate the following to be true as well. At the first sign of onset of a cold or the flu, take 4 tablets of ADP. A few hours later take another 4 tablets and the chances are great you, your family member or your patient will NOT come down with a cold or the flu at that time.

IN SUMMARY

ADP from BRC (how's that for acronyms?) supplies emulsified oil of Oregano in sustained release form. Research has shown it to be effective against Candida (anti-yeast, anti-fungal); effective against bacterial (anti-bacterial); effective against parasites (anti-parasitic); anecdotal research indicates it is effective against virus as well (anti-viral); and if you take enough of it, possibly anti-*social* because you smell like a pizza (just kidding).

A WORD ABOUT EMULSIFIED OIL OF OREGANO

Oral use of oil of Oregano requires an effective delivery system to prevent localized irritation to the mucous lining of the small intestine, especially if prolonged use is required. It is for this reason that Biotics Research Corporation provides oil of Oregano as a true emulsion (**ADP**). This process provides a stable particle size of 0.5 microns, the same as emulsified nutrients provided by nature.

The process of emulsification increases the surface area of the oil by about six orders of magnitude. What this means is the total surface area of an emulsion generated from 200mg (4 drops of oil) would theoretically equal the total luminal surface area of the small intestine.

RECOMMENDED DOSEAGE--4 to 6 tablets, 3 to 4 times daily. After 21 days, add Lactozyme 4 tablets on arising and 4 at bedtime.

ⁱ Phytotherapy Research, Vol 14, 3, May 2000