

Essential Oil Therapies

Frankincense shows great promise as therapeutic powerhouse

Once the exclusive property of kings, **Frankincense** is best known as one of three gifts given to the Christ Child, the holy anointing oil of scripture and primary ingredient in temple incense. Significant value was also placed on its many therapeutic uses. Traditional applications for Frankincense were very diverse—from dental disease and skin conditions to respiratory complaints and digestive troubles.¹

Until quite recently, the Western world had all but forgotten about the therapeutic qualities of Frankincense. But many recent animal, human and laboratory studies show that Frankincense essential oil reduces inflammation, eliminates bacteria and viruses and may destroy certain cancer cells. These findings are fueling the development of medical therapies for people and animals.

Chili's story, in particular, illustrates the potential that Frankincense essential oil has for battling serious diseases.

Frankincense pitted against cancer

Chili was "a huge, spunky dapple gray gelding" with a big heart and love of jumping. In 2005, when Chili was 11 years old, he was brought to Virginia Tech's Center for Comparative Oncology (CeCO), whose mission is *Conquering Cancer in Animals and People*. Chili had multicentric malignant melanoma—a devastating form of cancer that routinely kills horses and people. His owner, Karen, had heard about the Center's experimental research with Frankincense oil and asked them to treat her horse.

The research team designed a Phase I clinical trial for Chili, which they carried out over the next few months.



Chili's tumors were treated with Frankincense oil, topically and with injections. "Within a week, the injected tumor was showing signs of lysis (breakdown) and this continued during treatment. We saw few signs of local toxicity and this was pretty encouraging. These results indicated we should definitely keep pursuing development of this therapy."²

In the end, the cancer was too far advanced for the experimental therapy to prevail, and Chili succumbed. "Later we learned that Chili had many more melanomas than we thought—including one on his heart that was the likely cause of his demise."²

The CeCO team continues their investigation of Frankincense, inspired by Karen and Chili's faith in them. "Their courage has helped us take the next steps to eliminate cancer in animals and in people."²

Frankincense may play a role in experimental therapies for other health conditions, too, because of its anti-inflammatory and anti-bacterial properties.

Inflammation may be root cause of multiple disease conditions

According to Andrew Weil, MD, recognizing the impact of inflammation on health is of growing importance and has major implications for healthcare.³

For example, until quite recently, the root cause of coronary heart disease was thought to be atherosclerosis—deposits of cholesterol in artery walls as a result of elevated cholesterol levels in the blood. The consensus among cardiologists today is that inflammation of the lining of arteries is more of a root cause.³

Similarly, following the "inflammation trail" has led to a new perception of rheumatoid arthritis. This condition



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Frankincense essential oil

Great promise as therapeutic powerhouse

Inflammation *continued*

affects the whole body, not just specific joints. It occurs when cells in the immune system attack the tissue around a joint capsule, causing inflammation.³

Aging further exacerbates the problem, Dr. Weil says, because, "As people grow older, the incidence of diseases influenced by inflammation becomes much more frequent."³ Dr. Gary Young explains that "With age, the immune system develops an inflammatory "cytokine dysregulation." [This means] the immune system produces more inflammatory cells and less anti-inflammatory ones."⁴

Frankincense's anti-inflammatory properties found effective against symptoms of certain health conditions

Much modern research has focused on Frankincense's anti-inflammatory properties. Clinical studies of Frankincense suggest efficacy in some autoimmune diseases including rheumatoid arthritis, Crohn's disease, ulcerative colitis and bronchial asthma.⁵

Dr. David K. Hill, Young Living's Director of Science & Education states, "The Boswellic acids in Frankincense combat inflammation. They are as powerful as NSAIDS, but without the side-effects."⁶

Dr. Joseph Mercola, author of the #1 natural health website, mercola.com, writes "I have seen Boswellia [Frankincense] work well with many of my rheumatoid arthritis patients. In one study of 175 patients with rheumatic disorders such as rheumatoid arthritis, 122 participants had reduced stiffness and inflammation just two to four weeks after starting on boswellia."⁷

Anti-bacterial action of Frankincense useful for skin disorders

From acne to psoriasis, problem skin can be soothed by the anti-inflammatory and anti-bacterial action of Frankincense essential oil. The plague of acne results from an excess of dirt and sebum around the pores and hair follicles. This leads to inflammation and infection at the site. The Essential Desk Reference states that essential oils, particular Frankincense, offer outstanding treatment because they dissolve sebum, kill bacteria and preserve the acid mantle of the skin.⁸

In a study at the University of Freiburg's Department of Dermatology, researchers sought new antimicrobial agents for



the treatment of skin infections which would work against antibiotic-resistant bacteria. Boswellia extracts proved to be effective against a panel of bacteria. "It is concluded that due to their antimicrobial effects some of the plant extracts may be used for the topical treatment of skin disorders like acne vulgaris and seborrheic eczema."⁹

Young Living products with Frankincense for skin:
Frankincense essential oil, Boswellia Wrinkle Cream,
Wolfberry Eye Cream, Thermaburn

Frankincense eases some respiratory conditions

Due to its expectorant properties, Frankincense can help clear the lungs while it eases shortness of breath, asthma, bronchitis, laryngitis, coughs and colds.

It is also one of the oils that can truly calm and soothe the whole body and mind. It's excellent for use when meditating, as it slows down and deepens breathing. It also calms anxiety.

Young Living products for the respiratory system:
Frankincense essential oil, Exodus II essential oil blend,
Essential Oil Diffuser

At the end of this brief overview of current research, you can see that Frankincense is as relevant for health today as it was thousands of years ago. That's why Young Living included **Frankincense** in its "Everyday Oils" collection.

The Everyday Oils Autoship Pack includes 5 ml bottles of Frankincense, lavender, lemon, peppermint, Purification, PanAway, Peace & Calming, Thieves and Valor. Save \$10

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