

“There’s no joy without pain. There’s no success without failure.”

– from the movie, “Unstoppable”

I watched this movie on a recent flight and it was unbelievably inspiring. It told the true story of a young man named Anthony Robles, who had one leg, but loved to wrestle. He dreamed of one day winning the NCAA college wrestling championship and the movie portrayed the story of his determination to get there. It’s definitely worth a watch and the above quote came from his high school wrestling coach. The words were a great reminder that things aren’t always going to be easy and sometimes we’re put on a difficult path and must fight for what we want. We may never know why we’re put on that path, but there is a reason. The point seems to be that in order to have and appreciate the joy in our lives, we must go through pain at some point. In order to ultimately have and enjoy success, we have to endure some kind of failure, which results in resilience. In my May 2019 newsletter, I wrote about being resilient and I actually went back to reread it because I wanted a refresher. The important thing to remember is that we can bend, but we must never break. When we get knocked down, we must get back up. It will take practice and repetition to master resilience in order to survive the pain that will lead to the joy, and overcome the failure to get to success. Having a purpose or a goal is critical. Anthony is living proof that anything is possible. As Martin Luther King once stated: *“If you can’t fly then run. If you can’t run then walk. If you can’t walk then crawl. But whatever you do, you have to keep moving forward.”* The only person who can stop you is you.

Yours in health,

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Why I Love Frankincense Oil



I’ve been using essential oils for many years and have a stash of about 50 different ones that I keep on hand for making different things like body butter, toothpaste, sleep balm and toner, to name just a few. But by far, hands down, my favorite essential oil is frankincense. It’s very special and very powerful. I’ve heard some people refer to it as a *“magic”* oil and *“The King of Oils”*. I sure wish I’d known about it years ago, because I recently learned about a study published in *BMC Complementary and Alternative Medicine* that discussed how the herbal form of frankincense killed bladder cancer cells. This study was published in 2009. My dad died in 2009 after being murdered by an overdose of chemotherapy that was supposed to cure his bladder cancer! There truly are no coincidences.

I’m going to start off this newsletter by reminding everyone that I’m not a doctor and am not giving medical advice. I’m simply providing you with a bit of information about a product that has the ability to heal. You’ve hopefully figured out by now that nature has a cure for just about everything. But at the end of the day, it’s up to YOU to do your own research and decide (perhaps along with a TRUSTED doctor who’s open to alternative treatments), whether it’s something right for you.

Let me tell you a little about frankincense oil so you understand from where it comes and that it’s natural. The word frankincense comes from the old French phrase *“franc encens”*, which means high-quality or pure incense. Frankincense comes from the Boswellia tree, which is typically found in the dry, mountainous regions of India, Africa and the Middle East. Its blooms are pale pink or white flowers. It provides a natural gum resin, which is collected by making cuts into the bark of the tree. The resin oozes out of the tree as a milky-white liquid, which solidifies into tear-shaped, amber to orange-brown lumps. The oil is then collected from the dry resin by a process using steam distillation. The word “frankincense” is actually mentioned 17 times in the Bible, so it’s been around for a long time! It has a woody, pine-like scent.

There are many studies out there showing that frankincense eliminated three different types of neuroblastoma cell lines, which mostly impact young children. It has stopped the growth of the Epstein-Barr virus and can kill cancers of the brain, breast, colon, pancreas, prostate and stomach. Can you believe there's potentially a simple solution to deadly cancers (in addition to Ivermectin) that's been kept from us? By this point, it shouldn't surprise you at all! About two years ago, I watched a documentary on Cancer that featured a teenaged girl who was given a death sentence due to her brain cancer. None of the traditional treatments used on her (chemo and radiation) worked and she and her parents made the decision to stop those treatments. Then unbeknownst to her doctor, she started putting a few drops of frankincense oil on her tongue, then placing her tongue on the roof of her mouth a few times a day. The frankincense oil somehow made its way from her mouth to her brain and ultimately cured her. Her doctor couldn't believe it, but he also couldn't deny that she was cancer-free. I recently provided this information to a good friend whose husband is battling brain cancer and thankfully, his doctor was open to adding it to his treatment protocol. I'm praying for positive results. But the good news is that frankincense oil can do even more than offer cancer-killing properties. Here are a few more of its wonderful benefits:

- **It's an Anti-inflammatory:** Simply rub some undiluted oil onto the area of issue to help relieve joint pain and muscle aches. It reduces inflammation by inhibiting the activity of white blood cells in arthritic joints. It can help reduce pain and improve joint function. When combined with another essential oil, helichrysum, it may fight cartilage loss. Studies have shown it can help with asthma and even Crohn's disease. You can also add frankincense to steaming water and create a hot compress to place on any aches your body may be feeling.
- **It Helps Heal Skin:** This includes not only helping with acne, but it can also help reduce scarring, speed the healing time for bruises and reduce redness and irritation. There are also claims that it's better and more natural than Botox for reducing wrinkles. This is because frankincense is an astringent, which is likely why it helps improve the elasticity of skin, while reducing the appearance of fine lines and wrinkles. I found several different recipes for combining frankincense with Castor, Jojoba and even Rosehip oils. I'll certainly be giving it a try to see if it helps in reducing my own fine lines and wrinkles. Please reach out to me if you'd like the exact recipes. You can also add a few drops to a natural moisturizer to help reduce the appearance of skin imperfections and irritation.
- **Helps Relieve Cold and Flu Symptoms:** It can help eliminate mucus in the lungs and act as an anti-inflammatory in the nose. To help treat respiratory issues, try adding 5 drops of frankincense to a diffuser and breathe deeply for 5 minutes. If you don't have a diffuser, you can add the drops to a steaming bowl of water, place a towel over your head and then breathe deeply for several minutes. You can also rub a few drops onto your chest.
- **Helps Boost the Immune System:** It does this by preventing germs from forming on the skin or in the mouth. Place a few drops under your tongue or rub it onto your wrists, temples and/or the soles of your feet. I put frankincense into a natural sleep balm I make that I rub onto my feet when I go to bed. It can also help with dry coughs by applying a few drops to the throat and/or chest. Or you can add 2 drops each of frankincense, lavender and cypress to a bowl of steaming hot water. Cover your head with a towel and breathe the steam deeply for 5-10 minutes. **YOU MUST BUY A PURE, ORGANIC AND HIGH-QUALITY OIL IF YOU TAKE IT INTERNALLY!** I would also suggest talking to a trusted alternative doctor about proper dosing. Its antiseptic properties may help prevent bad breath, cavities, mouth sores, toothaches and other infections from forming. Using it with another ancient essential oil, myrrh, is especially effective when used against many pathogens and microorganisms.
- **Helps Improve Brain Health:** You can either take it internally or apply it undiluted to the back of your neck or under your nose. As stated above, you can also put a drop or two on your tongue and touch your tongue to the roof of your mouth. Somehow, with this method, it makes its way up to the brain by penetrating the blood-brain barrier. Aroma plays a role in memory, especially when someone is exposed to an aroma while learning. Frankincense can also help with concussions by diffusing it or by diluting it with a carrier oil and rubbing it onto the brain stem area, back of the neck, temples and behind the ears down to the jaw. It can also be applied as a cold compress.
- **Helps Eliminate Negative Emotions and Stress.** This seems to work best by diffusing it and breathing it when you're not feeling your emotional best. But you can also apply it to pulse points to help balance out your mood. Its scent seems to be calming and grounding and can help relax you to more easily fall asleep.

Please note there are some recommendations out there to always mix it with a carrier oil, so it's best to do a small patch test prior to using it on your skin more broadly. Everyone is different and I've had no issue using it undiluted. For those of you who are really into essential oils like I am, frankincense plays very well with rose, lavender, geranium, orange, bergamot, sandalwood, pine, black pepper, cinnamon and other spice-type oils.

In closing, I'll tell you that frankincense enhances the effect of any other oil. It facilitates clarity of the mind, accelerates skin recovery issues, reduces anxiety, mental and physical fatigue, and helps increase focus and concentration. One of my favorite carrier oils if I want to dilute it is fractionated coconut oil. I've also used jojoba and castor oils. The only safety concern I've been able to find regarding frankincense is that it can have some blood-thinning effects, so people with clotting issues shouldn't use it prior to discussing its use with a trusted doctor. A little bit of frankincense oil will definitely go a long way. Please reach out if you have any questions.

Have a wonderful month.