

Essential Oil Of The Month Club

FRANKINCENSE

Throughout the Bible, frankincense essential oil is mentioned many times. Most of us have heard of the three wise men bringing the baby Jesus gold, frankincense and myrrh. During those days, Frankincense and myrrh were valued as much as gold and they were the number one form of natural medicine.

Frankincense is the number one individual essential oil referenced in the Bible. Starting your day with prayer, scripture reading and frankincense, will give you a good head start!

Chemotherapy treatments, do not pass through the blood brain barrier. However, essential oils do pass through the blood brain barrier, and especially, frankincense essential oil. Frankincense essential oil is also good for **brain tumors and dementia**.

Excellent for **skin problems** like, age spots, sun spots, even scarring and acne. And it also helps with **sagging skin and smoothing wrinkles**.

Frankincense helps reduce **inflammation**. Mix with coconut oil and rub on all the painful areas. The active ingredients in frankincense are believed to prevent inflammation in white cells and keeps it from getting into damaged tissue. These acids help to shrink the inflamed swollen tissues by stimulating the **growth of cartilage**.

This is why it is well known as one of the best oils and herbs that help **joint pain**. These boswellic acids also increase blood supply to inflamed joints and help to **repair any damage** that was caused by the inflammation.

If you are new to using essential oils and not sure which oil to use for your problem, use frankincense essential oil. It is the KING of all the essential oils and good to use, for any health or skin problem.

Why is Frankincense called the KING of all essential oils? Maybe Frankincense is called the KING of all the essential oils because it can be used in place of any essential oil. And it was a gift to the KING of KINGS!

Frankincense Profile

Often called the “king of oils,” frankincense is powerful, effective and incredibly therapeutic. For thousands of years, religious followers have used frankincense during worship, meditation and spiritual practices.

The word *frankincense* appears 17 times in the Bible, and the word *incense* is mentioned 113 times; in such cases, incense is often assumed to imply frankincense along with myrrh and other spices. A beautiful small tree or shrub with abundant pinnate leaves and white or pale pink flower, frankincense yields a natural oleo gum resin that is collected by making incisions into the bark.

Its essential oil is collected from the resin through steam distillation. Renowned as one of the most prized and precious essential oils, frankincense has extraordinary health benefits. It has been used to help relieve chronic stress and anxiety, reduce discomfort and support a healthy response to inflammation, boost immunity and more. The terpenes in frankincense enable it to cross the blood-brain barrier.

It also increases the activity of leukocytes, which help the body fight unwanted microbial invaders.

Super 7 Frankincense Uses

1. Healthy Cells Protocols

Frankincense essential oil has been shown to help fight specific types of cancer cells. Take 2 to 3 drops internally, use as a suppository (under the supervision of a health practitioner) or massage the oil onto the affected area to support a healthy immune system response.

2. Joint Discomfort

To improve circulation and help relieve symptoms of joint or muscle discomfort, massage frankincense oil onto the area(s) or diffuse.

3. Immune System

Studies have demonstrated that frankincense has immune-enhancing abilities. It can be used to fight against unwanted germs from forming on the skin, in the mouth or in the home. Diffuse it, take it internally or rub onto your temples, wrists and the soles of your feet.

4. Meditation and Prayer

Frankincense oil may help induce a feeling of peace and relaxation, making it ideal for prayer time and meditation. Diffuse it during meditation and anoint your family with this ancient, powerful oil.

5. Respiratory Health

Frankincense oil can help support lung and nasal health. To support respiratory health, add 5 drops of frankincense oil to a diffuser and breathe in deeply for 5 minutes, or rub 2 to 3 drops onto your chest.

6. Stretch Marks and Wrinkles

Frankincense oil can help minimize stretch marks and decrease the appearance of scars. It may also help to reduce or slow wrinkles. Mix 2 to 3 drops of the oil with equal parts of coconut or jojoba oil and apply to the affected areas.

7. Brain Health

Because of its ability to support cognitive health and responses, frankincense oil may be used on people who may be challenged in their brain health. Take it internally, diffuse it, or apply it topically to the back of the neck and under the nose.

Key Compounds

Boswellia carterii

COMPOUND CATEGORY PERCENTAGE

Alpha-pinene / Monoterpene 60 percent

Boswellia sacra

COMPOUND CATEGORY PERCENTAGE

Alpha-pinene / Monoterpene 75 percent

Boswellia frereana

COMPOUND CATEGORY PERCENTAGE

Thujene / Monoterpene 55 percent

Cymene / Monoterpene 13 percent

Frankincense

- Most prized essential oil, thanks to its high potency and multiple uses
- Has strong biblical roots; gifted to baby Jesus and used as incense
- Known for supporting the immune system & Inflammation
- Contains anti-tumor properties
- High concentration of alpha-pinene provides frankincense with its potency

Alpha-pinene is a monoterpene:

found in high proportions in most species of frankincense, as well as pine and rosemary oils, and is known for its ability to help open up the bronchial airways. It also has powerful anti-inflammatory effects, anti-cancer properties and appears to function as a broad-spectrum antibiotic.

Alpha-pinene also has strong anti-bacterial activity, displaying the ability to inhibit the growth of potential infectious endocarditis in a recent study. Some oils high in alpha-pinene have shown the ability to produce anti-anxiety and sedative effects in laboratory animals.

Thujene, also known as alpha-thujene or thujone:

is a natural organic compound classified as a monoterpene. It forms a major part of the constituents in essential oils of a variety of plants, and contributes a strong spicy flavor to certain herbs such as frankincense.

It has been shown to have extremely high antioxidant capabilities. In other studies, it has been shown to act as a powerful anti-bacterial and anti-microbial agent. The anti-bacterial effect of thujene was detected in a test conducted on juniper essential oils.

Research

Frankincense oil has been shown to induce breast cancer cell death, suggesting that it can be effective against breast cancer. Frankincense helps repress signaling pathways and cell cycle regulators that have been proposed as therapeutic targets for breast cancer. A 2011 study found that frankincense essential oil has anti-inflammatory effects in the treatment of gingivitis. After frankincense treatment, participants showed significant decreases in gingivitis index, plaque index and probing pocket depth.

Safety

Frankincense is known to have blood thinning effects, so people with problems related to blood clotting should not use this oil before consulting with their health care provider.