

Frankincense Essential Oil

Description:

Considered sacred in the Middle East, used for centuries in religious ceremonies and for healing. It is a relaxing oil that improves the mood and relieves stress. Exceptionally good for the respiratory, nervous, and immune systems. Widely used in skin-care treatments.

Steam distilled from the gum/resin of scrubby trees that grow across the Middle East, Frankincense oil has had its place throughout history and is mentioned many times in the Bible. Used in ancient times to enhance meditation and spiritual work, for embalming, and in perfume, it was also the oil of choice for anointing the newborn sons of kings and priests. This may have been why it was brought as a gift to baby Jesus.

Today it is utilized to help maintain normal cellular regeneration, to stimulate the body's immune system, and as an aid for people suffering from cancer, depression, allergies, headaches, herpes, bronchitis, and brain damage resulting from head injuries. It's also deeply camphoraceous, meaning a whiff or two will help soothe a cold or bronchitis.

Country of Origin:

100% pure, premium-grade, wild-crafted, E.O.B.B.D. guaranteed Frankincense (*Boswellia Carteri*) essential oil from Oman.

Attributes and Benefits:

- **Skin:** Useful for acne, dry/mature aged skin, pimples, scars, smoothes out wrinkles, tonic to all skin, and balances oily skin. Used in beauty treatments from before the time of Cleopatra. Used to treat and heal wounds, inflammations, scarring, and skin disorders of all types.
- **Respiratory:** Has the capacity to regulate and strengthen the respiratory tract and help to open the chest and heart region. Deepens breathing, regulates mucus secretion, pleurisy, bronchitis, and laryngitis. Antiseptic, helps to expel mucus, relieves coughing, used for colds, flu, catarrh, asthma, bronchitis, and laryngitis.
- **Muscular/Skeletal:** Useful with Parkinson's, MS, tremors, neuromuscular issues, rheumatism, and sciatic pain.
- **Digestive:** Soothes stomach, eases digestion, chronic diarrhea, belching, stimulates the production of gastric juices (carminative), improves appetite and digestion.
- **Cardiovascular/Lymphatic:** Varicose ulcer.
- **Immune:** Immune stimulant; antitumoral properties make it especially valuable with certain cancers, staph, strep, typhoid, wounds, and warts.
- **Genitourinary/Reproductive:** Helpful with cystitis, nephritis, general genital infections, STDs, dysmenorrhea, leucorrhea, and uterine tonic. Stimulates the flow of menstrual blood and urine, tones the uterus, and is used for scanty periods.
- **Nervous Brain/Mind:** Powerful antidepressant. Useful with anxiety, nervous tension, depression, nightmares, fear of future, and produces calm mental states. Sedative, elevating, warming, used for anxiety, apprehension, fears, nervous tension, and stress-related conditions. It slows down and deepens the breath, which makes it helpful for meditation.
- **Emotional/Energetic:** Helps to heal old wounds on both a physical and emotional level and assists in overcoming grief and emotions that repress your creativity. Alleviates fear when irrational feelings overcome your sense of confidence. It can be used for preventing and eradicating nightmares. When you're emotionally exhausted, it can help you gain insight into what is needed to help you move forward.

How to Use:

- **Diffusion:** Diffuse 15-20 drops in 10-15 minute intervals throughout the day to help comfort.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

- **Topical:** Apply oil to back of neck at the hairline or on pulse points. Applying 1-2 drops to the feet will get the oil circulating throughout the body quickly.
- Apply 1-2 undiluted drops to targeted areas of the body for relief.
- **Internal:** May be used as an antidepressant by putting 1-2 drops under the tongue daily.
- Can be used internally by putting 2-4 drops in a capsule, filling with Message oil, and ingesting.
- **Inhalation:** To help calm uneasiness place 1-2 drops in the palms of your hands or on carrying cloth and inhale any time of the day.
- **Bath Application:** Pure essential oils are most effectively used in bathing when added directly to bath water by using one of the methods listed below:
 - *Agitation Method:* After adding oil(s) to running water, agitate or vigorously mix the bath water, ensuring even dispersement of the oil(s).
 - *Create a Bath Oil:* Mix the appropriate amount of oil(s) with Message Carrier Oil and then add the mixture to bath water.
 - *Create a Bath Salt Mixture:* Add the appropriate amount of oil(s) directly to Be Young Sol Saltz, Epsom™ Salts, Sea Salt, or Be Young Bath Salts and then disperse bath salt mixture into bath.
- *Always avoid contact with eyes while in bath water.*
- **Other:** May be used as antidepressant by putting 1-2 drops (or more as needed) under the tongue daily. Can be used internally by putting 2-4 drops in capsule, fill with Message oil, and ingest.

Responsible Cautions:

Keep out of reach of children and avoid the eye area. Store at room temperature and avoid sunlight. For topical and aromatic purposes only. Use with caution if epileptic. Dilution recommended for topical use. Possible skin sensitivity. Avoid use on infants and small children. Consult a physician prior to use if pregnant.

Success Stories:

I also have a friend who has dystonia. Right now her biggest difficulty is in swallowing and controlling her tongue. I had her put some Frankincense and Basil at the back of her tongue and also applied some Basil in Message oil under her chin (where the tongue originates). It did calm the activity of her tongue for a little while and gave her some relief. –Maralee

Frankincense will take all of the soreness out of my breast area, all of the swelling out from under my arm associated with that side. That is the breast where I had cancer and every once in a while it will be sore...continued draining of the lymph nodes, Essential Oils have done the impossible every time! - JuliaAnn

You would be amazed at the results I have had with Frankincense. I have used a couple of bottles on my horses' backs where they had 'incurable' large bumps that the Vets say nothing can be done with them short of surgery.

On Spirit they have gone completely and you cannot tell where they had been. On Dundee they were twice the size and a year older and I had tried many other things and failed. Now they are almost gone. I am so excited. What a treasure to have these oils available. --Karen. B.C.

I had severely bruised a knuckle on my left hand. It had turned a ghastly red, black, and blue! Ouch! I immediately applied some Frankincense oil to my bruised knuckle two to three times a day and ALL the swelling, inflammation, AND wide array of discolorations were COMPLETELY GONE by the end of the second day of using the oil! I was amazed and very thankful! Thank you! -Uwe

I have been using Frankincense and Lavender on my feet twice a day for high blood pressure. I have seen a little lowering of that. I have been rubbing any excess oils on a scar on my hand. Yesterday, I noticed how the scar is diminishing and the mole that is nearby is also diminishing. –Jeri

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

My dear old friend, Buster, who was an Essential Oil dog passed away last month. He was my very best friend and saw me through my cancer treatment 10 years ago. I knew his time was drawing near, as his heart just could not support him any more at 12 ½. He rallied a couple days before, bringing me his favorite toy to toss and play fetch. I have a wonderful vet that came to my house to help Buster on his way. It was so fitting of my dear friend to be able to just go off to sleep in his own family room on his own blanket with me curled up tight next to him. The most amazing thing was that I anointed my guy with Frankincense and Gratitude, balanced his chakras, and so lovingly said goodbye. These oils continue to impact my life on a daily basis. I will never be without them. Thank you, Dana! -Kathleen.

I have been using Frankincense for 4 years now as a mood elevator/antidepressant and it works much better than Prozac without all the side effects. It truly makes a dark and gloomy day turn into a sunshiny and bright day. It makes you feel like you can make it through the day. -J.P.

After my experience yesterday I had to send this to you. I got thrown off my morning routine. I didn't get my oil routine done until later than I usually do them. I deal with MS, along with that comes cognitive problems, bowel and bladder problems; and muscle spasms; to name just a few. I usually start the morning off with my Frankincense, and then I've added in the Rosemary, because it's to ground you. Orange is for the right brain function. Basil, because I read that it connects the brain waves, so I've added it in, plus it's really good for deep muscle spasms. Then Dana pointed out that Dill has neurological support functions, so I've added it in. Yesterday, I started the day with incoming phone calls, so it threw my routine off. By the time I was through with the phone calls my brain was a jumbled mess. Then, I realized I hadn't done my morning oil application routine. It took a couple of hours after doing my routine before I felt the benefits from it. As I've added different oils into my routine, I have noticed improvements from each of them. For example, since I've been using Ease, there've been improvements with my bowel problems. Since I joined in July, and have added in the oils, and FrequenSea to my life the changes just keep astonishing me. I don't feel like that wheelchair is right around the corner anymore. I'm so glad that Dana and Be Young entered my life, I've learned more from him than any doctor I've been to! -Teresa F.

For the last 3 months or so I have been experiencing definite signs of depression. I felt like I wanted to sleep all the time and didn't want to take on my daily chores. After attending Dana's oil training and hearing him talk about depression, I started using a few drops of Frankincense oil under my tongue!! WOW, I can't tell you what a difference it has made, I don't feel tired in the daytime, I have energy to take on whatever comes at me and I don't sit around having pity parties (I am usually the only one that shows up anyway. Ha Ha.). Thank you, Dana. Anon.

I had an itch on my leg that I just couldn't get rid of. I had it for 2 or 3 years. It was so bad I scratched all the time and it formed a callous. I tried everything I could think of. One night I was using Frankincense before bed and decided to give it a try. I applied one drop to the itch. It didn't itch for a week afterward. So, I applied another drop...now the callous is gone, skin is normal, and if I feel an itch coming on (very infrequent now) I just apply a drop of Frankincense.

Right after Christmas some friends of ours from church had an accident with their 12-year-old daughter while on a cruise in Mexico. They were on a small boat being pulled on a sled. Apparently there was slack in the rope when the driver of the boat took off at a very high speed. The slack caused the sled to jerk violently throwing off all of the kids. No one seemed hurt except McKensie (the 12-year-old) who said that her head hurt. By the time they got back to the cruise ship she was crying and complaining that her ears hurt. She went to their cabin to lie down and when she woke up she was vomiting. A Mexican ambulance showed up at the dock to take her to a hospital, which was smaller than a clinic. While she was there she aspirated and then her heart stopped. The family does not know how long she was down and the doctors wouldn't tell them. They ended up performing brain surgery to remove some of her skull because her brain was hemorrhaging so much. The clinic did not even have an electric ventilator and the anesthetist had to pump the bag to get oxygen to her the whole time they were operating. By the time they got her back to Phoenix she was in extremely critical condition. They had to operate again and remove even more of her skull. When I went to see her at the hospital, I hardly recognized her. Her head was so misshapen because her brain was still hemorrhaging. I have to admit; when I saw her I did not think there was any way she

could survive. The doctors told the parents that she would most likely not be the same if she survived. I took my Frankincense with me to the hospital and asked her mother if she would let me put it on McKensie's feet. She knew nothing about oils but said she would try anything. Surprisingly the doctor agreed to let me put it on her feet. I used almost half a bottle on her feet and up to her calves before she stopped absorbing. Her mother reapplied it a few hours later and then I brought them a new bottle the next day. McKensie is now out of intensive care and has begun physical therapy. She has been communicating by using sign language because they had to do a tracheotomy. The doctors are absolutely amazed at her mental function. My son was visiting her at the hospital yesterday when she spoke for the first time. In his words, "It was awesome mom!" I am sure that a lot of things played a role in her recovery, but I also believe that had it not been for the Frankincense, I don't think she would be doing as well as she is. --J.G.

Here is a success story of mine. I love this stuff and what it can do for you -----

For a couple of years I have had a "growth" on the top of my left hand. It was small, raised, whitish, and looked to me like a small wart - it didn't bother me and I didn't worry about it.

A few months ago, it seemed to grow quickly in size to about the circumference of a pencil eraser. Still assuming it might be a wart I would put Lemongrass on it for a day or two, it would discolor and look yucky, then I would give up and stop treating it. (I tried using a band-aid to cover it and put the oil on, but the skin on my hands is thin and sensitive, and would peel off from the bandage).

Also, about this time, it began more and more to bother me because I would snag it on the edge of my desk, etc. and the edge would bleed. Of course, then I would put a drop of Tea Tree on it.

I was in my chiropractor's office with my husband and showed this bothersome growth to him and asked for his opinion. He looked at it closely, did a little muscle testing, and then suggested I have it looked at by a dermatologist. His recommendation shocked me. Whoa, could this REALLY be something? He then suggested I begin treating it with my oils for skin cancer as I wait for my appointment with the dermatologist, as he said, "won't hurt."

Still not convinced what it was, I began the skin cancer regimen - I already do the Liver Cleanse and take FrequenSea. Every morning and night I put a drop of Frankincense, then Lavender, then Cypress, then Rosemary on it. I also put a drop of Lemongrass during the day (just in case it was a wart!!!!!! - boy I wanted it to be a wart.)

After a few days of diligent care, I noticed the edges seeming to dry up and it looked smaller and smaller. In exactly 10 days after diligent use, I brushed my hand against something and felt a tiny pinch, looked at my hand, and it was gone. There was a tiny drop of blood where it was obviously still connected when it was knocked off. I continued with treatment for a couple more days and there is no indication whatsoever that there was anything on my hand. It has been a couple months now and still totally clear. Needless to say, I canceled my appointment with the dermatologist. Whether it was a wart or something worse, there is no doubt that logical and persistent use of the oils did the trick. I continue to be amazed at the good that comes from using the oils. --Carolyn

I just wanted to tell you what happened to my roommate using the essential oils.

We had a new roommate move in last month. Her eyes had been bothering her for about two months prior to moving in. I am not sure when but awhile back she also had pink eye. Her eyelids, right along the lash line, were swollen and red. She thought it was an allergy to something and went to see someone who told her to start using vitamin A. This seemed to help at first but then it seemed to get bad again and maybe even worse. Than one of her eyes became really painful and she looked like she was developing a sty on the bottom of one of her eyes.

I decided to look it up in my essential oils book from Dana and came across a recipe for sties.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.

The recipe said to take 1/4 tsp salt, 1-drop Frankincense, 1-drop Tea Tree oil, and 1 cup tepid water. Wet washcloth with formula and place on top of closed eyes twice a day.

I had her do this one night and the next morning she felt and looked much better. She did the formula a couple of more times and then quit. She also stopped using one of her eye makeup removers that she thought might be the cause.

A few days later she was starting to have the same problem and was about to go to the eye doctor. I told her to try the formula again but to do it for longer. I explained that just as with antibiotics you might still have to keep doing the treatment for awhile even though the symptoms may have subsided. She did and as far as I know her eyes are doing much better. She also threw away some makeup and we talked about her cleaning her brushes.

Pretty cool eh? --Toni

My 83-year-old father, who after having had a series of strokes and mini-strokes, has been drinking the Liver Cleanse, taking FrequenSea and occasionally takes a drop of Frankincense under the tongue. This is in addition to being on allopathic medication including coumadin. Well, he went to his doctor last week for blood work and they reported to him that his blood levels are the best they have been in many years and that he should continue doing whatever he is doing.

What is interesting to note most of all is that he called my wife the other day on her private number just to see how she was doing as she is pregnant. We are lucky if we here from him twice a year before this. His outlook has improved significantly, he is not as sedentary as he was and he is actually fun to be around again. --Mark M.

I was diagnosed with Basal Cell Carcinoma- a malignant tumor inside my ear. It grew and burst into a mass of blood in my ear. I didn't get to the doctor for about 3 weeks, so in the meantime I decided to treat it myself, not knowing what it was at the time. So guess what I used? I put Frankincense and Rosemary on a Q-tip and swabbed my ear about twice a day for a week. Boy, I could hear and feel the immense fizzling, but I knew the oils were doing their job--eating away at the cancer (I just didn't know it at the time).

My husband, Alan, took a picture of the bloody mass for documentation. By the time I saw the doctor, the bloody mass had disappeared and has not reoccurred since. The tumor was resting on a nerve path and radiating pain down the side of my neck along the jugular vein. I kept up with putting Frankincense, along this pathway, and there is no pain anymore. :) I have a visit with the ENT surgeon on Tuesday to discuss surgery or other options. I will keep you updated. --Christine A., CNC, CA

My father was diagnosed with malignant melanoma in the summer of 2007. After the initial excisional biopsy to test for potential cancer, we found out that it was a Clark Level 5, with a Breslow depth of 6 mm. This was the worst piece of news that the skin cancer result can yield... Worst of all, they would have to go back in and re-open a 22-loop consecutive stitch along the right side of his face.

This is where my friend, Lauren (Bonnie) Brown came in. A trained therapeutic oils practitioner, she had already introduced me to Be Young oils and FrequenSea. Obviously my faith in the ability of the oils was already good; but, many of us are skeptics at heart, and that would include me and my family. With this potentially life-threatening diagnosis – I asked myself is there a chance that this could help?

Bonnie recommended starting a regimen before the 2nd biopsy to prepare the skin for the next procedure, and also to eliminate any renegade cancer cells. Thus, we did so. This consisted of a regimen of frankincense, lavender, and myrrh applied twice a day.

Imagine our joy when, after the initial biopsy had been such aggressive cancer, the 2nd biopsy cancer coming back negative!

We are still applying the oils on his stitches – all 22 of them (actually it is one long, continuous, stitch with 22 loops). The scar, despite being deepened and opened twice, has healed to the point that most people do not notice it, despite the fact that it runs right across his right cheek! His family doctor and plastic surgeon commented on the excellent healing. Many other people keep commenting about how well it has healed, as often we have to point it out! We tell them that it is the Be Young oils regimen given to us by Bonnie L.

Actually, given is not the word... gifted is. The most amazing part of this story is that Bonnie generously used her own product supply to help my father, simply out of a caring heart for the father of a friend.

This lady knows her products, but most of all knows about people. Bonnie works from the heart with all the working knowledge of a great therapeutic oils practitioner. Thank you Bonnie! Sincerely, C. Hansen

To order, for class information, or if you have questions contact:

Debby or Penny Swann

208-852-2295

www.TracesEtc.com