

Frankincense

Introduction

Frankincense is one of the oldest essential oils and is used primarily in meditation to improve one's inner balance.

History

Frankincense, *Boswellia carteri*, is also known as "olibanum," or "oil from Lebanon." Considered the "holy anointing oil" in the Middle East, frankincense has been used in religious ceremonies for thousands of years. It was well known during the time of Christ and was one of the gifts given to Christ at his birth. Anciently, the Chinese used frankincense as a treatment for a range of ailments. Today, frankincense is still used worldwide for both its ceremonial and medicinal use. Frankincense can be used topically, as a dietary supplement, or diffused.

Primary Benefits

Frankincense can ease many minor aches and pains, clear the lungs, act as a skin tonic, as well as calm and soothe the whole body and mind. Its sweet, warm, balsamic aroma is stimulating and elevating. Useful for visualizing and improving one's spiritual connection, frankincense has comforting properties that help center the mind and overcome stress and despair. Frankincense also contains sesquiterpenes which stimulate the limbic system of the brain—the center of memory and emotions—and the hypothalamus, pineal, and pituitary glands.

How To Use

Diffuse

In diffuser therapy, frankincense can be used for congestion and voice loss,



as well as to calm the mind, reduce mental strain, cultivate internal peace, and place past obsessive states into perspective.

Blend with massage oil or in the bath

Frankincense can be blended with massage oil or diluted in the bath for circulatory support, respiratory support, exhaustion, and nightmares. It also has a good astringent effect on the skin; perks up older, more mature skin; and may assist the body in healing itself of wounds, sores, and ulcers.

Creams and lotions

Frankincense can be added to a base cream or lotion to help with general skin tone and condition while reducing oily skin, rejuvenating



more mature skin, and at the same time helping wounds, ulcers, and sores heal.

Wash or use as a compress

To assist the body in healing and to lessen the appearance of scars from wounds, add a few drops of frankincense to the water when washing a wound. For other applications, apply diluted oil directly onto the affected area or use as a compress.

Did You Know?

Frankincense is mentioned in one of the oldest known medical records, Ebers Papyrus, dating from the sixteenth century B.C., and ancient Egyptians listed the oil on hundreds of prescrip-

tions and recipes. Frankincense was valued more than gold during ancient times and only those with great wealth and abundance possessed it.

Frankincense trees grow without soil out of polished marble rocks. Deep cuts are made along the tree and the yellow milk-like juice that flows out soon hardens. The frankincense globules are scraped off and distilled for the essential oil. The season for gathering lasts from May until September.



Frankincense Tree

Testimonials

Frankincense and Lavender on Keratosis

Author: Cynthia Tahtinen

Posted: Feb 27, 2009

I had a large, crusty seborrheic keratosis on the side of my back, as diagnosed by my doctor. She said the only way to get rid of it would be to remove it surgically. I decided to try frankincense and lavender instead. I put a drop of frankincense first, followed immediately by a drop of lavender, twice a day. Within 4-5 weeks it was completely gone. It gradually flaked off. It did itch a lot while it was going away, but I thought that was a small price to pay

Anxiety gone and better skin using frankincense

Author: Latonda Stanford

Posted: Jun 23, 2009

I take frankincense in a capsule with olive oil everyday I put 5 drops EO with a 1/4 of a dropper of oil everyday. I notice if I get busy and forget. I can tell and go take it. It works tremendously. Also my skin has gotten better with using this for about 8 months. I was using 3 drops and felt I needed more. That is when I started using 5 drops.

Frankincense helps my father

Author: Stan Zimmer

Posted: Dec 27, 2005

I have been impressed with how frankincense oil has helped my father's emotional stability. He has a reoccurring basal cell cancerous growth on his nose/eye area. Surgery would be too traumatic for him since he had the same surgery 5 years ago and now it is back. I learned how frankincense can pass the blood brain barrier and also affect his fragile emotions (almost 85 years old). Everyday I twice come by and we rub it on our hands and then rub it on his forehead and nose. It is a relaxing little 'ritual' we do everyday.

My sister says 'What's up with dad? He has called me several times and seems to be in a great mood joking and laughing' to which I said 'What is wrong with that?' If all it does is help with his emotions and gives him a positive outlook on life and does nothing for the cancer we will be happy but we hope for the best as NOW he can smell out of his left nostril where before for years he could smell NOTHING! Something good is happening and will continue our daily rubbing on of Frankincense oil!

Age or sun spots fade with frankincense

Author: Karen Ives

Posted: Jul 29, 2010

I have had great success in using a drop of Frankincense three times per day to diminish brown spots on my arms. Sometimes these

spots are called age or sun spots. I rub the Frankincense in and within the first week they begin to fade. I have had one disappear completely and two others are fading from the center out. It has been a month and I can see a huge difference.

Tumor on mini-dachshund has shrunk

Author: Marlene Kosnac

Posted: May 14, 2006

At first we thought our 7 year old, 10 lb., mini-dachshund had been stung when the side of her face/muzzle began to swell up. Then we thought maybe a bad tooth needed to be removed. However, in July, 2005, 3 out of 4 Veterinarians told us it was an inoperable tumor on her jaw that would eventually grow into her sinuses, and we would be lucky if she lived until Dec. I started using Dr Young's protocol of alternating Frankincense & Tsuga for 3 days, then Frankincense & Ledum for 3 days, then Frankincense & Lavender for 3 days, then Frankincense & Clove for 3 days, then starting over. I mixed the oils with olive oil & applied them to the tumor in her mouth, rubbed the oils on the tips of her ears & down her spine. Here it is May, 2006, the tumor has shrunk and she is a very happy, playful doxie.

Lump in my armpit

Author: Joy Masuda

Posted: May 06, 2010

One morning a few years ago, I woke up with a pain deep in my right armpit. It was nothing like a muscle pain. I knew it was something more serious and indeed, there was a lump of a small prune size deep in there. I panicked for a few seconds but quickly thought about Frankincense. I had never used Frankincense before, keeping it for emergency times. I diluted some with olive oil (36 F. drops in a 15 ml bottle) and spread it under my arm 2 or 3 times every day until the lump completely disappeared. It took

about 3 weeks and never came back.

Frankincense and lemon oil used on Lovebird

Author: Jean Funada

Posted: Sep 28, 2004

I've used oils on my lovebird. I've diffused Purification on New Year's Eve when fireworks and smoke were everywhere. The bird was in an adjoining room, sliding doors wide open.

When my bird looks like he is under the weather and droopy I've rubbed Frankincense on his feet and beak. He's even nibbled my finger with the Frankincense on it. I also used lemon oil in his water. I put a toothpick in the area where the lemon oil sits and dip the toothpick in water. Within the day he perks up and is back to his active self.

Frankincense and fibroid tumors

Author: Sonia Valdez

Posted: Jan 05, 2009

I was diagnosed with a grape-fruit size fibroid tumor along with soft tissue growths on one ovary and was scheduled for surgery. Mind you, this tumor was growing every day and I looked like I was slightly pregnant. The surgery was about 5 weeks away and I was feeling more and more discomfort so I started to use Frankincense because of the anti-tumoral properties. I made some capsules of 3-5 drops mixed with V-6 oil and took one twice a day. After just two days of taking them, I began to sweat heavily even while just sitting at my desk at work. Along with that, my already heavy period was getting heavier. I also continued to feel slightly fatigued for a couple of days but continued to take the Frankincense. By the third day I felt much better and I felt the swelling of my stomach had actually reduced. I took the capsules for five consecutive days. While using Frankincense, my body flushed

a lot of the toxins that were built up in my uterus and I felt much better as a result. Eventually, I also used Frankincense and Lavender on the area of my abdomen where my incision was to be to help to strengthen the tissue prior to surgery and reduce scarring. I've been pleased with the results and my Doctor has commented on how well and how quickly the incision has healed

Frankincense on feet for depression

Author: Carolyn Arkison

Posted: May 12, 2006

For many years my beautiful daughter had struggled with depression. After taking Lexapro, Adderol, etc. for years, she had had enough with the pharmaceutical roller coaster. I suggested she attempt putting Frankincense on the bottoms of her feet daily. She began doing that immediately and has been able to get off of all medications. She has now relied upon Frankincense alone for many months (6-7) and is feeling happier and healthier than ever before.

Frankincense for "Turkey neck"

Author: Mary Didonna

Posted: Aug 18, 2010

Mary, As you know I love Young Living products. But your Frankincense essential oil has worked at smoothing the wrinkles on my neck ('turkey neck'). I had been using two other company's Frankincense EO but saw little or no results over the last year. So as you know I was hesitant to try yet another Frankincense. I put 1 or 2 drops of Frankincense and 4 drops of V6 oil and smooth it over my neck and face after cleansing morning and night. (Crow's feet are more subtle too).

Tooth root and frankincense

Author: Helen Jackson

Posted: Jun 24, 2007

I awoke with a stuffy nose and a hard knot above my upper front tooth root that hurt when I pressed on it. There was no pain (had had root canal). After prayer, I put Frankincense on the outside of my lip and under my nose. My stuffy nose cleared immediately, my nose started 'running' and my lip started sweating. I applied Frankincense several times that day. Each time, the sweating decreased. The next day the knot was almost gone, but at that spot between my lip and gum was very irritated. I continued the Frankincense on the outside and Thieves mouthwash on the inside for several days until it was entirely gone.

Skin cancer eliminated with Frankincense

Author: Darla Fielder

Posted: Apr 23, 2009

I would like to share my husband's testimony regarding frankincense. He developed a sore on the back of his neck which quickly became a lump. He agreed to let a physician look at it, and was told that he needed to see a dermatologist because he suspected that it was skin cancer. He said that they would set up his appointment for him. I told my husband what I had learned about frankincense so he eagerly agreed to use it. I applied it to what was now an open sore, and within the next several days we witnessed it decreasing in size and appearance. We believe that God our Father had His hand on this situation because we didn't receive a call regarding the scheduled appointment until after the lump and open sore was healing. We continued to apply the frankincense and we are thankful to report that there is absolutely no evidence that anything was there. Praise be to God for the Young Living oils!