



ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

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FRANKINCENSE

Of all the essential oils, **FRANKINCENSE** has the greatest story and longest history. It represents so much life yet grows in the midst of extreme desolation. It was considered one of the most powerful healing substances known in ancient times and is proving to be so in modern times as well. Its benefits range from the physical to the spiritual.

HISTORY

Frankincense has been renowned since the beginning of recorded history. It was found in Tutankhamun's tomb when opened by Howard Carter in 1922. The constituents were still active! It is mentioned in the Bible as having been brought to the Christ Child. It was well known during the time of Jesus as a treatment for a range of ailments. It is mentioned in one of the oldest known medical records, Ebers Papyrus, which lists frankincense in hundreds of prescriptions and recipes. It was used over 4000 years ago for anointing. For 3,000 years frankincense commanded a price 5 to 10 times higher than gold. Only those with great wealth and abundance possessed it. The city of Ubar, the richest city in the world throughout that time, was the major destination for its trade. Frankincense was transported in caravans that had as many as 6000 camels over a trail up to a mile wide! They crossed the most desolate wilderness on earth: Rub al Khali, or the Empty Quarter. This desert covers approximately 250,000 square miles and spans part of Oman, Yemen, Saudi Arabia, and the United Arab Emirates. Gary Young has spent the last 15 years researching in what he describes as the most wicked, unforgiving, and terrifying wilderness in the world. The desert itself could be a vicious opponent. The wind blows up to 90 miles per hour, creating sandstorms that can bury an oasis or a caravan in less than an hour. Temperatures there reach 130 degrees. The land is infested with deadly black Arabian scorpions, cobras, and flesh-eating camel spiders the size of a Frisbee. These enormous spiders can run up to 26 miles per hour!

HARVEST

The frankincense tree grows from the limestone rocks, cliffs, and mountain slopes. It is a scrubby, twisted, deformed tree that lives 10 months of the year without water. The tree can live 300-400 years and can take 40 years before harvesting. Its life-giving resin was so valuable that carpet vipers were used as the guardians of the trees. They have a deadly poison with no antidote. If that didn't work the thief had a hand cut off, and then some. The process of collecting Frankincense happens twice a year – in the spring and fall. To begin the process a cut is made in the bark, which allows the liquid resin to ooze out. When it hits the oxygen it starts to crystallize. In approximately a week the resin crystals are harvested by chopping them off the branches with a small ax. Gary Young has now fulfilled a 15-year dream of building a distillery on Oman and is the first in hundreds of years to distill the sacred frankincense! There are 2 distilleries operational and a third is being installed. Until this venture, no Omani frankincense had ever left the country, unless it was purchased by Saudi royals. The resin is now steam distilled at low temperatures for 24 hours to get all the important constituents.

SCIENCE

There are five grades of frankincense. The first grade is brownish due to bark particles and is commonly used. The one that is very white is called Hojari. It was selected just for the kings and queens because it was the purest. There are also a variety of species – 450. *Boswellia frereana* was known as “The King of Frankincense” because ancient royalty desired its sweet perfume fragrance. However, under analysis the main compounds responsible for healing and regeneration were not present. Yet it is double the price of others because perfume companies have a monopoly on it. The frankincense taken from Tut’s tomb resembled the species of *sacra* or *carterii*. The legends from ancient prophets indicate that they were the only species used to anoint and heal.

Boswellic acids are some of the main compounds found in frankincense that science is claiming to be anti-cancer and anti-inflammatory, working well on tendonitis, osteoarthritis, and rheumatoid arthritis. It has also proven to be beneficial for asthma and creates the death of leukemia cells. Boswellic acids also enhance white blood cells. These substances have been the subject of more than 125 studies. *Sacra* has the highest amount at 42%. *Carterii* has 40%. *Frereana* contains from 2% to 3%.

Additionally, *Sacra* has been found to carry possibly the highest sesquiterpene levels, the highest D.R.C. – DNA repair capacity, and the highest anti-cancer properties in the world. Sesquiterpenes increase brain oxygen and thus overall cell oxygen through the blood. This species also has a higher content of the constituent alpha pinene than the *carterii*. *Sacra* is the only species of frankincense that is native to the southern Arabian kingdom of Oman.

HEALTH

It is noteworthy that the cancer rate in Oman is much lower than in other countries of the world, in fact the lowest! Mahmoud Suhail, M.D. recently shared that of a population of almost 3 million the total number of malignancies in 2008 was approximately 2,000 with total deaths of 194. The population of the U.S. is 305 million. In 2009 there were approximately 1,500,000 cases of cancer with 562,000 deaths. This means that 7 got cancer in Oman while 48 got cancer in the U.S. because the cancer rate is so low in Oman, there are no oncology wards in Omani hospitals. Those that have cancer are often working in other parts of the world.

Frankincense was associated with longevity. Individuals had been known to live on pure water and frankincense for a significant period of time. The fumes were used during childbirth. The resin was made into pills for the stomach and blood. It was used in poultices for the healing of flesh and fractured bones. The resin was also ground into powder for steam baths.

In the tenth century, Avicenna recommended frankincense for tumors, dysentery, and vomiting.

According to studies conducted in three laboratories in India, frankincense heals ulcerative colitis and Crohn’s disease.

Now the number one choice for IBD (inflammatory bowel disease) has been researched and proven to be frankincense, replacing corticosteroids, which are damaging to the endocrine system.

Gary Young documented in October, 2010 the use of Frankincense injections for the regeneration of discs, cartilage and bone from his own experience of spinal degeneration and bone spurs from a previous accident. Frankincense stimulates the immune system through the pituitary and Human Growth Hormone (HGH).

APPLICATIONS

*The ancients would tent their clothing and bedding over the incense of frankincense overnight for cleansing.

*A piece of resin is still soaked overnight in water then drunk in the morning.

*In diffusion frankincense can be used for congestion and voice loss, to calm the mind, reduce mental strain, and cultivate internal peace.

*Frankincense can be blended with massage oil or diluted in the bath for circulatory support, respiratory support, exhaustion, and nightmares.

*Frankincense can be added to a base cream or lotion to help with general skin tone and condition while reducing oily skin and rejuvenating more mature skin. It may assist the body in healing itself of wounds, sores, and ulcers.

SPIRITUALITY

The benefits of *Boswellia sacra* have been recognized in recent years due to its high levels of incensole acetate, known for its spiritual properties. This substance may be the reason frankincense has been part of religious and cultural ceremonies dating back to ancient times. The team of Israeli scientist Arie Moussaieff discovered that this chemical constituent triggered an ion channel in the brain with previously unknown effects. The areas of the brain affected are known to be involved in emotions. Incensole acetate had an anti-anxiety effect and significantly

improved mood in the study. When tested on mouse models of human head injury, he found that some of these substances provide protection for the nervous system.

Frankincense is considered the holy anointing oil on the Middle East, where it has been used in religious ceremonies for thousands of years. In the Egyptian Book of the Dead incense was considered holy. Frankincense was believed to enhance the journey in the afterlife. If injured frankincense was thought to keep “evil deities” from entering the wound. From the writing of Ptolemy frankincense was called manna. It was believed that if eaten, one could sustain life forever.

Frankincense is stimulating and elevating to the mind. It is useful for visualization, improving spiritual connection, centering, focusing of the mind, and overcoming stress and despair. It stimulates the amigdala gland, increasing brain frequency for better spiritual communication.

The physical body is a temple for the spirit. Communication with spirit occurs through the pineal. While breathing the pineal gland is activated instantly. The pineal is the master gland of consciousness. The development of your spiritual nature is the highest and most royal aspect of your consciousness. Your study and use of Frankincense can greatly enhance the quality of your life in its many dimensions.

This product is not intended to treat, diagnose or prescribe. The information contained herein is in no way to be considered as a substitute for your own inner guidance or consultation with a duly licensed health-care professional.