

Frankincense (*Boswellia carteri*)**Botanical Family:** Burseraceae (Frankincense)**Plant Origin:** Somalia**Extraction Method:** Steam distilled from gum/resin.**Chemical Constituents:** Monoterpenes (40%); α pinene (43%), limonene; Sesquiterpenes; Alcohols terpenes: borneol.**Action:** Expectorant, antitumoral, immunostimulant, antidepressant.**Found In:** Abundance, Acceptance, Brain Power, Exodus II, Forgiveness, Gathering, Harmony, Humility, ImmuPower, Inspiration, Into The Future, 3 Wise Men, Trauma Life, and Valor.**Traditional Uses:** Also known as "olibanum," or "Oil from Lebanon" the name frankincense is derived from the Medieval French word for "real incense." Frankincense is considered the "holy anointing oil" in the Middle East and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth. "Used to

treat every conceivable ill known to man," it was valued more than gold during ancient times, and only those with great wealth and abundance possessed. Researchers today have discovered that frankincense is high in sesquiterpenes, which helps stimulate the limbic system of the brain (the center of emotions) as well as the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, controlling the release of many hormones including thyroid and growth hormone. Frankincense is now being researched and used therapeutically in European hospitals and is being investigated for its ability to improve human growth hormone production.

Indications: Asthma, depression, and ulcers. High in sesquiterpenes, it is stimulating and elevating to the mind and helps in overcoming stress and despair, as well as supporting the immune system.**Other Uses:** This oil may help with allergies, bites (insect and snake), bronchitis, cancer, respiratory infections, diphtheria, headaches, hemorrhaging, herpes, high blood pressure, inflammation, stress, tonsillitis, typhoid, and warts. It contains sesquiterpenes, enabling it to go beyond the blood brain barrier. It increases the activity of leukocytes in defense of the body against infection.**Application:** Diffuse or apply topically. May be added to food or water as a dietary supplement.**Fragrant Influence:** It increases spiritual awareness and promotes meditation. Frankincense may also help improve attitude and uplift spirits, which may help to strengthen the immune system.**Safety Data:** If pregnant or under a doctor's care, consult physician.**Companion Oils:** All oils.**Bible Reference:** There are over 52 references to frankincense (considering that "incense" is translated from the Hebrew/Greek "frankincense" and is referring to the same oil).

Exodus 30:34— “And the Lord said unto Moses, Take unto thee sweet spices, stacte, and onycha, and galbanum; [these] sweet spices with pure frankincense: of each shall there be a like [weight]:”

Leviticus 2:1— “And when any will offer a meat offering unto the Lord, his offering shall be [of] fine flour; and he shall pour oil upon it, and put frankincense thereon:”

Leviticus 2:2— “And he shall bring it to Aaron's sons the priests: and he shall take thereout his handful of the flour thereof, and of the oil thereof, with all the frankincense thereof; and the priest shall burn the memorial of it upon the altar, [to be] an offering made by fire, of a sweet savour unto the Lord:”

Leviticus 2:15— “And thou shalt put oil upon it, and lay frankincense thereon: it [is] a meat offering.”

Leviticus 2:16— “And the priest shall burn the memorial of it, [part] of the beaten corn thereof, and [part] of the oil thereof, with all the frankincense thereof: [it is] an offering made by fire unto the Lord.”

Leviticus 5:11— “But if he be not able to bring two turtledoves, or two young pigeons, then he that sinned shall bring for his offering the tenth part of an ephah of fine flour for a sin offering; he shall put no oil upon it, neither shall he put [any] frankincense thereon: for it [is] a sin offering”

Leviticus 6:15— “And he shall take of it his handful, of the flour of the meat offering, and of the oil thereof, and all the frankincense which [is] upon the meat offering, and shall burn [it] upon the altar [for] a sweet savour, [even] the memorial of it, unto the Lord.”

Leviticus 24:7— “And thou shalt put pure frankincense upon [each] row, that it may be on the bread for a memorial, [even] an offering made by fire unto the Lord.”

Numbers 5:15— “Then shall the man bring his wife unto the priest, and he shall bring her offering for her, the tenth [part] of an ephah of barley meal; he shall pour no oil upon it,

nor put frankincense thereon; for it [is] an offering of jealousy, an offering of memorial, bringing iniquity to remembrance.”

1 Chronicles 9:29— “[Some] of them also [were] appointed to oversee the vessels, and all the instruments of the sanctuary, and the fine flour, and the wine, and the oil, and the frankincense, and the spices.”

Nehemiah 13:5— “And he had prepared for him a great chamber, where aforetime they laid the meat offerings, the frankincense, and the vessels, and the tithes of the corn, the new wine, and the oil, which was commanded [to be given] to the Levites, and the singers, and the porters; and the offerings of the priests.”

Nehemiah 13:9— “Then I commanded, and they cleansed the chambers: and thither brought I again the vessels of the house of God, with the meat offering and the frankincense.”

Song Of Solomon 3:6— “Who [is] this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?”

Song Of Solomon 4:6— “Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to the hill of frankincense.”

Song Of Solomon 4:14— “Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices:”

Matthew 2:11— “And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshiped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh.”

Revelation 18:13— “And cinnamon, and odours, and ointments, and frankincense, and wine, and oil, and fine flour, and wheat, and beasts, and sheep, and horses, and chariots, and slaves, and souls of men.”

Selected Research:

Michie, C.A., et al. "Frankincense and myrrh as remedies in children." *J R Soc Med.* 1991;84(10):602-5.

Wang, L.G., et al. "Determination of DNA topoisomerase II activity from L1210 cells--a target for screening antitumor agents." *Chung Kuo Yao Li Hsueh Pao.* 1991;12(2):108-14.

Myrrh (*Commiphora myrrha*)**Botanical Family:** Burseraceae (Frankincense)**Plant Origin:** Somalia**Extraction Method:** Steam distilled from gum/resin.**Chemical Constituents:** Hydrocarbons; Sesquiterpenes; Sesquiterpenes furanics; Sesquiterpenones furanics; Ketones; Aldehydes.**Action:** Anti-infectious, antiviral, parasitic (worms), hormone-like, anti-inflammatory, soothes skin conditions, antihyperthyroid, supports immune system.**Found In:** Abundance, Exodus II, Hope, Humility, 3 Wise Men, and White Angelica.**Traditional Uses:** The Arabian people used it for many skin conditions, such as chapped and cracked skin and wrinkles. It has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary, and amygdala, the seat of our emotions. It is widely used today in oral hygiene products.**Indications:** Bronchitis, diarrhea, dysentery, hyperthyroidism, stretch marks, thrush, ulcers, vaginal thrush, viral hepatitis.**Other Uses:** This oil may help asthma, athlete's foot, candida, coughs, eczema, digestion, fungal infection, gingivitis, gum infections, hemorrhoids, mouth ulcers, ringworm, sore throats, skin conditions (chapped and cracked), wounds, and wrinkles.**Application:** Apply topically on location or in a massage. May be added to food or water as a dietary supplement.**Fragrant Influence:** It promotes spiritual awareness and is uplifting.**Safety Data:** If pregnant or under a doctor's care, consult physician.**Companion Oils:** Frankincense, lavender, patchouly, sandalwood, and all spice oils.**Bible References:**

Genesis 37:25— "And they sat down to eat bread: and they lifted up their eyes and looked, and, behold, a company of Ishmeelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry [it] down to Egypt."

Genesis 43:11— "And their father Israel said unto them, If [it must be] so now, do this: take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds:"

Exodus 30:23— "Take thou also unto thee principal spices, of pure myrrh five hundred [shekels], and of sweet cinnamon half so much, [even] two hundred and fifty [shekels], and of sweet calamus two hundred and fifty [shekels],"

Esther 2:12— "Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, [to wit], six months with oil of myrrh, and six months with sweet odours, and with [other] things for the purifying of the women:)"

Psalms 45:8— "All thy garments [smell] of myrrh, and aloes, [and] cassia, out of the ivory palaces, whereby they have made thee glad."

Proverbs 7:17— "I have perfumed my bed with myrrh, aloes, and cinnamon."

Song Of Solomon 1:13— "A bundle of myrrh [is] my wellbeloved unto me; he shall lie all night betwixt my breasts."

Song Of Solomon 3:6— "Who [is] this that cometh out of the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?"

Song Of Solomon 4:6— “Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to the hill of frankincense.”

Song Of Solomon 4:14— “Spikenard and saffron; calamus and cinnamon, with all trees of frankincense; myrrh and aloes, with all the chief spices:”

Song Of Solomon 5:1— “I am come into my garden, my sister, [my] spouse: I have gathered my myrrh with my spice; I have eaten my honeycomb with my honey; I have drunk my wine with my milk: eat, O friends; drink, yea, drink abundantly, O beloved.”

Song Of Solomon 5:5— “I rose up to open to my beloved; and my hands dropped [with] myrrh, and my fingers [with] sweet smelling myrrh, upon the handles of the lock.”

Song Of Solomon 5:13— “His cheeks [are] as a bed of spices, [as] sweet flowers: his lips [like] lilies, dropping sweet smelling myrrh.”

Matthew 2:11— “And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshiped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense, and myrrh.”

Mark 15:23— “And they gave him to drink wine mingled with myrrh: but he received [it] not.”

John 19:39— “And there came also Nicodemus, which at the first came to Jesus by night, and brought a mixture of myrrh and aloes, about an hundred pound [weight].”

Selected Research:

Al-Awadi FM, et al. “Studies on the activity of individual plants of an antidiabetic plant mixture.” *Acta Diabetol Lat.* 1987;24(1):37-41.

Dolara P, et al. “Analgesic effects of myrrh.” *Nature.* 1996 Jan 4;379(6560):29.

Michie CA, et al. “Frankincense and myrrh as remedies in children.” *J R Soc Med.* 1991;84(10):602-5.