

# Frankincense

## *Boswellia carteri*

**Therapeutic Properties:** *Apertif, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, galactagogue, laxative, orexigenic, stimulant (circulatory), splenic, stomachic, tonic, vermifuge.*

Frankincense trees grow in rocky, desert-like soil. They are seldom more than 20 feet tall, and some have bizarre shapes. Each tree has its own personality. Everything about them is a testimony to the unforgiving sun of this land. They chose a location where the mountains provide protection from the wind, and mountain dew is the only moisture they receive. Average rainfall must be below 4 inches in order for them to thrive. Frankincense trees are also particular about the conditions of the soil. They grow only in the so-called Frankincense belt, a strip of land about 9 miles wide, where lime deposits in the soil contain very specific combinations of minerals. The trees prefer the rocky slopes along the edge of the dry river beds. The Frankincense tree native to this area, *Boswellia carteri*, is named for the Edinburgh botanist Johann Boswell and the English ship physician H.J. Carter, who, in 1846, were the first to describe the Frankincense tree in detail. Of the some 25 different kinds of Frankincense that exist, only the following three are now available:

- *Boswellia sacra*, from South Arabia, called "Buchur" there
- *Boswellia carteri*, from Somalia and Oman
- *Boswellia serrata*, from India, called "Common Myrrh" there

In the last few years, Western science has become aware of the ability of Frankincense to lessen the pain caused by rheumatism. A study conducted at the University of Munich was able to prove the effects of Frankincense on joint pain. The age-old healing and incense-burning substance can give many people who suffer from rheumatism hope and help. Other experiments, conducted at the University of Tubingen, also have proven that Frankincense can reduce infections. According to pharmacological research, Frankincense has strong anti-inflammatory properties that could make it a natural remedy for arthritis, rheumatism, psoriasis, and also asthma.

## aromatherapy & home uses

**Genito-Urinary System:** Cystitis, dysmenorrhea, leucorrhea, metrorrhagia.

**Immune System:** Colds, flu, strengthens immune system.

**Nervous System:** Anxiety, anti-depressant, nervous tension and stress-related conditions.

Frankincense has, among its physical properties, the ability to slow down and deepen the breath, which is very conducive to prayer and meditation.

**Respiratory System:** Asthma, bronchitis, catarrh, coughs, laryngitis.

**Skin Care:** Blemishes, dry and mature complexions, scars, wounds, wrinkles.

## suggested usage (10 years & up)

### BATH:

- Add 10 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water for a healing, grounding, and regenerating bath.

### INHALATION

- Diffuse 10-12 drops in a cool mist Essential Oil diffuser.
- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### INTERNAL

- Frankincense is certified as GRAS ("Generally Regarded As Safe" for internal use) by the U.S. Food & Drug Administration and is widely used in the food industry.
- Use 1 to 2 drops under the tongue as a natural anti-depressant or anti-inflammatory. Not real tasty, but it has been shown to be effective.
- Put 2-3 drops in a veggie capsule, adding carrier oil. Take capsule one or two times daily, as desired.

### MISTING

- Mix 20 drops with 4 ounces distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist into the environment as desired.

### TOPICAL

- Apply 1 to 2 drops a drop or two on location to assist with inflammation of joints.

## responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

**Wildcrafted**

**GRAS Certified**

**Producing Organ:** *Resin*

**Extraction:** *Steam Distillation*

**Country of Origin:** *Somalia*

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in 10 ml carrier oil*
- 5 to 10 years - *6 drops in 10 ml carrier oil*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - *3 drops in ¼ cup Pink Himalayan Salt*
- 5 to 10 years - *6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality*
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle & AromaStix

AromaStix contain a small amount of Certified Organic Fractionated Coconut Oil



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the highest standards possible. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological "soundness" (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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