Debbie writes: My husband, Barrie, has had a polyp growing in one of his nostrils. He is not one to complain, just gets on with the job of living. I began to notice that he was breathing erratically often while sleeping and then during the day. When I questioned him he told me had a lump in his nostril and it was making it difficult for him to breathe as it was blocking his nose. We didn't know what it was, so we did a bit of research and found out that many people develop these polyps up their noses; like extension lumps that grow from the centre nasal bone out to the outside of the nostril.

The EODR (Essential Oils Desk Reference) says to use purification oil blend on cotton swabs inside the nostril at night. He did this for several months. At one point he had a nose bleed and some lumpy bits came away, but by and large the lump remained and didn't seem to be diminishing. About a month ago he asked our sponsor what he would do if this was his problem. He told my husband to carry any oils with him that he had and make sure he put oils on top of his nose as often as possible. So he got stuck into the roll ons for a while, then he started using frankincense.

After about 2 weeks of using frankincense he told me could breathe, and he could feel that the lump was almost gone. I checked and had to agree. The lump had shrunk down to just a bump and his nostril is clear of any obstruction.

Many people resort to surgery to have polyps removed. This involves so much disruption in many unpleasant ways to their daily lives for a long time. In every decision we make every day the basis for our choice is founded on faith or fear. When we tap into the living energy from the plants God has given us we exercise our faith in him to heal us through the powerful properties he placed in them. Thanks, Artemis.

Blessings,
Debbie Baronian ( New Zealand )

Artemis writes: I always think of Frankincense as the oil for "lumps and bumps". This is a great example of not giving up when one oil doesn't work for you. We don't always know the underlying causes, or the "perfect" oil for that person and that situation.....so learning about essential oils often involves a degree of experimentation.

The following bulletin was sent out on Thursday 1st July. It is included here in case you didn’t receive it:
Artemis writes: My husband Noel and I have just returned from Young Living's Convention in Utah (16-19 June 2010). It was a wonderful event, with so much great new information. Over the coming weeks, I will include some of the highlights of this information in my bulletins, for your enjoyment. This bulletin is longer than my normal bulletins, although I'm sure you will love it. Thanks go to Nancy Sanderson and Richard and Shauna Dastrup, whose convention notes have contributed towards this bulletin (in addition to my own notes).
The difference between oils and drugs

Because we have a lot of new friends who've just registered for my oils bulletin, I would like to first explain in simple terms what essential oils are. I find it interesting that some people "poo poo" essential oils, thinking the effects are "just in your head". Well, in fact, this is true.....a little. Essential oils do have a profound ability to affect our brain and brain waves, helping to carry oxygen to this very important part of our body. However, I have a close friend who lectures in Chemistry at Macquarie University in Sydney. She liaises with Australian Aboriginal Elders, who guide her to the plants that their culture has viewed as medicinal plants. She then studies those plants, to isolate the "active" ingredients. These ingredients are then reproduced synthetically, and this is the foundation for pharmaceutical medicine.

However - very often the active constituent is found inside the essential oil of the plant. Using essential oils is therefore like using pharmaceuticals in a natural form. When essential oils are produced correctly, they retain their full fingerprint of constituents (often 80 or more constituents). This complete fingerprint is perfectly balanced, and works very synergistically in the human body. For this reason, essential oils don't tend to create detrimental side effects. That's why high quality essential oils are fast becoming the #1 choice for many health practitioners and health-conscious people.

On the Frankincense Trail

Now - for some of the wonderful news about Frankincense oil that came out of Convention. Young Living Essential Oils has just established 3 Frankincense oil distilleries in Oman, where they are distilling a different species of Frankincense. Our normal frankincense available from Young Living is *Boswellia carteri*, which comes from Somalia. I'll refer to this as "regular Frankincense". However, the Frankincense from Oman is *Boswellia sacra*, and this has just been released by Young Living in the USA (and will soon be available in Australia) under the name of "Sacred Frankincense". The Frankincense oil from *Boswellia sacra* is the rarest and most sought-after aromatic in existence, originally only available to royalty. Young Living is the only company exporting *Boswellia sacra* oil from Oman.

Burning the Sacred Frankincense resin has been a tradition in the Middle East for 10,000 years. The smoke coming from the burning resin was used to purify clothing and bed linen, and to kill sand fleas, lice, ticks, mold and bacteria. It also had a profound effect on depression and anxiety.

Cancer, arthritis and periodontal disease are also relatively unknown in Oman and Yemen because the population has access to luban (frankincense resin), which is chewed like gum. They also soak 4 or 5 pieces of this resin in water overnight and drink the water. Dr. Suhail, M.D. was telling us that they don't even have a cancer ward in the hospital that he visits in Oman, because so few people over there have cancer. He only knows of 4 cancer cases, all 4 cases being non-local people. Chewing Frankincense resin also makes the teeth strong....and Gary Young, the founder and president of Young Living, spoke about his desire to formulate a frankincense toothpaste.
I've always pricked up my ears with excitement at the research on Frankincense oil and its ability to inhibit cancer cell growth. I lost my aunt to cancer 5 years ago, so it's an area of research which is close to my own heart. What's most exciting about this research is that Frankincense is able to identify the bad cells (ie. the cancer cells) and kill those, whilst leaving the healthy cells untouched.

**Now for the Science: The difference between regular Frankincense, and Sacred Frankincense**

There are 3 major classes of chemicals in the Frankincense oil that appear to be responsible for its anti-cancerous action - the alpha pinenes, boswellic acids, and incensol.

_Boswellia sacra_ (Sacred Frankincense) has fewer compounds in it than _Boswellia carteri_ (regular Frankincense).....however in Sacred Frankincense, its alpha pinenes are 80.72%, compared with 52.64% in _Boswellia carteri_, and its incensol (a heavier molecule, which is only captured with 15+ hours of distillation) is 0.82% in _Boswellia sacra_, compared with 0.4% in _Boswellia carteri_.

OK, we're not all facts and figures type of people, so I'm sure you'll want to know what this actually means.

The higher alpha pinenes will give Sacred Frankincense a more spiritual purpose. However, I also remember from previous seminars that alpha pinenes can soften the cell walls (that in cancer cells have tended to become shell-like and thus resistant to treatment). So reading between the lines, I would think that such an extraordinarily high percentage of alpha-pinenes is going to mean that Sacred Frankincense is about to start appearing in lots of cancer research. That's really exciting!!!

Gary Young also shared his personal belief that incensol (which is in higher proportions in Sacred Frankincense) will be very powerful for degenerative diseases. In contrast, he suggested that _Boswellia carteri_ would be the oil of choice to help the immune system, having a stronger effect in that area than Sacred Frankincense.

**The latest Frankincense Research**

Here's a summary of some of the latest research papers that were mentioned at convention:

- **Cancer starts when the DNA code becomes corrupted.** Frankincense oil acts as a cellular re-set button. So it's not surprising that Frankincense oil is being extensively researched for its ability to repair DNA. In one particular study on DNA repair capacity, Frankincense out-performed all other essential oils used in that study, and had a DNA repair capacity of 45%, compared with the next highest oils which were Hyssop at 43%, and Balsam Fir at 36%.

- Frankincense oil has also been documented to regenerate disc, cartilage and bone.

- Genuine Frankincense oil contains Boswellic Acids, which are potent anti-inflammatory agents, and which researchers are considering to be a future replacement for steroid treatment. Steroids are caustic to life and the body itself, damaging the thyroid and parathyroid, and damaging to the immune system. Frankincense on the other hand has no negative side effects.
• One study showed that Boswellic Acids were able to protect against hepatitis, and were able to reduce serum cholesterol (the bad cholesterol - LDL) by something like 38%

• Another study showed how Boswellic acids/Frankincense oil induces apoptosis (cell death) in leukemia cells.

• Yet another study at the University of Oklahoma concluded that Frankincense may treat bladder cancer

• Frankincense has also been used for all kinds of arthritis, chest infection, Crohn’s disease, colitis and asthma

A New Treatment

Gary Young was paralyzed from a logging accident in 1973. At the time he had 16 broken/fractured vertebrae and 11 ruptured discs. He was told he would never walk again, however through the use of natural therapies he was able to regain his mobility.

However......over the years, his vertebrae started growing bone spurs (osteophytes), which began pressing on his spinal nerve and creating intense pain. Last year, he was once again faced with the prognosis that he would be wheelchair-bound within 6 months.

Gary showed us his x-rays to demonstrate the way the osteophytes were beginning to press on his spinal nerve. At 2.10am one morning, Gary woke up and he was "shown" how to help himself.

As a result of that insight, he took his blood, separated out the platelets/red blood cells, mixed his blood with frankincense oil, and then injected this blood/frankincense mix back into the site of pain (using 17 injections along his spine and neck). 5 weeks after this procedure, a dramatic improvement had occurred, and Gary has been pain free ever since. He showed us the follow-up x-rays, where the osteophytes had reduced and were no longer pressing on his spinal nerve.

What having the blood platelets with the frankincense did for my husband Blaine.

This is Blaine's testimony:
I was looking at having both knee's replaced last winter and this is what the MRI's showed in the beginning' So off I went to Ecuador to see if it would work for me as Gary said it was really helping him.

The first MRI showed that there were fractures all over the knee cap and rest of the knee. The knee cap had a half circle from the bottom of the knee cap up to the middle of the knee cap where the bone was gone. Both knees were like that. The second MRI shows that after having the injections of Frankincense and Blood plasma, I had a 1/4 inch of new cartilage and my knees are 25 years younger. This is what a doctor in Ut told Gary when he saw
the MRI's last Nov.

Also my lower back wasn't very good. L3 and L4 had rotated to the other side and I had a compression against the spinal cord. L3 is back into place and L4 is on the way and the compression is gone also the compression in my neck is gone.

The doctor in Ut said there is no-way that this can happen with the spine, it has to be the frankincense.

My wife Nancy and I are really excited about this an I'am looking forward to being pain free. I still have to be careful and not over do it as the knees start hurting. Like yesterday I was cleaning the garage up and got my back hurting and the left knee. It's all new tissue so I have to give it time.

Feb. 2010  Nancy & Blaine
This is what you can do to help support the body, take Mega Cal, BLM, BeFit, and Super B then apply frankincense with Idaho Balsam fir and helichrysum to help with tissue regeneration.

June 2010
New MRI's were taken and the where the bone in the knees was gone, it has almost grown back in and no more bone on bone with my knees. Also the L4 is back into place and no more compression in my lower back. The pain is gone, Most days I can walk up and down hills without the terrible pain like I had before. Going down hill was the worse.

Thanks to (God!!!), for this knowledge that was given to Gary, it can help a lot of people.

God Bless,
Nancy & Blaine Sanderson

Another Testimony

For the men:

Judy writes: My dad has/had prostate cancer; his number being 7.09. He's been taking orally 28 drops of frankincense and orange 15 drops - both twice per day for six weeks and had one treatment from the doc.

He went back yesterday and the number was 0.04. The nurse said this couldn't be right because normally it takes four treatments over a year to shrink this much.

They want him back in the office for blood work at the end of the month because the first test must be wrong. He plans on telling the doc what he's been doing. Now with such a good report he is taking 14 drops frankincense, 8 drops orange twice daily.
The importance of Purity

Young Living uses only the purest frankincense resin, which has been harvested and distilled properly.

Gary has spent many months in Oman and Yemen, studying the differences between the various frankincense species and resins, so that he can ensure that we have the very best.

The resin is collected on location, at the right season in order to ensure that we get the full quota of constituents in our essential oil. A frankincense tree can be cut numerous times in a season, however the later cuts have stressed the tree and the resin is a poorer quality.

Young Living uses the best and earlier resins for their oil (and in fact the third cut tends to produce one of the best resins). The resin is then distilled on location.

In addition to all of this, Gary insists on sustainable harvesting of the frankincense trees. Unfortunately, this practice is not employed in many areas where frankincense is harvested, so at least we know that our Frankincense oil is an ecologically friendly approach to frankincense production.