

FRANKINCENSE

At its peak, its value rivaled and was traded for gold, the rarest silks, and the most precious of gems. Ironically, it is but a milky-white resin produced by a scrubby, unlikely looking tree, genus *Boswellia*.

During ancient times, frankincense was considered more valuable than gold. It has been traded for at least 5000 years. Today, as in years past, frankincense, regardless of its origin is a valued commodity, its pure essential oil selling for up to a dollar a drop on the streets. It is the "mother" of all essential oils.

Throughout history, Frankincense has been used to treat and or prevent:

- Cancer
- Abdominal tumors
- Arthritis
- Heal wounds
- Renew Cells
- Lower fever
- Fight off infections

And used as a:

- Sedative,
- Tonic,
- Astringent
- Stimulant (anti-depressant)
- Disinfectant

It's especially useful to the respiratory system during seasonal changes and aids in:

- Coughs
- Excess mucous
- Pharyngitis
- Laryngitis
- Bronchitis
- Colds and flu
- Parasites

Finally, it is excellent for use with stress related conditions and anxiety, due to its ability to have a calming effect on the nervous system, by crossing the blood-brain barrier.