

## QUICK REFERENCE SHEET

# FRANKINCENSE CARTERII

*Boswellia carterii*



Plant Family:  
Burseraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Resin



**Region of  
Origin:**  
Ethiopia

### AFFINITY FOR:

respiratory system, digestive system, circulation, urinary tract, skin, cellular structure and strength, earth meridian, crown chakra

### THERAPEUTIC PROPERTIES:

tonic, stimulant, expectorant, antidepressant, antiseptic, revitalizer, anti-catarrhal, anti-tumoral

### AROMATIC CONSIDERATIONS:

Frankincense can be used to reduce anxiety and nervous tension, and in times of stress or fear.

### APPLICATION:

Frankincense can be applied to any area of the body. It is of great benefit diffused.

### INGREDIENT IN:

<sup>Le</sup>AboutFace, <sup>Le</sup>Acknowledge, <sup>Le</sup>Ageless, <sup>Le</sup>Amplify, <sup>Le</sup>Assurance, <sup>Le</sup>Austyn, <sup>Le</sup>Believe, <sup>Le</sup>Bountiful, <sup>Le</sup>Eternity, <sup>Le</sup>Everlasting, <sup>Le</sup>Expressions, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Faith, <sup>Le</sup>Fortitude, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Inner Peace, <sup>Le</sup>IQ, <sup>Le</sup>Journey, <sup>Le</sup>Kindred Spirit, <sup>Le</sup>Life Force, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>Patches, <sup>Le</sup>RefreshMint, <sup>Le</sup>Sweet Relief, <sup>Le</sup>Tomorrow, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Unity <sup>Le</sup>Victory

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Frankincense is an excellent choice for those who are afraid of death, fear coming changes in their lives, or have suffered the loss of a loved one. Helps us link the past with the future, allowing us to connect cause and effect, actions and consequences, to one another. As we make these connections, we can choose our course more wisely in the future.

### PHYSICAL ASPECTS:

Frankincense has a reputation worldwide for crossing the blood/brain barrier, carrying oxygen and nutrients to the pineal and pituitary glands within the brain. It is the sesquiterpenes contained in Frankincense that give it this ability. (There are many essential oils besides Frankincense which contain sesquiterpenes. Some of them even contain more sesquiterpenes than Frankincense.)

Frankincense is useful for skin disorders and circulation problems. It has a very beneficial effect on respiratory conditions such as cough, bronchitis, and pneumonia. Frankincense is of benefit in any condition that is caused or worsened by nervous tension and emotional trauma.

### GENERAL INFORMATION:

Frankincense is considered a holy oil in the Middle East. It has been used since ancient times in meditations. It is said that Frankincense improves communication between us and our Creator.

In ancient Israel, Frankincense was used to anoint the newborn sons of kings and priests. Perhaps, the magi brought Frankincense to the infant Jesus as a symbolic representation of who he really was.

Frankincense was also used during the time of approaching death. It was thought to assist a person in making the transition from life to death. Certainly, Christ's eventual death for all of us was the purpose of his life. I find the reverse symbolism of life from death—resurrection—to be equally powerful.

Frankincense was also used in the embalming of the dead. Perhaps its inclusion in the rare and precious gifts was an acknowledgment of the life and mission of the Savior of the World.