



# Essential Oils & How to Safely Use Them

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Willow Health & Wellness

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## Aromatherapy & Herbalism

At Willow Health we believe in the healing power of essential oils and the plants they come from. We believe that to really know and understand essential oils you must know the plants they come from. Aromatherapy involves the use of essential oils to promote health and well-being both emotionally and physically. These oils are extracted from various parts of the plant....roots, rhizomes, bark, leaf, stems, flowers, buds, seeds and peels. In order to truly know the essential oil, it is valuable to know the entire plant before distillation. The properties of the plants, and the essential oils work together to form a holistic healing therapy.

### Caution

Essential oils are concentrated plant essences. Whenever applying them topically, to be safe, perform a spot test of a single drop of the oil on the skin to see if the oil will irritate your skin. Essential oils are from plants and anyone can have a sensitivity to any plant and its elements.

### Essential oils & pets

It is important to know that just because something is beneficial for you and safe for you to use DOES NOT mean it is beneficial and safe for your pet. Never treat your pet with an essential oil unless you have researched that oil and if it is safe for pets. Dogs are able to take most essential oils (but ALWAYS check before you use an oil on your dog) but cats are far more problematic. Their livers cannot metabolize many of the chemical components in some essential oils such as terpenes, phenols and ketones. Since their livers cannot metabolize them they build up in the body and become toxic even to the point of death. There is no time period to observe as they can build up and show effect in days or years.

When you can use an essential oil on your pet or yourself, get a good brand name essential oil since there is a lot of purity issues with different brands of oils. There is no “recognized by the whole industry” grading system for essential oils so if you see Therapeutic Grade, it truly has no real meaning and does not guarantee anything in that bottle is what it says it is. Know your essential oil vendor and the origin of their products.

# Frankincense

*Boswellia carterii*  
Called Oil of Olibanum  
Burseraceae family  
Distilled from tree resin



## History/Folklore

Frankincense is a holy oil in the middle east. Gold, Frankincense and Myrrh were holy gifts given to the baby Jesus. Frankincense and the other plant-derived treasure given to the newborn Jesus in the New Testament, myrrh, have a long history dating back thousands of years. Though perhaps best known for their use in incense and ancient rituals, these substances, both of which boast proven antiseptic and inflammatory properties, were once considered effective remedies for everything from toothaches to leprosy.

Frankincense, also known as olibanum, has been traded in the Middle East and North Africa for over 5,000 years. It is believed that the Babylonians and Assyrians burned it during religious ceremonies. The ancient Egyptians bought entire boatloads of the resins from the Phoenicians, using them in incense, insect repellent, perfume and salves for wounds and sores. Frankincense was also a key ingredient in the embalming process. Frankincense was charred and ground into a powder to make the heavy eyeliner Egyptian women famously wore. Sacks of frankincense and potted saplings of myrrh-producing trees appear in murals decorating the walls of a temple dedicated to Queen Hatshepsut, who ruled Egypt for roughly two decades until her death around 480 B.C.

## About Frankincense Oil

Frankincense is derived from the gummy sap that oozes out of the Boswellia tree when the bark is cut. The leaking resin is allowed to harden and scraped off the trunk in tear-shaped droplets; it may then be used in its dried form or steamed to yield essential oils. Frankincense is edible and often chewed like gum. Frankincense oil has a woody, earthy, spicy and slightly fruity aroma, which is calming and relaxing. It's said to be sweeter, fresher and cleaner than frankincense resin.

Frankincense oil is considered a tonic, as it benefits all the systems operating in the body, including the digestive, respiratory, nervous and excretory systems. It also aids the absorption of nutrients and strengthens your immune system.

## More About Frankincense Oil

All Boswellia trees have the more or less same properties in slightly different proportions. (One of the reasons for the difference in proportions is where the tree grows and its conditions) Example being that the Boswellia serrata tree has the highest percentage of boswellic acids. Boswellic acids, particularly the AKBA (acetyl-11-keto-B-boswellic acid) are strong anti-inflammatory, anti-tumor and anti-cancer components of the Boswellia tree. The HOWEVER here is that boswellic acid is a heavy chemical component (molecular weight in the 400-500 range) and it DOES NOT distill over into the essential oil. Volatile molecules - those capable of evaporation (therefore distillation) have molecular weights below 300. Frankincense essential oils has many many wonderful properties, however if you want the cancer fighting compounds in the Boswellia family you should look at Boswellia serrata gum resin.



**Safe for use with pets**

**Applications:** Diffuse or inhale directly. Topical application, neat or diluted with carrier oil. Apply to the area of concern or on reflex points. Can be ingested if needed.

### **Usage:**

- Asthma
- Bronchial congestion
- Expectorant
- Anti-cancer
- Anti-tumor
- Immuno-stimulant
- Anti-inflammatory
- Treat tumors topically
- Treats aging skin, acne, wounds, scars
- Stress & tension
- Pain relief

**Odor type:** Base note. The odor effect is warming, calming & head clearing.

**Blends well with:** all oils. Frankincense has a synergy with Myrrh oil.

**Safety considerations:** No side effects or drug interactions have been reported.