



Webcast Questions from Session 17 - 01/18/17

2 recipes that I find are incredibly helpful, in my case for atopic dermatitis:

Fabulous Five Flower Facial Toner: 1 oz Rosewater 1 oz Calendula succus or glycerite 10 drops Helichrysum essential oil 10 drops Rose Geranium essential oil 5 drops Roman Chamomile essential oil

Skinfood: 5 drops Rose 10 drops Helichrysum 10 drops Rose Geranium 5 drops Roman Chamomile 10 drops Wild Carrot Seed oil 5 drops Frankincense oil 10 drops Sandalwood oil 5 drops Vetiver 1oz Rose Hip Seed oil

Thank you, very nice recipes.

Nettle tea can CAUSE hives. It did for me, when I overdid it.

Nettles are primarily a diuretic herb that remove uric acid from the blood, which can help reduce histamine reactions on the skin and reduce inflammation in conditions such as eczema. It is also an important herb for sinus allergies. It may be helpful in reducing hives in some cases, but other herbs should also be considered such as yellow dock and burdock.

Just a little testimonial regarding information from previous weeks - I am normally an energetic upbeat person who seldom just sits on the couch. However, lately I realized I was coming home, feeling tired, too tired to cook a healthy dinner, too tired to clean house, uninterested in doing anything other than lying around on the couch. I had difficulty getting up out of bed on time in the morning, and was a bit irritable. I just couldn't seem to WANT TO accomplish anything. A couple of weeks ago I decided that I just had to get up and do something, so I mixed a little perfume blend just for fun. I used a 10 ml roller bottle of vanilla infused jojoba oil, added 6 drops of sandalwood oil, and 2 drops of neroli. It was just beautiful. The surprise was when I realized that on the days I wore the "perfume": 1) I no longer hit the couch as soon as I got home from work, 2) I did not crave "snack-y" carbohydrates, 3) I started getting out of bed on time again! 4) My work productivity increased, 5) My happy energetic self returned.

Perhaps I was suffering from "SAD" (seasonal affective disorder - although I think I prefer to say syndrome) and didn't realize it. What I thought was a trivial little "fun" perfume turned out to be very beneficial. THANK YOU!!

An excellent testimonial about the unexpected benefits of aromatherapy, thank you.

Do you have any suggestions for hives allergic reaction?

A 1% dilution of copaiba oil could be helpful. Rose, lavender, geranium, helichrysum, chamomile, frankincense and wild carrot can be tried in low concentration of 1%, individually or blended, in a carrier such as rosehip seed. Floral hydrosols could be helpful. See info about nettles also.

The study was on Boswellia extract on breast cancer lines in vitro. Here is the conclusion: "In the present study gum methanol extract of Boswellia thurifera suppressed survival and induced cytotoxicity and P53 gene expression in cultured breast cancer cells. Thus, it may be a good candidate for use as an inhibitor of the growth of cancer cells in-vivo and the treatment of breast cancer. However, for a definitive conclusion, further in-vivo and in-vitro studies on other cell lines, animal models and subsequent clinical studies are warranted." Here is the citation of the pdf from 2013:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4157048/pdf/ijpr-13-719.pdf>

Thank you. As mentioned, there is a lot of promising in vitro information coming out, but it has yet to be translated into in vivo applications with confirmed curative results.

More citations from a classmate who confirms our use in clinic: 43. Ammon HPT. Boswellia serrata for chronic inflammatory diseases. Planta Med. 2006 Oct; Vol. 72(12), Pg. 1100-16. 44. Singh GB, et al. "Alcoholic extract of salai-guggul ex Boswellia serrata, a new source of NSAID." Drugs Today, 1996; Vol. 32, Pg. 109-112. 45. Agarwal S.S. "Antitumor properties of Boswellic acid against Ehrlich ascites cells bearing mouse." Food and Chemical Toxicology, Sept. 2011; Vol. 49(9), Pg. 1924-1934. 46. Qurishi Y, et al. "NF- κ B down-regulation and PARP cleavage by novel 3- β -butyryloxy- β -boswellic acid results in cancer cell specific apoptosis and in vivo tumor regression." Anticancer Agents Med Chem. 2013 Jun; Vol. 13(5), Pg. 777-90. 47. A.C. Estrada, et al. "Tirucallic acids are novel pleckstrin homology domain-dependent Akt inhibitors inducing apoptosis in prostate cancer cells," Mol Pharmacol., March 2010, 77(3):378-387. 48. M. Lu, et al. "Acetyl-keto-betaboswellic acid induces apoptosis through a death receptor 5-mediated pathway in prostate cancer cells," Cancer Res., Feb 15, 2008, 68(4):1180-1186. 49. Suhail MM, et al. "Boswellia sacra essential oil induces tumor cell specific apoptosis and

suppresses tumor aggressiveness in cultured human breast cancer cells.â? BMC Complementary and Alternative Medicine 2011; Vol. 11, Pg. 129. 50. Yazdanpanahi N, et al. â??Effect of boswellia thurifera gum methanol extract on cytotoxicity and p53 gene expression in human breast cancer cell line.â? Iran J Pharm Res. 2014 Spring; Vol. 13(2), Pg. 719-24. 51. Flavin DF. â??A lipoxygenase inhibitor in breast cancer brain metastasis.â? J Neurooncol. 2007; Vol. 82, Pg. 91-93 52. S. Kirste, et al. â??Boswellia serrata acts on cerebral edema in patients irradiated for brain tumors: a prospective, randomized, placebo-controlled, double-blind pilot trial,â? Cancer, Aug. 15, 2011, Vol.117(16), Pg. 3788â??3795. 53. Yadav VR, et al. Boswellic Acid Inhibits Growth and Metastasis of Human Colorectal Cancer in Orthotopic Mouse Model By Downregulating Inflammatory, Proliferative, Invasive, and Angiogenic Biomarkers. Int J Cancer. 2012 May 1; Vol. 130(9), Pg. 2176â??2184.

Thank you for the extensive list of studies. Since you are using frankincense products clinically, I suggest that you set up clinical trials and see what kinds of results you are getting in vivo, as all of these are in vitro. Showing conclusive proof that your protocols are effective would be a very valuable contribution to the field of natural medicine.