



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

ESSENTIAL OIL FOOLERY

by Carl Janicek, RMT, DHt

“You can fool some people some of the time, but you can’t fool all the people all of the time.” Bob Marley

Occasionally I hear of people who are fooled into buying essential oils from companies claiming to be “just as good” as Young Living. Often other companies will try to copy Young Living formulas and create “knock off” products which are offered for less cost. I have heard that some companies lure people through the promise of financial benefits; such as a better business plan or faster growth model. And some base their sales pitch on finding fault with Gary and Mary Young, or the network marketing business. There are plenty of pretenders out there.

For me, there is only one source of essential oils that meet the standards for efficacy and quality. That is the “Seed to Seal” promise of Young Living.

Years ago when I was less experienced and under educated about essential oils before I had been to a YL convention, attended classes with trusted teachers, or invested in myself by using Young Living oils and products daily my nose and my wallet could more easily be fooled by look alike products. I was fooled too many times by great salesmen from Egypt, England and other places who often had an expert spokesman professing that they had sold their same oils to Young Living or bought them from

the same source.

I can tell you now that I have been to Young Living conventions with world renowned experts, walked on the soils of the Young Living farms, helped with planting, seen their distillation in action, visited the green houses, and talked with YL staff from all over the world. These experiences established a firm foundation of knowledge and awareness so that I would never be fooled by essential oil pretenders again.

I am embarrassed to say that I probably spent over 500 on sub standard perfume grade essential oils in my first few years of aroma therapy practice due to my lack of experience and education. Had I known the truth about essential oils and how critical the seeds, soil, water, harvesting, distillation and quality controls are, I could have saved myself the hassle and costs, not to mention the embarrassment of having to throw away oils that I had spent my money on.

My nose and my mind are more educated now and of course, my loyalties are to Young Living due to the heroic efforts that they have made to keep their standards the highest in the world. I also love and align with the mission at hand:

“We honor our stewardship to champion nature’s living energy – essential oils – by fostering a community of healing and discovery while inspiring individuals to Wellness, Purpose & Abundance!”



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Breathe Easy: Lung Health with Essential Oils

MAKE YOUR OWN CHEST RUB

This is the time of year that high dollar coupons for Vicks VapoRub are in the newspaper on a weekly basis. The ingredients in Vicks are as follows: Camphor 4.8%, Eucalyptus oil 1.2%, Menthol 2.6%, Cedarleaf oil, nutmeg oil, special petrolatum, thymol and turpentine oil. A lot of people in the mothering communities feel that this is a safe product and is relatively natural. I cannot get past the presence of petroleum jelly.

Do you know what petroleum jelly is? It is a semi-solid mixture of hydrocarbons. It does not oxidize with exposure to the air, and is not readily acted on by chemical reagents. It is insoluble in water. It is soluble in chloroform, benzene, carbon disulphide and oil of turpentine. Petroleum jelly is a byproduct of oil drilling. Oil drilling, you know, the kind of oil that winds up in gasoline. Nope. I'm not going to put a cousin of gasoline on my baby's skin.

Considering how absorptive our our children's tender skin is, it's imperative that we are careful what we put on our bodies. I made my own vapor rub cream using organic coconut oil and RC or a blend of eucalyptus essential oils. Coconut oil is a solid at room temperature, so I measured out 2 Tablespoons and warmed it until it was a liquid. I added in 20 drops of eucalyptus oil and mixed well. Once the mixture returns to a solid, it smears on the skin just like any other cream.

Young Living's R.C.™ contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. R.C. is a wonderful blend to diffuse during winter.



ASTHMA

During an asthma attack, the bronchial air tubes in the lungs become swollen, narrow and clogged with thick, sticky mucus. The muscles of the air tubes will also begin to constrict or tighten leading to wheezing, shortness of breath, chest tightness and coughing. This results in very difficult or labored breathing. If an attack is severe, it can actually be life-threatening.

Many asthma attacks are triggered by an allergic reaction to pollen, skin particles, dandruff, cat and dog dander, dust mites, as well as from foods such as eggs, milk, flavorings, dyes, preservatives, and other chemicals. Asthma can also be triggered by respiratory infections, exercise, stress, psychological factors, and environmental toxins such as tobacco smoke and wood smoke.

The goal of treatment is to avoid the substances that trigger your symptoms and control airway inflammation. Then support your body so it can raise your immune system.

Recommendations

Singles Oils: Dorado azul, Eucalyptus (E. Radiata removes fluid in the lungs), Frankincense, Eucalyptus Blue, Ravintsara, Palo Santo

Blends: R.C. (with Eucalyptus Blue), Breathe Again Roll-On, Raven, Inspiration, Sacred Mountain

Supplements: Detoxzyme, ICP, JuvaPower, Multi-Greens, ImmuPro, Essentialzyme-4

Applications

Inhalation: Diffuse your choice of oils for 3-5 minutes or as often as it is comfortable. Put 2-3 drops of your chosen oil in your hands and rub them together, cup over your nose, and inhale throughout the day as needed. Put 2-3 drops of oil on a cotton ball or tissue and put it in an air vent in your house, vehicle, hotel room, etc. If diffusing at night while sleeping, set your timer for desired length for automatic shut-off. Take 1/2 cup of hot water and add 2-3 drops of R.C. or Frankincense and cover your head with a towel and inhale. It opens the passage ways very fast.

Topical: Apply single oils or blends neat or diluted, depending on the oils being used. Apply 1-2 drops mixed with Ortho Ease, Relaxation or Sensation massage oils on temples and back of neck, as desired. You may also apply 2-3 drops on the Vita Flex points of the lungs on the feet. (Apply R.C. then Marjoram on the balls of the feet and then put them in hot water to drive the oils into the lungs).

Ingestion And Oral: The amount of oil ingested varies with different oils. Whether putting the oils in a capsule or drinking them in a liquid, please refer to the instructions on the GRAS list.

Take 1-2 capsule daily of Dorado Azul, eucalyptus blue, or other oil you might like.

Put 2-3 drops of oil in a spoonful of agave, yacon, maple syrup, honey or yogurt.

Put desired amount of oil in a glass of Ningxia Red, rice milk, almond milk, goat milk, carrot juice, or water and drink it.

ALLERGIES/ASTHMA IN CHILDREN

I have several friends with children who have allergies/asthma that come and visit my farm. Normally after 15 minutes in my barn, and around my animals, they come out with swollen eyes, stuffy noses, red faces, and going to 'Mom' for Benadryl, or inhalers, or what have you.

I got rather frustrated so made a rule that if these children wanted to be in my barn, they had to use two oils before entering! First I had them put Lavender on the palm of one hand, rub their hands together, and then wipe their hands on their faces, necks, and arms, and anything not covered. I had them do the same with Peppermint, but only had them inhale this from cupped hands over their noses, but not wiping it on themselves.

Now these kids can spend hours in the barn with no ill effects - no runny noses, no swollen eyes, etc. I was amazed and delighted because now they can spend time with the animals which they love! - Nancy Sanderson

Recommended Reading:

ABC of Asthma, Allergies and Lupus by F. Batmanghelidj, M.D.

Testimonials: Chronic Obstructive Pulmonary Disease (COPD) and Essential Oils

◆ **My** husband put this protocol together initially for cardio protocol. After following it for about 90 days, his doctor said he no longer has COPD! What a nice side effect.

Early last spring he created an essential oil protocol for lowering cholesterol. He used the following twice daily: 4 drops Clove, 4 drops Lemongrass and 6 drops Mister blended in a capsule, along with 1 capsule of Omega Blue and 1 oz. Ningxia Red.

He noticed that he was getting very winded walking uphill or up stairs. He researched oils that are good for the cardiovascular system, and added them to the cholesterol protocol above for about 60 days.

In one capsule he put 5 drops Basil, 5 drops Cypress, and 4 drops of Helichrysum. In a second capsule, he put 5 drops Christmas Spirit, 5 drops Aroma Life, and 5 drops Lavender. He took these two capsules, the cholesterol protocol capsules, and the NingXia Red juice every morning. At night he did the same except substituted 5 drops of Goldenrod for Helichrysum.

About 45 days into this new regimen, he really began to notice improvement with his breathing and also had much more stamina when doing physical labor. 60 days into this protocol, we ran out of Basil, Christmas Spirit and Aroma Life. We substituted Marjoram for Basil, Grapefruit for Christmas Spirit, and Frankincense for Aroma Life. We added Basil, Christmas Spirit and Aroma Life on our next order and he went back to taking them.

My husband feels much better now than he has for the past 10 to 15 years. He has dropped back to one dose a day, either in the morning or the evening, alternating every other day between Helichrysum and Goldenrod. At 61 he feels better than he did at 51 and the doctor said, "You don't have COPD!" I wish there was a simpler answer but as far as we can tell, eliminating COPD was a "side effect" of improving his cardiovascular system! Vera

◆ **I** was diagnosed with COPD 4 years ago and was surprised because I do not smoke or drink. I took the traditional medical route of medications and steroids, which did nothing to improve my situation based on pulmonary testing. My lowest point was 65% lung capacity and a base oxygen rate of 92% during my pregnancy with my healthy 16 month old son.

I changed my diet drastically, cutting out 90% of all wheat and dairy products. I stopped ingesting white sugar and started drinking water instead of Dr. Pepper. I restricted my intake of red meat and increased my intake of vegetables and whole foods, based on the book ***Eat Right for Your Blood Type***.

I took supplements to support my immune and respiratory system, primarily a multi-vitamin, probiotic, extra Vitamin E and minerals. Then I rediscovered aromatherapy! I purchased a slew of oils and supplements and began to cleanse my liver. After nearly a year of changing my diet and adding oils, my pulmonology test results were 74% lung capacity and 96% blood oxygen.

One important thing Gary Young recommended for lung problems is to do a rectal implant. I found relief from my symptoms within seconds! I purchased Fleet enema which I emptied and filled with V-6 and several oils. I did the rectal implant prior to going to sleep at night and did this for several months. It was probably the most important thing I did for my COPD symptoms.

Now I carry Frankincense with me everywhere. I put Frankincense on my chest before going to bed at night and inhale it deeply. I apply it whenever I start to cough or feel tightness in my chest. Before my Frankincense days began, I was taking a nebulizer with toxic medication 2 - 3 times a day and was dependent on it all day.

I used Frankincense religiously for four months. My next pulmonology test showed I had 102% large airway lung capacity and 99% blood oxygen. I have not used my

nebulizer in over a month. I use lots of other oils in the course of a day, but Frankincense is my most prized oil and the one I always have with me. I had 90% scarring in one lung from several bouts with pneumonia and the doctors were amazed that my lung has regenerated itself so that most of the scar tissue is gone. They asked what I had been doing, and I told them I changed my diet, used Frankincense and weaned myself from my medications. The looks on their faces were priceless - I went from a beloved patient to "one of those alternative health weirdoes" in about three seconds!

I hope this miracle story inspires someone you love. I truly believe my recovery is miraculous and I am so thankful for Gary Young and his dedication to the health and well being of others! Please share Young Living with others - you never know who might need a miracle! -April

COPD (chronic obstructive pulmonary disease) is a term used to describe a disease that interferes with normal breathing and gets worse slowly over time. COPD includes chronic bronchitis and emphysema. Often, people have both. With chronic bronchitis, your airways become swollen and tight, making it hard for air to move in or out of your lungs. More mucus may form in your airways, making it even more difficult to breathe. You may notice yourself clearing your throat repeatedly, or you may feel like you have a respiratory infection, except the symptoms do not go away.

Young Living Products for COPD

◆ Di-Gize, Raven, Thieves, RC - and at night Trauma Life - in a capsule!

◆ Thieves and Di-Gize topically.

◆ Diffuse RC and Raven. Rub on lung points on feet, on hands and on ears (auricular points).

◆ A drop of Clove in the mouth a few times a day

◆ Quit smoking...Put on Valor followed by Harmony to reduce smoking desires.

Young Living Denver Event

1/21/12

Featuring Gary Young

Written by Distributors from
Young Living Of The Summit
Breckenridge, Colorado

"Gary Young's passion for using nature's bounty for health and well being is infectious. His desire to create the world's purest oils is apparent in Gary's hands-on approach to distillation. The joy he exudes in describing the Idaho Balsam Fir harvest makes one want to see it in person. And you can! With the help of volunteer distributors he continues to keep the process pure and is dedicated to sharing his passion with others. He is clearly knowledgeable in the field as well as in the laboratory. Why reinvent the wheel when you can learn so much from Gary!"

- Annette Laverty

"It was a pleasure to be able to go see Gary Young speak in person in Denver. I greatly appreciated that it was a free event, as I have not been able to attend the conferences. After this event, I am more likely to sign up for a conference or future trainings or talks. I appreciated getting to know the brilliant mind and sincere spirit behind Young Living Oils. Gary is a very down to earth, hands-on person who is dedicated to his holy path of creating the purest of healing oils from natural plants. I liked his dedication to be on the cutting edge of discovery and research about new plants and oils. It is amazing how many oils he is producing and making incredible blends. He also makes a strong

effort to educate all people about the benefits of the oils, so that we can expand out knowledge of their uses. I also appreciated his ethics in sharing this knowledge with the world and the depth of the research that goes into every aspect from seed to bottle. I was fascinated with every aspect of his talk, from his history and dedication in starting this business, to seeing the production of the trees in Idaho and the details of the distillery machines that extract the oils. I would have loved to hear more about the careful and extensive research that goes into determining how to get the various chemical constituents in the distilling process for the most therapeutic effect. It inspired me to study that in more detail. I appreciated the research and information he presented behind creating the new weight loss program, given the obesity problem in this country. I enjoyed getting to sample the new oil product during the talk. The enthusiasm and genuine kindness of the "YL family" felt wonderful and sincere. I share his commitment to finding and using natural products for therapeutic healing and cleansing and helping to empower people to improve their health. I appreciate his commitment to providing alternatives to the pharmaceutical approach to medical issues. Most of all, I enjoyed getting to know the authentic man and family behind the wonderful YL oils, which added to my commitment to support these natural products for health. It inspired me to study and learn more about each oil and how I can assist others on a natural path to health and healing.

I hope I can attend future events to deepen my knowledge and grow my business with Young Living."

- Kathy Lorch

"The talk in Denver struck me as a very personal one presented by Gary Young. It connected to me through his own personal stories of his struggles and vision for his path concerning these amazing oils. He mentioned his own depression and weight gain during his logging accident; recently he had serious back problems in which cartilage has been regenerated with frankincense oil. This has other doctors very interested. The video on the Balsam Fir harvest showed how much hard work, plant material, dedication, technology, education and love goes into these oils. Gary showed students / distributors how important all the steps are in the distillation process. If someone doesn't do it correctly then product is lost, but more importantly it is about his teaching students until this important knowledge is fully absorbed. Gary knows first hand through his own trial and errors of distillation, farming and life, that only truth prevails."

- Tamara Goodenbour

"I am impressed with Gary Young because among all the other things he can do, he is a semi truck driving scientist."

- Steve Gauss

"I am inspired by Gary Young to continue on the path to improve myself. I think it is unique and wonderful that the distributors in Young Living can go to the farms at harvest time and have a hands-on experience. I want to go!"

- Alison Gold-Gauss

Nanotechnology

Beware personal care products that tout use of nanoparticles, nanomaterials or nanotechnology. This emerging technology is almost entirely untested for its health effects, and no requirements exist for either testing or labeling these products to make sure consumers are both safe and informed. That means that you might be getting a dose of nano without knowing it.

Nanotechnology involves the manipulation of materials and the creation of structures and systems that exist at the scale of atoms and molecules. This is seriously tiny stuff: a human hair is about 80,000 nanometers in diameter.

Because of their size, the properties of nanoscale materials (measuring <100 nm) differ significantly from larger scales of the same materials, introducing new and potentially heightened risks of toxicity that remain poorly understood. For example, nano-sized titanium dioxide, often used in sunscreens, may have completely different UV-blocking properties and health effects than conventional titanium dioxide particles (also used in sunscreens).

Research by Campaign for Safe Cosmetics founding partner Friends of the Earth suggests that nanoparticles have entered just about every personal care product on the market, including deodorant, soap, toothpaste, shampoo, hair conditioner, sunscreen, anti-wrinkle cream, moisturizer, foundation, face powder, lipstick, blush, eye shadow, nail polish, perfume and after-shave lotion.

Preliminary scientific research has shown that many types of nanoparticles can be toxic to human tissue and cell cultures, resulting in increased oxidative stress, inflammatory cyto-

kine production, DNA mutation and even cell death. They can penetrate cell walls, including organ tissues, and are known to be highly reactive.

One emerging finding is particularly ominous: researchers using animal models have found that, when inhaled, carbon nanotubes may cause the same type of cancer linked to asbestos: mesothelioma. That's cause for grave concern among workers who manufacture products containing carbon nanotubes, and cause for unknown concern for consumers and the environment.

Status Update

No government in the world regulates nanoparticles, but the European Union has at least begun to take action to better understand the risks posed by nanomaterials in cosmetics and personal care products: The EU's Scientific Committee on Consumer Products advised in March 2008 that a review of the safety of nanotechnology is necessary, and current approaches to assess the potential risks of nanomaterials in cosmetics, including sunscreens, are inadequate.

What You Can Do

Avoid personal care products that advertise use of nanotechnology or nano ingredients. Because no labeling laws exist for nanotechnology in any type of consumer product anywhere in the world, nanotech may be difficult to avoid completely. One thing you can do: contact the customer service department of cosmetics companies whose products you use, and ask if they use nanotech. If so, let them know that you won't be buying their products until they remove the nanoparticles.

<http://safecosmetics.org/article.php?id=307>

Alzheimer's Disease

Over 4 million Americans suffer from Alzheimer's. Alzheimer's was found to nearly double in subjects with high levels of homocysteine in the Framingham Study. Aluminum continues to be linked to Alzheimer's yet older Americans are urged to get yearly flu shots, which contains aluminum as an adjuvant. Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Pepper, grapefruit and fennel oils have been found to stimulate brain activity. Peppermint oil has been helpful in protecting against stresses and toxins in brain cells. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's disease accounts for 50% to 80% of dementia cases. Dr. Richard Restick, a leading neurologist in Washington, D.C., stated that maintaining normal synaptic firing would forestall many types of neurological deterioration in the body.

Essential oils high in sesquiterpenes, such as Vetiver, Cedarwood, Patchouli, German Chamomile, Myrrh, Melissa, and Sandalwood, are known to cross the blood brain barrier.

SINGLE OILS

Sandalwood, Cedarwood, Myrrh, Ginger, Nutmeg, German Chamomile, Spike-nard, Eucalyptus (*E. globulis*), Frankincense, Patchouli, Nutmeg and Helichrysum support neurotransmitter activity.

BLENDS

Valor, Clarity, Brain Power, Three Wisemen, Common Sense, RutaVala, Harmony

DIETARY SUPPLEMENTS

MutliGreen, Power Meal, Sulfurzyme, Essentialzyme, Mineral Essence, Master His or Hers, Super C, Super C Chewable, Omega Blue Softgels, Ningxia Red

TOPICAL

NEAT, as needed, apply 1-2 drops directly onto the brain reflex centers - forehead, temples, and mastoids behind the ears. Apply with mild direct pressure to the brain stem area and down the spine.

VITA FLEX, apply 1-2 drops to the brain points on feet 1-2 times daily.

RAINDROP Technique once every two weeks. Apply 3-6 drops essential oils to a natural bristle brush. Rub and brush along the brain stem and spine.

Young Living Policies & Procedures Clarification

from the Young Living Office

Last year Young Living announced several modifications to the compensation plan and policies and procedures that were to be implemented on January 1, 2012. Since then, our distributors have provided a great deal of valuable feedback regarding these updates.

We want you to know that we have heard you, and we appreciate the time that you have taken to communicate your opinions to us. It is important that we continue to cultivate relationships of trust and openness for the best interest of all concerned.

Gary and Mary and the Executive Team have been analyzing and discussing the compensation plan and feel that more time is needed to determine how these changes would affect the different markets worldwide. For this reason, the proposed changes that have not yet been implemented are currently on hold until we are satisfied with the direction that we feel is best for all Young Living markets and distributors. Nevertheless, current policies and procedures will still be enforced.

Accordingly, we may make improvements and modifications to the compensation plan and policies and procedures in the future to ensure they are mutually beneficial. Rest assured that any future updates will be communicated to you well in advance before their implementation. Stay tuned for more information!

DETAILS

Essential Rewards Program

◆ As of August 1, 2011, there is no longer a limit on how many Essential Rewards points can be earned in a month.

◆ Distributors may redeem a maximum of 350 Essential Rewards points per month.

◆ Starting January 1, 2012, Essential Rewards points will expire on a rolling 12-month basis. Any existing points as of January 1, 2012, will not expire until December 31, 2012, allowing distributors more time to redeem the points they have accrued. To redeem points, distributors must have a fully processed Essential Rewards order within the current month.

CLARIFICATION

◆ This program consists of distributors with Essential Rewards orders of 50 PV or greater.

◆ Rewards points are awarded based on the number of consecutive months a distributor places an Essential Rewards order (as it is currently).

◆ For months 1–6 of consecutive orders, distributors earn 10 percent of the order's PV.

◆ For months 7–12 of consecutive orders, distributors earn 15 percent of the order's PV.

◆ For 13 months and longer of consecutive orders, distributors earn 20 percent of the order's PV.

◆ If you wish to see the entire CLARIFICATION NOTICE, go to this pdf file: https://www.youngliving.org/US/pdfs/policies_procedures_clarifications.pdf

Gary's Pain Formula

20 drops Valerian

20 drops Vetiver

10 drops Helichrysum or Elemi or Palo Santo

5 drops Clove

5 drops Peppermint

10 drops Idaho Balsam Fir

Put this in capsules and take two full capsules a day or as needed.

Essential Oils for Shingles

10 drops Melissa

5 drops Spikenard

Take one drop of mixture at a time by mouth every minute until the pain subsides. Then start taking one drop every 15 minutes and then 1 drop an hour. I have made 4 mixtures so far and the pain is getting less and less each day. I had pain all over my body since I had shingles on my face, eyes, ears, arms and legs. Amazing things happened with Melissa and Spikenard!

Also, I feed my nerves Calcium, Magnesium, Super B, Essential Fatty Acids like Omega Blue, Olive Oil and Evening Primrose. The shaking nerves, the tension, and the sharp knife like pains are decreasing.

Shingles are caused by low adrenal and low immune system allowing the chicken pox virus to activate during elevated stress, so be sure to support those systems with Ningxia Red, Inner Defense and Immupower.

Young Living Essential Numbers

Live Order Entry Operators

1-800-371-2928 Mon-Fri 7am - 7 pm MST

Distributor Network Services

1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators

Mon- Fri 8am - 11pm

Saturday 10am to 5pm, MST

Sunday 3pm to 11pm, MST

YL Wisdom

www.ylwisdom.com

1-800-336-6308

www.youngliving.us

www.medicinewheelconsultants.com

RESEARCH

Boswellia sacra essential oil induces tumor cell-specific apoptosis and suppresses tumor aggressiveness in cultured human breast cancer cells.

Authors: Suhail MM, Wu W, Cao A, Mondalek FG, Fung KM, Shih PT, Fang YT, Woolley C, Young G, Lin HK.

BACKGROUND

Gum resins obtained from trees of the Burseraceae family (*Boswellia* sp.) are important ingredients in incense and perfumes. Extracts prepared from *Boswellia* sp. gum resins have been shown to possess anti-inflammatory and anti-neoplastic effects. Essential oil prepared by distillation of the gum resin traditionally used for aromatic therapy has also been shown to have tumor cell-specific anti-proliferative and pro-apoptotic activities. The objective of this study was to optimize conditions for preparing *Boswellia sacra* essential oil with the highest biological activity in inducing tumor cell-specific cytotoxicity and suppressing aggressive tumor phenotypes in human breast cancer cells.

METHODS

Boswellia sacra essential oil was prepared from Omani Hougari grade resins through hydrodistillation at 78 or 100 oC for 12 hours. Chemical compositions were identified by gas chromatography-mass spectrometry; and total boswellic acids contents were quantified by high-performance liquid chromatography. *Boswellia sacra* essential oil-mediated cell viability and death were studied in established human breast cancer cell lines (T47D, MCF7, MDA-MB-231) and an immortalized normal human breast cell line (MCF10-2A). Apoptosis was assayed by genomic DNA fragmentation. Anti-invasive and anti-multicellular tumor properties were evaluated by cellular

network and spheroid formation models, respectively. Western blot analysis was performed to study *Boswellia sacra* essential oil-regulated proteins involved in apoptosis, signaling pathways, and cell cycle regulation.

RESULTS

More abundant high molecular weight compounds, including boswellic acids, were present in *Boswellia sacra* essential oil prepared at 100 oC hydrodistillation. All three human breast cancer cell lines were sensitive to essential oil treatment with reduced cell viability and elevated cell death, whereas the immortalized normal human breast cell line was more resistant to essential oil treatment. *Boswellia sacra* essential oil hydrodistilled at 100 oC was more potent than the essential oil prepared at 78 oC in inducing cancer cell death, preventing the cellular network formation on Matrigel (MDA-MB-231 cells), causing the breakdown of multicellular tumor spheroids (T47D cells), and regulating molecules involved in apoptosis, signal transduction, and cell cycle progression.

CONCLUSIONS

Similar to our previous observations in human bladder cancer cells, *Boswellia sacra* essential oil induces breast cancer cell-specific cytotoxicity. Suppression of cellular network formation and disruption of spheroid development of breast cancer cells by *Boswellia sacra* essential oil suggest that the essential oil may be effective for treating advanced breast cancer. Consistently, the essential oil represses signaling pathways and cell cycle regulators that have been proposed as therapeutic targets for breast cancer. Future pre-clinical and clinical studies are urgently needed to evaluate the safety and efficacy of *Boswellia sacra* essential oil as a therapeutic agent for treating breast cancer. PMID: 22171782

Aromatherapy in action - Peppermint improves memory and concentration.

(NaturalNews) Peppermint isn't just for toothpaste and candy canes: research shows the aroma of peppermint is a natural remedy for boosting memory, focus and concentration. Whether in the form of essential oil, fresh mint leaves, or brewed tea, the refreshing scent of peppermint may be just what you need to perk up your mind.

One 2006 study in the United Kingdom measured the effect of peppermint aroma on cognitive performance. Researchers compared peppermint aroma in one group to ylang-ylang aroma in another, while a third control group received no exposure to aroma. Peppermint was shown to increase alertness and memory, while ylang-ylang appeared to impair both.

Another study published in the International Journal of Neuroscience again showed the aroma of peppermint led to improved memory and alertness. And one more study in Cincinnati, Ohio exposed a group of students to the aroma of peppermint oil before a test. Those who smelled the peppermint oil showed an improved accuracy of 28 percent compared to students who did not.

How to Boost Your Mental Function With Peppermint

Peppermint offers an inexpensive and enjoyable way to improve your memory and focus. There are several ways you can use peppermint to enhance brain function.

1. Make a peppermint mist by combining a few drops of peppermint essential oil with one cup of water in a spray mister. Spray a light mist whenever needed. Or add a few drops of peppermint oil in a handkerchief and take the refreshing scent of peppermint with you wherever you go.
2. Fresh mint gives off a strong and pleasant aroma. Grow mint indoors and keep the plant by a desk or anywhere concentration is needed. You can also dry fresh mint leaves and use them for tea or cooking.
3. Make yourself a hot cup of peppermint tea. Not only does this tea smell delightful, but it's also used to improve digestion, ease nausea, relieve stress and more. Peppermint tea in the morning or afternoon is a great way to beat an energy slump!

“The major disease conditions that humans have to cope with are produced primarily by prolonged water shortages in the body. This information has been available to scientists for some time. When this information and the changes it can bring about become common knowledge, the presently recognized major disease problems of mankind, including asthma, allergies and lupus will disappear. Our approach to medicine will become physiological and nature-based, instead of its present pharmacological and toxic-to-the-body ways of dealing with health issues. It will become gentle instead of invasive. The vast financial resources of the older more vulnerable members of society will be freed from fear-driven insurance policies and health expenditures. These people will be able to spend their hard earned money on more useful and rewarding purposes. Younger people will remain healthy and more productive during a longer life. In short, the life of the individual will become more pleasant and less threatened.



By correcting the explained medical misconceptions on water and salt that have existed up to now, leaps of progress in the science of medicine and a more accurate knowledge of the human body will be its natural rewards.

The public and professionals need to join efforts to make this now-possible change a welcome reality. You cannot sit back and think that someone else will do it. When people's pain and suffering could be so easily removed, indifference to this information is the essence of inhumanity.

Now that our errors of understanding the human body have been exposed, let us walk in humility with our Creator and rise to the high moral ground of becoming the loving and compassionate beings we were meant to be.”

Excerpt from the book, *ABC of Asthma, Allergies and Lupus* by F. Batmanghelidj, M.D.

Dr. Batmanghelidj is also the author of *Your Body's Many Cries For Water*.

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