Frankincense and Boswellia

The boswellia tree creates a precious resin long used in perfumes and natural medicines. Oil produced from this resin is called frankincense oil. Extracts of the resin, called “boswellia,” are also becoming well-accepted for their powerful health benefits. However, there are a few different subtypes of the boswellia tree, each producing resins with slightly different medicinal components. Boswellia serrata and Boswellia carteri are the sources for the oil and extract I’ll be discussing. Combined, these natural medicines can provide superior benefits in fighting back against cancer.

As it turns out, frankincense oil shows a variety of ways to interfere with tumors. One laboratory study, comparing it to sandalwood oil, found that frankincense oil works along an oxidative pathway to inhibit tumor growth in bladder cancer cells (and only affected the cancer, without damaging normal, healthy cells). This seems counterintuitive, because we tend to think that all oxidative stress is always bad, all the time. But that's not entirely true—at least where cancer cells are concerned. A tumor cell wants to protect itself against oxidative stress.

Frankincense Oil

Boswellia carteri, (which I’ll refer to as “frankincense” from now on) is the subject of intensive study for tumor prevention. Interestingly, while frankincense is typically considered a Middle Eastern herb (and is often associated as one of the gifts from the Magi to the infant Christ child), it probably originated in East Africa and was also known—through trade—in traditional Chinese and Korean medicine. In fact, both countries continue to explore the uses of frankincense today, along with many other nations that are examining the ways frankincense oil works to stop cancer growth.

When cancer develops, it can seem unstoppable. While it is true that many factors can create the conditions for tumors, we can intervene. Nature has presented us with a valuable gift to keep our cells healthy and to stop the progression of cancer: frankincense oil from the boswellia tree. How frankincense oil is different from boswellia extract and how they both work to protect you from cancer is the topic of this Terry Talks Nutrition®.

Frankincense and Boswellia = A Cancer Free Zone

Both of these powerful botanicals stop cancer in many ways: They prevent oxidative stress from damaging cells, stop the inflammation that causes poor DNA replication, and directly inhibit tumor formation by specifically eliminating cancer cells.

**Terry Talks Nutrition**

**Terry’s Bottom Line**

The fear of cancer is very real for many people. Maybe that’s the case for you. Perhaps your family history, past work or home environments, or even past lifestyle habits make you worried about what the future holds and what you can do for active prevention. Or maybe you have already dealt with this challenging disease and are in search of interventions to better assure long term health.

Fortunately, the ancient herb Frankincense oil from the boswellia tree can stop inflammatory cellular damage, inhibit the destructive effects of oxidation, and can stop cancer and tumor growth.

- Stop DNA-damaging inflammation and oxidation
- Protect cells throughout the body
- Stop cancer formation and tumor growth
- Neutralize cancer-causing compounds

**HERE IS THE FORMULA I SUGGEST:**

To stop inflammatory cellular damage, inhibit the destructive effects of oxidation, and stop cancer and tumor growth, I recommend taking a combination of Boswellia (Boswellia serrata) Gum Resin Extract and Frankincense (Boswellia carteri) CO₂ Resin Oil Extract 1-2 times daily.

More…
stress like any other healthy cell. Frankincense oil interferes with the ability of tumor cells to effectively protect themselves against oxidative stress and cell death.

Other work shows that frankincense oil can stop the progression of breast cancer cells. In this case, the actions seem to be slightly different. Frankincense oil suppresses the formation of the network of breast cancer cells to the point where the researchers consider that the oil “may be effective for advanced breast cancer.” Here, as in the case of the bladder cancer research, the frankincense oil only affected the cancerous cells and did no harm to healthy cell structures.

Similar results have been seen for pancreatic cancer cell studies as well. I think this research is exciting because it shows consistency in the actions of frankincense oil—it harms only cancer cells while leaving normal cells untouched.

Aside from fighting cancer, compounds from frankincense oil have been researched for liver and brain cell protection, and anti-inflammatory abilities as a potential treatment for ulcerative colitis.

**Boswellia Extract**

An extract from *Boswellia serrata* (which I’ll simply refer to as “boswellia” from now on) is one of few, and certainly one of the most effective, inhibitors of 5-LOX inflammation. 5-LOX (5-lipoxygenase) enzyme activity leads to tumor formation and inflammatory digestive, respiratory, and cardiovascular conditions.

One of the primary beneficial anti-inflammatory compounds in boswellia is AKBA (acetyl-11-keto-B-boswellic acid), which is why it is so often the focus of research and why I believe an extract standardized for AKBA content is essential. Beware though, as some extracts have artificially increased or “spiked” levels of the compound. I don’t think that’s a complete enough approach—there are other compounds in the plant that are beneficial, too.

A balanced approach is best. I recommend looking for a boswellia extract that is standardized so that you’re getting at least 10 percent AKBA and virtually no beta-boswellic acids. This way, you get the best of both worlds—a true, complete boswellia with all of the good components you need with none of the disadvantageous amounts of beta-boswellic acid.

**A Gift for Amazing Health**

Frankincense oil has a long history, being cherished through the millennia for its healing power. I believe that frankincense oil, combined with boswellia extract, can help you strengthen your cells and stop the processes that can lead to tumor growth as well. Trust these wonderful

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The causes of cancer are varied, and can be genetically influenced. However, while there are many external reasons why tumor formation begins, they have one central result: free radicals that cause cell-damaging inflammation and oxidation and tip the balance toward cancer.