

**Featured Topic:  
Boswellia & Frankincense Oil  
(4 slides)**

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# Ancient Tree, Modern Medicine

- Boswellia is a tree that is native to India, Northern Africa, and the Arabian Peninsula with over 20 distinct species
- Its medicine is a resin derived from scraping the tree bark
  - Made into essential oil (better known as Frankincense oil) or an extract (Boswellia)
- Boswellia and frankincense oil are some of the world's oldest medicines
- Used medicinally for thousands of years to treat:
  - arthritis, diarrhea, ringworm, boils, fevers, skin and blood diseases, cardiovascular diseases, mouth sores, sore throat, bronchitis, asthma, cough, vaginal discharges, hair loss, jaundice, hemorrhoids, and stimulation of the liver



## How it works: 5-LOX inhibition

- Boswellia inhibits the activity of the 5-LOX enzyme
- 5-LOX triggers inflammation associated with
  - Asthma, allergy, COPD and other respiratory diseases
  - IBS, IBD, colitis, Crohn's disease and other intestinal diseases
  - CANCER
- 5-LOX activity stimulates cancer cell growth – blocking 5-LOX restores the body's own ability to kill off cancer cells

# Boswellia and Cancer Research

- **Pancreatic cancer** (animal model): animals receiving frankincense oil had a **65% decrease in the size of tumors** versus control animals
- Bladder cancer (cell study): 24 hours of exposure to frankincense oil resulted in **100% cancer cell death** while normal bladder cells were unchanged and unharmed
- **AKBA** – the most active compound in boswellia – **completely stopped colon cancer** cell migration and invasion
- The combination of AKBA and curcumin led to an **80% reduction in colon cancer tumor size**

# What to know about boswellia and frankincense oil

- Look for boswellia extract from *Boswellia serrata*
  - labeled to contain less than 5% beta boswellic acids and at least 10% AKBA – the most powerful compound in boswellia
- Look for Frankincense oil from *Boswellia sacra*
- Dosage: 300 - 600 mg of boswellia and frankincense oil daily
- Boswellia has no known adverse effects

# **Propolis is as Effective as Steroids for Oral Ulcers**

**(3 slides)**

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# Propolis for mouth ulcers

- 27 people with ulcers in their mouths associated with an inflammatory autoimmune condition [oral lichen planus] were treated with either a conventional topical steroid cream or a topical propolis cream for 2 weeks
- Results:
  - Both groups reported a complete reduction in pain
  - All patients in the steroid group, and 11 of 12 patients in the propolis group, had complete healing of their ulcers
- Conclusion: propolis was as effective at healing the ulcers as steroid cream, without the concerns regarding adverse effects
  - Steroid cream use can cause oral yeast infections, hypersensitivity, delayed wound healing, and breakdown of tissue in the mouth

# More Uses for Propolis

- Cancer
- General immune tonic
- Cold and flu treatment (viral infections)
- Shingles
- Candida and other fungal infections
- Cold sores, Canker sores, fever blisters
- Other bacterial infections
- Gastrointestinal problems (peptic ulcer)
- **Equal to or better results than prescription drugs**



# Picking Your Propolis

- Clinical studies were on a purified propolis – removing wax, resin and impurities yields a more powerful concentrated extract
- Use topically for cold sores/fever blisters
- Orally, 100 – 200 mg daily for
  - General immune support
  - Cold and flu
  - Yeast
  - GI Problems (peptic ulcer)
  - Any bacterial, viral, or fungal infection

# **Stress Shrinks Your Brain (2 studies)**

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# Chronic stress is bad for the brain

- Researchers tested the thinking skills of about 2,000 people with no signs of dementia; they also did MRI scans of their brains
- Eight years later, when the participants were about 48 years old, they retested them and rescanned their brains, as well as measuring their cortisol levels
- Results: the people with the highest cortisol levels showed memory loss and brain shrinkage
  - The worst results on tests of memory and thinking
  - Smaller brain volumes, especially in women
- Previous studies have also linked cortisol and dementia risk, but in older adults. This is the first study to show brain changes associated with cortisol levels in relatively young people

# Control cortisol with Adaptogens

- Both **ashwagandha** and **rhodiola** help the body resist the negative effects of stress (including adverse effects on cortisol levels)
- Ashwagandha shown to reduce cortisol levels (the stress hormone) by almost 30% in a clinical study
- Rhodiola shown to increase energy, reduce mental fatigue, and improve fitness
- Take 500 mg of a combination of rhodiola and ashwagandha up to three times daily

# **Eat Organic and Reduce Cancer Risk**

## **(2 slides)**

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# Organic foods protect against cancer

- Researchers in France followed 70,000 people for 4.5 years, and grouped them according to how often they ate organic foods
- Results: those who ate the most organic foods were 25% less likely overall to develop cancer
  - 73% less likely to develop non-Hodgkin lymphoma
  - Women in the study were 21% less likely to develop post-menopausal breast cancer
- Researchers note the pesticide residue could explain why the people who ate the most organic food had the least cancer – they also had the lowest pesticide exposure
- 9 out of 10 Americans have detectable levels of pesticide in their blood or urine

# #1 Cleanest Produce

- The environment working group rates **AVOCADO** as the #1 cleanest produce
  - Fewer than 1% of the avocados they tested were positive for pesticide residue
- The remaining foods on their “Clean 15” list are
  - Sweet corn
  - Pineapple
  - Cabbage
  - Onion
  - Frozen sweet peas
  - Papaya
  - Asparagus
  - Mango
  - Eggplant
  - Honeydew melon
  - Kiwi
  - Cantaloupe
  - Cauliflower
  - Broccoli

## Top 5 Dirtiest:

Strawberry

Spinach

Nectarine

Apple

Grapes