

Essential Oils - Breast

The following is an excerpt from Essential Oils Desk Reference Third Edition Compiled by Essential Science Publishing. (pages 303-306)

Oils Specific for Breasts

Studies at the Young Life Research Institute of Natural Medicine show that Ledum, Idaho balsam fir, Tsuga, Lavender, Clove and Frankincense may be effective in treating breast cancer.

For improved breast health & cancer preventative, dilute up to 20 drops of either orange, sandalwood, myrtle or tsuga in 1 tablespoon of olive oil, put in 00-size capsule and take daily as a dietary supplement.

Single Oils: Sandalwood, Frankincense, Ledum, Myrtle, Clove, Lemon, Orange, Tangerine, Tsuga.

Young Living Oil Blends:

Brain Power: Promotes deep concentration and channels physical energy into mental energy. Increases mental potential and clarity, and long-term use may retard the aging process. Many of the oils in this blend are high in sesquiterpene compounds that increase activity in the pineal, pituitary and hypothalamus glands and thereby increase output of growth hormone and melatonin. The oils also help dissolve petrochemicals that plug the receptor sites, clearing the brain fog that people experience due to exposure to synthetic petrochemicals in food, skin and hair care products and air. Contains – Sandalwood; Melissa; Cedarwood; Blue Cypress; Lavender; Helechrysum.

Present Time: An empowering fragrance that creates a feeling of being in the moment. Disease develops when we live in the past and with regret. Being in present time is key to progressing and moving forward. Contains – Neroli; Ylang Ylang; Spruce in Almond oil.

Application: Dilute 50-50, apply 4-10 drops on location daily.

Specific breast regime:

- A. Massage 1-3 drops frankincense on breast Vita Flex point on feet, which is on top of the foot at the base of the three middle toes. Continue massaging the Vita Flex areas after applying the oil (*Contact an Aromatherapist for specifics on the Vita Flex technique.*)
- B. Layer on location 15 drops frankincense, 10 drops lavender and 3 drops clove. Apply oils and massage daily for 4 days, then rest for 4 days. Repeat as necessary.
- C. Put 6 drops of frankincense and 4 drops ledum in a 00-size capsule, fill remainder with olive oil. Take 1-3 capsule daily.
- D. Diffuse frankincense and Brain Power for 15 minutes 2-5 times daily.

Other:

1. Keep lymphatics open with deep breathing exercise and aerobics.
2. Have a body massage once per month to work the lymph nodes in the abdomen and the thoracic region
3. Discontinue use of antiperspirants.

NOTE: No cancer treatment should be undertaken without consulting a licensed medical practitioner. The essential oil applications listed here can be used to complement the effectiveness of conventional cancer therapies. These essential oil applications should continue until the cancer is in remission.

Groundbreaking research slated to be published in 2004 at Brigham Young University for the first time identified essential oils which effectively kill cancer cells while being non-toxic to normal cells (non neoplastic cells). Some of the most effective oils studied included sandalwood essential oil which inhibited growth by up to 90% of several different types of cancer cells (cervical, breast, skin and prostate) while having little or no harmful effect on normal cells. Sandalwood showed excellent action even at very small concentrations (100 ppm). Tsuga, thyme, grapefruit, and thyme linalool also showed low normal cell toxicity and strong anticancer action.

Oils rich in limonene, such as lemon, orange, tangerine, and Idaho balsam fir have been shown in clinical studies to have potent anticarcinogenic effects. According to a study at the University of Indiana, "monoterpenes would appear to act through multiple mechanisms in the chemoprevention and chemotherapy of cancer." Studies using 1-15 grams a day of limonene in very advanced cancer patients resulted in almost 20% of the patients going into remission.

To enhance the action of essential oils, strong cleansing and nutritional building programs are required. (*We encourage you to work with your health care provider for the best program for your individual needs.*)

All cancers are best treated in the early stages by alternating and varying the essential oils used each week, so the cancer cells do not build up a resistance to the treatment. The following are regarded generally as anti-cancerous oils:

Single Oils: Helichrysum, Lemon, Orange, Tangerine, Ledum, Sandalwood, Lavender, Clove, Thyme, Idaho balsam fir, Tsuga, Frankincense, Myrtle and Myrrh.

Young Living Oil Blends:

ImmuPower - Strengthens immunity and DNA repair in the cells. Antiseptic and anti-infectious. Contains - Cistus; Frankincense; Oregano; Idaho Tansy; Cumin; Clove; Hyssop; Ravensara & Mountain Savory
Longevity. - Contains the highest antioxidant and DNA-protecting essential oils. Contains - Clove, Thyme CT Thymol; Orange & Frankincense.

Another simple anti-cancer recipe:

- 12 drops Frankincense
- 5 drops Lavender
- 6 drops Helichrysum

Applications: Topically – directly to the skin or dilute 50-50, 1-3 drops applied directly on skin cancers or cancerous nodes, 2-5 time daily.

For assistance in ordering Essential Oils – phone [1.866.522.3484](tel:1.866.522.3484) or visit www.ati.younglivingworld.com



For more information on using essential oils, contact a certified Aromatherapist in your area. Only use the purist quality oils available - Therapeutic-Grade Essential Oils as inferior quality or adulterated oils most likely will not produce therapeutic results and could possibly be toxic. The Association French Normalization Organization Regulation (AFNOR) and International Standards Organization (ISO) set the standards and guidelines that help buyers differentiate between a therapeutic-grade essential oil and a lower grade oil with a similar chemical makeup and fragrance. All Young Living Essential Oils are based on oils that have been graded according to AFNOR standards.