

ANTECEDENTS

Also known as Boswellia sacra and Boswellia carteri

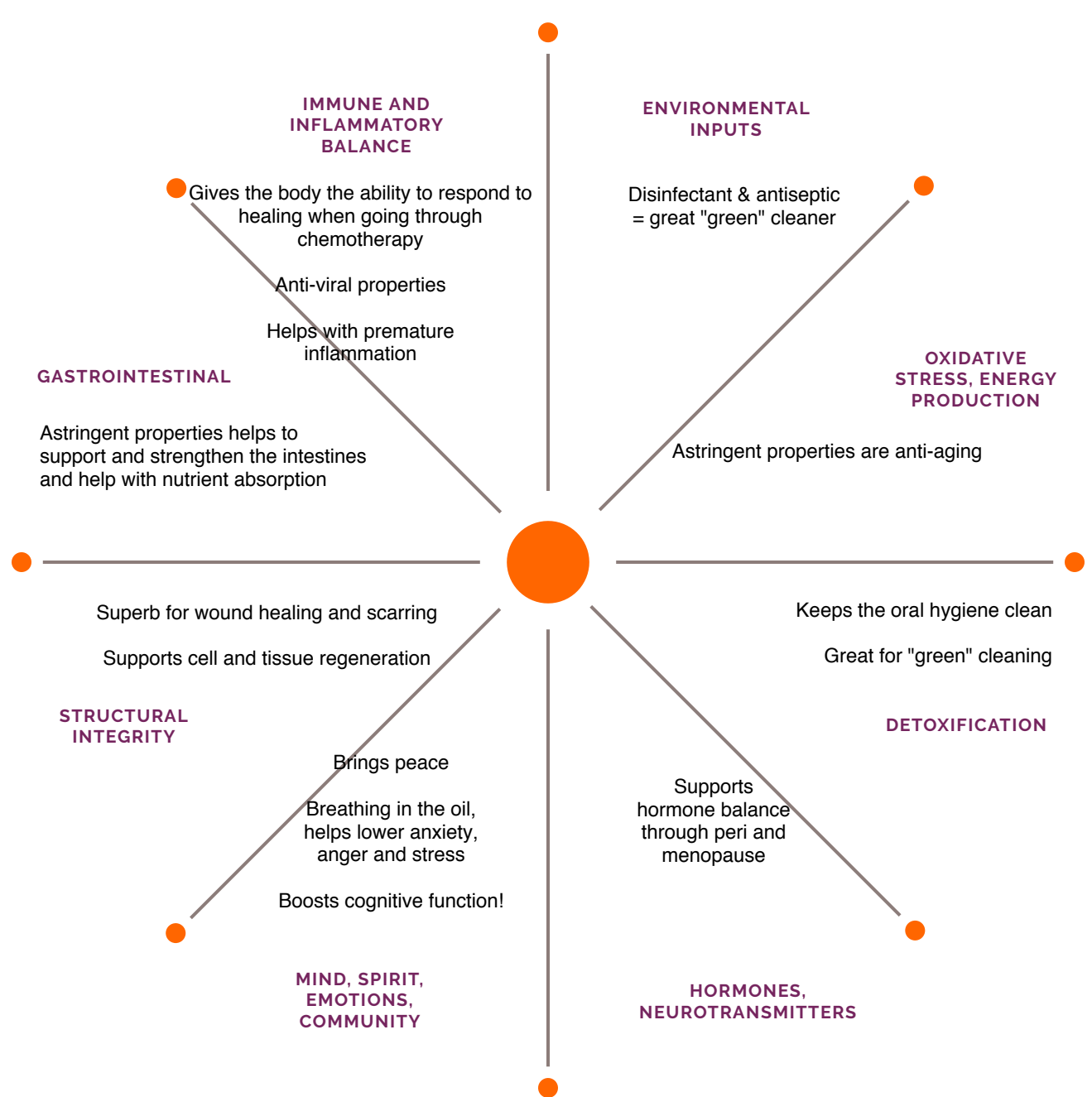
Mostly comes from the Middle East; has been used for centuries for many different uses

TRIGGERING EVENTS

Astringent properties helps to support and strengthen the intestines and help with nutrient absorption

MEDIATORS

- + very powerful astringent properties
- + only use high quality oils (especially internal use -- be very targeted and monitored)
- + aromatherapy = breathing in the oil
- + topical = anti aging, anti scarring, acne
- recommended 25% dilution



SLEEP/RELAXATION

Can help with relaxation and meditation

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Can help with nutrient absorption

Antiseptic properties make it great for oral health, which helps with gut health and nutrient absorption

STRESS/RESILIENCE

Considered very sedative; Induces the feelings of mental peace, relaxation, spirituality and satisfaction; helps lower anger, anxiety and stress; shifts us into parasympathetic state

RELATIONSHIPS/NETWORKS

Spiritual realm - place on the temple, top of the head or back of the neck has a sedative/calming quality; great for meditation.