

ESSENTIAL OILS TO BOOST YOUR IMMUNITY AND FIGHT CANCER



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Cancer refers to uncontrolled cell division or abnormal cell growth. Each year, 12.7 million people discover they have cancer, and 7.6 million people die from it, making it the second most prevalent cause of death in America. There are many possible causes for cancer, including environmental toxins, poor diet, genetics, viruses, infections, stress, poor digestion and lack of exercise. Today, most people turn to conventional treatments, such as surgery, chemotherapy, radiation or other drugs that can have serious side effects. There is a large body of evidence that certain foods, herbs and remedies can effectively support natural cancer therapy without adverse reactions.

Listed below are the most common essential oils used to fight cancer.

Effective Essential Oils That Fight Cancer

Frankincense

Often called the “king of oils,” frankincense is powerful, effective and incredibly therapeutic. A beautiful small tree or shrub with abundant pinnate leaves and white or pale pink flower, frankincense yields a natural oleo gum resin that is collected by making incisions into the bark. Its essential oil is collected from the resin through steam distillation. Renowned as one of the most prized and precious essential oils, frankincense has extraordinary health benefits. It has been



used to help relieve chronic stress and anxiety, reduce discomfort and support a healthy response to inflammation, boost immunity and more. The terpenes in frankincense enable it to cross the blood-brain barrier. It also increases the activity of leukocytes, which help the body fight unwanted microbial invaders.

Frankincense is shown to be a vital supplement to support natural cancer therapies; able to pass into cells and cross the blood-brain barrier, unlike chemotherapy chemicals.

Myrrh



Discovered more than 3,700 years ago, myrrh was used by the ancient Egyptians during the embalming process, as well as in perfumes and cosmetics. Ancient records show that myrrh was deemed so valuable that, at times, it was valued at its weight in gold.

Myrrh essential oil has potent antioxidant activity and has been researched as a potential cancer therapy. The resin of the myrrh tree is dried and steam-distilled; the essential oil has a smoky, sweet and sometimes bitter aroma. An ancient therapy for a multitude of ailments and symptoms, myrrh is a remarkable essential oil that you will likely run out of quickly. Myrrh exhibits inhibitory effects on cancer cell growth.

Orange

This is one of the most used essential oils in the world today. And this oil has been used historically in Chinese medicine or a version of this for thousands of years. In fact, the Chinese used orange peel which is where orange oil comes from as medicine.

Now, the peels of orange are very bitter in nature, okay. And bitter things help dry up dampness. When people tend to be overweight, they have mucus build up - candida, leaky gut, any of those issues, that tends to be dampness in the body.



Orange peel helps reduce dampness and that primary component D-limonene. And so orange oil, a few drops internally a day, typically with meals has many benefits. It helps support lymphatic drainage. It's also great because bitter foods help the gallbladder release bile. It can actually be good for fat digestion if somebody is looking for support in digesting fat.

Another great benefit of citrus oils, specifically orange, is it tend to be very uplifting in mood and spirit. There are over 200 research articles on limonene, supporting its effective chemo-preventive agents against cancer cells.

Turmeric

Turmeric is enjoying its time in the spotlight in recent years. This ancient spice, recognized for centuries as a food, health-promoting and coloring agent, has experienced a surge of popularity thanks to curcumin, the therapeutic compound that supplies its brilliant yellow color. But don't be fooled by its newfound fame — the use of turmeric dates back nearly 4,000 years to the Vedic culture in India, where it was used in cooking as well as religious ceremonies. In Ayurvedic medicine, turmeric is known as strengthening and warming to the whole body.



Turmeric essential oil, which is steam-distilled from the plant's root, is an extremely impressive natural health agent — one that has some of the most promising anti-cancer properties around. Turmeric oil also displays anti-allergic, anti-bacterial, anti-microbial, anti-fungal, anti-parasitic and anti-viral properties.

Turmeric contains turmerone, which may help fight breast cancer, colon cancer and leukemia

DIY Recipe

Triple Cancer Threat

Take 2 drops of frankincense oil, 1 drop of myrrh oil and 1 drop of turmeric oil internally three times daily, Use these oils topically or diffuse them as a beneficial support to a cancer protocol.

Other Essential Oils that Boost Your Immunity

If you are someone that turns to natural remedies like herbs and essential oils, you probably want to do the same thing to boost your immune system. I use them personally and love the healing and benefits I get with them. With a stronger immunity, you can fight off illnesses like the cold and flu, or at least decrease its effects on your body. Here are some essential oils that can help boost your immune system naturally.

Lemon



Lemon essential oil comes from the rind of the lemons, so it is a little different than oils that are from the leaves, stems, or flowers of various herbs. Lemon essential oil is terrific for detoxing your body. Try a little lemon essential oil mixed with other oils in a diffuser, or add some lemon to your water or tea. You can also use it when cleaning your house, to get aromatherapy from the scent, while also having an all-natural cleaner.

Lavender

Lavender oil is very common and is great when you want to boost your immune system. I find that lavender is very calming for your mind and body and encourages you to heal your body from the inside out. It doesn't help your immune system directly, instead provides support by allowing you to relax and get better sleep, it can give your immune system a nice boost through this vital time to rest.



Oregano and Ginger



These are becoming more commonly used essential oils, and they can be just as beneficial as the next ones you might be more familiar using. Both oregano and ginger as herbs and spices are amazing for your health, particularly when you have an illness like the cold or flu. Oregano oil works for overall health and wellness, while ginger helps with some of the side effects like nausea and headaches. Adding them both to your regular regimen of naturally boosting your immune system is a great option.

Peppermint

Peppermint can be used for general health, and for specific issues like skin infections and improving fatigue. Peppermint is also great for your immune system, as it helps to detox your body of toxins. It can also help to relieve stomach issues like nausea and indigestion and relieve headaches that you get when you have a cold or flu.



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