

Frankincense Essential Oil:

The essential oil is distilled from oleo-gum-resin of the frankincense tree. Frankincense has a delightfully sweet and slightly spicy aroma.

Traditional Uses:

- Frankincense gained its legend-ary name as a "holy anointing oil" from the ancients, because they found when it was applied, it would help sick people re-cover more quickly.
- Sages also found that when Frankincense is inhaled, it increased their spiritual awareness and made them feel more "in tune" spiritually.
- The ancients used it as well for embalming. Effects most likely due to Frankincense's powerful antioxidant properties.
- Modern uses include its use in European hospitals for its anticatarrhal, antitumoral, skin rejuvenating, scar reduction, immune-stimulating and antidepressant qualities. Also used as an expectorant to ease congestion, protect breast health, and in some cases, to stop a seizure from happening.



Brain Function and Emotions:



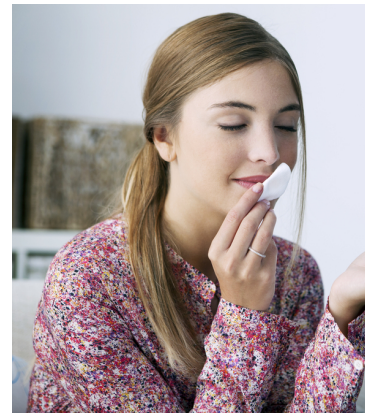
Apply one drop to area between eyebrows and/or on neck pulse points to affect brain and emotions.

Apply to the underside of the big toes on each side to affect brain function through the reflexology points on the feet.

Use an aromatherapy diffuser and diffuse for several minutes to help soothe emotions.

If you don't have a diffuser, you can also apply a drop to a cotton ball or a facial tissue, hold it up to your nose and gently inhale.

- Increases the oxygen around the pineal and pituitary glands
- Helps promote healthy brain function and memory.
- May also help relieve occasional forgetfulness and short concentration span.
- Centering effect on the emotions
- Can help lift the mood when sad
- Calming effect, slows the respiration



For the Skin:

Apply topically to the skin. Frankincense is good not only for brain health but for breast health, aging skin and to help minimize scars on the skin.



If you have sensitive skin, dilute the frankincense oil with additional carrier oil (almond oil, coconut oil, sesame oil, walnut oil, jojoba oil, olive oil, avocado oil, etc.) first and then apply to the skin.

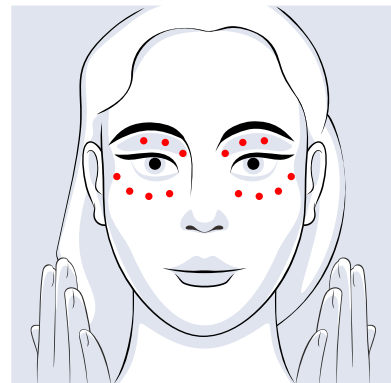
You can also mix a drop into your favorite face cream.

- Applied topically, it helps support the body's renewal of skin cells
- Helps reduce the appearance of scars
- Antitumoral and antioxidant effect. Best when combined with lavender and clove and used regularly for at least one month or longer if needed.
- Delivers antioxidants directly to the skin to help fight the effects of aging. It is a wonderful oil to blend into facial creams or oils to help reverse aging skin.

For the Eyes:

Apply one drop total to orbital area (the bony areas) around both eyes.

- Helps support healthy vision
- Can also soothe eye irritation



Active Components: Its constituents are monoterpenes, pinene, limonene, sesquiterpenes, gurjunene and terpenes alcohols. Its high sesquiterpene content allows it to cross the blood barrier to get into the brain.

Quality: All of Dr. Foster's Essentials essential oils have been tested through gas chromatography to ensure the highest potency and wildcrafted or organically grown. They are also considered therapeutic grade, the highest grade.

If you buy cheap essential oils, it is likely they are not therapeutic grade and will not perform the way they are supposed to. They may not relieve pain or any symptoms if they are cheap versions and not therapeutic grade. Cheap versions sometimes smell nicer than therapeutic grade as they have had artificial components added to enhance their smell to smell the way the consumer thinks they should smell. I always find essential oils that have retained some color to them are a little more therapeutic than the ones that have had the color filtered out.

How Else Can I Help My Vision?

Dr. Foster's [Eyebright Formula](#) – can be taken by mouth and/or used diluted with distilled water in an eyecup to help vision, irritation, fight infections and help other eye issues.

Dr. Foster's [Liver Regeneration Program](#) – eyesight is directly affected by the liver through the liver meridian. Any toxins or blocks in the liver meridian will adversely affect the eyesight.

How Else Can I Help My Skin?

Avoid soda pop, pasteurized dairy products, granulated sugar, white table salt and enriched flour and pasteurized dairy products. Conventional dairy products can cause severe acne. Adopt an organic whole foods diet and shop at Farmer's Markets and Health Food Stores. For more info on Dr. Foster's Foster Method Diet, please [CLICK HERE](#).

Dr. Foster's [Kidney Cleanse](#) – The skin is considered the “3rd kidney.” When the kidneys contain a lot of toxins, toxins leak out through the skin and cause all kinds of rashes and eruptions.

Dr. Foster's [Blood Detox Formula](#) – can help clear many rashes and most skin eruptions – even severe ones such as pityriasis, shingles, cystic acne,

Dr. Foster's [Echinacea Premium Formula](#) – helps clear cystic acne, generalized rashes

Dr. Foster's [Tea Tree/ Jojoba oil Blend](#) – apply topically. Gentle enough to apply to the face to help acne and other rashes on the face. Good for diaper rash. Helps control itching, soothe rashes and irritated skin as well as to fight skin bacteria, viruses and fungus on the skin.

How Do I Stay Healthy and Avoid Future Problems with My Health?

Make sure to follow the **Foster Method** and the **Foster Method Diet** for any chronic issues to get to underlying root causes as well as to maintain health for life. Do an herbal cleanse (Liver cleanse, Kidney Cleanse, Parasite Cleanse, Stone Cleanse, Cholesterol Cleanse, or Colon Cleanse) with the change of each season every 3 months!