

Black Tourmaline

Black Tourmaline Physical Healing Properties

Don't let the lack of vibrant hues make you think that black tourmaline is lacking in the power department! The physical healing correspondences of black tourmaline are profound. It helps to purify the body from toxins, heavy metals, and environmental pollutants.

Specifically, black tourmaline has many health benefits depending on how it is used, such as:

- Improvement of circulation
- Promotes a healthy mood
- Helps to detox from heavy metals and environmental pollutants
- Supports weight loss and reduction of bloating
- Supports a reduction of anxiety and stress
- Supports disengaging obsessive behaviors
- Supports a healthy immune system

Black Tourmaline Metaphysical Healing Properties

Often the line between physical and metaphysical healing properties is blurred. It will continue to be as science continues to uncover what mystics and ancient healing practices have always known - there is no difference.

On the spiritual and emotional level, black tourmaline grounds your energy, opening up the connection between the Earth and your spirit and providing a pathway for light to enter the Earthly plane.

Health Benefits of Frankincense Essential Oil

from: <https://ilavahemp.com/frankincense-essential-oil/>

May Reduce Arthritis

Frankincense is an anti-inflammatory substance, which may help to ease pain and symptoms of arthritis. Frankincense does not just ease pain but can target inflammation itself

Studies show that the acids from the Boswellia sap can prevent the release of leukotrienes which are inflammatory. Animal studies found that boswellic acids inhibited the synthesis of inflammatory enzymes.

Research has shown that frankincense has been more effective than placebos when it came to managing swelling, pain, and joint movement associated with arthritis. While other studies concluded that oil of frankincense can be beneficial for easing morning stiffness, and can even help reduce reliance on NSAIDs.

It can be used topically on inflamed muscles and joints, as well as orally.

May Improve Gut Function

Frankincense oil may help to improve gut health, digestion, and ease digestive disorders such as Crohn's disease and ulcerative colitis.

One small study found that frankincense was just as effective as mesalazine, which is a drug medically prescribed to treat Crohn's symptoms.

Another study in which participants with ulcerative colitis were given a daily dose of frankincense for six weeks found that it was as effective as pharmaceutical drugs when it came to managing the condition.

Frankincense can even help treat chronic diarrhea. After six weeks of a daily dose of Boswellia or a placebo, participants who took Boswellia had almost cured their diarrhea

May Improve Asthma

Frankincense oil may also help to improve symptoms of and manage asthma and bronchitis.

In a 6 week study, 70% of participants with bronchi asthma who were given Boswellia over a placebo experienced fewer asthma attacks, as well as fewer instances of wheezing and shortness of breath.

A supplement made up of both frankincense and the bael fruit was found to be more effective than the placebo at easing symptoms of asthma. Those who took it had an easier time breathing.

Maintains Oral Health

Frankincense can even help maintain good oral health, due to its antibacterial nature.

The Boswellic acids can help to prevent cavity formation by killing bacteria. It can even help ward off gum disease and toothaches.

One test-tube study found that frankincense extract was effective against *Aggregatibacter actinomycetemcomitans*, which is a bacteria that causes gum disease.

Another study on participants with plaque-induced gingivitis revealed that it was more effective than the placebo at managing the condition. As it is naturally astringent, it can help to heal mouth sores associated with poor oral health.

May Fight Certain Cancers

Frankincense essential oil may even fight against certain types of cancer. According to test-tube studies, frankincense may help fight against and repress:

brain tumors -- breast cancer -- prostate cancer -- pancreatic cancer -- colon cancer -- melanoma

Can Frankincense Shrink Tumors?

Frankincense oil can distinguish cancer cells from normal cells and can suppress the viability of cancer cells. This is based on experiences from a study about bladder transitional carcinoma. The frankincense oil activates genes that play a role in cell growth suppression and cell cycle arrest without inducing DNA fragmentation. In another study on breast cancer, researchers discovered that frankincense suppressed tumor progression.

Anti-aging Properties

Frankincense is a powerful anti-oxidant which is why it has anti-aging properties.

Anti-oxidants help to combat free-radicals, which are highly reactive molecules with unpaired electrons. As the free radicals move around the body, looking for an electron to pair with, it can damage DNA, which accelerates the aging process.

Also, anti-oxidants help to slow down and halt the damage caused by free radicals. This helps with the rejuvenation of the skin.

Balancing and Moisturizing

Frankincense oil has become a popular ingredient in skincare, in products such as lotion or moisturizer. Frankincense oil has moisturizing properties, which keeps the skin from drying out. However, for DIY facial treatments, all essential oils need to be diluted with a carrier oil. Frankincense can also help to tackle discoloration and redness which helps the skin tone look balanced and even.

Anti-inflammatory

One of the reasons frankincense can help treat asthma and arthritis is due to its anti-inflammatory properties, which also benefit skincare. Frankincense essential oil can help to manage acne, as it soothes inflammation.

Antibacterial

The Boswellic acids can kill acne-causing bacteria to prevent further breakouts. A combination of frankincense and myrrh essential oils have been promising skincare ingredients, and for general health, due to their antimicrobial and antibacterial properties.

Antiseptic

Frankincense is also antiseptic. The oil has been used for centuries for cleaning, disinfectant, aromatherapy, and general health. This can help prevent infections from setting in.

Astringent

Frankincense oil is a natural astringent. This means that it's good for skin care as it can help heal skin imperfections and conditions like acne and wounds. Frankincense has been known for rejuvenating damaged skin as a healing oil. This is useful for reducing the appearance of stretch marks and scars. In addition to being antibacterial, it helps prevent clogged pores, and spots, by reducing sebum production in individuals with oily skin.

Protects The Skin

Together with its antibacterial, antiseptic, and antioxidant qualities, frankincense protects the skin by helping it heal from damage, reducing inflammation, and negating the effects of free radicals. Oils are popular in skincare as deep moisturizers which helps protect the skin from damage caused by dryness. It keeps skin cells strong, plump and maintains elasticity.

Is Frankincense Oil Good For The Face?

Many benefits of frankincense essential oil are obtained from oral ingestion of the oil, but is it good for topical use on the face? The antioxidant properties are gained from oral use, however, as a for moisture, healing, and antibacterial purposes, frankincense can be used topically. It is easily absorbed through the skin, but pure frankincense should be watered down with a carrier oil such as citrus oils or olive oil before applying to the skin.

Osteoarthritis

A prescription medicine, 5-Loxin, made up of the same plant used to make frankincense essential oil yielded promising results in trials for the treatment of osteoarthritis. When compared to the placebo, participants on the low and high doses of the medication experienced less pain than the placebo group. However, there was minimal difference between those on a low dose of 5-Loxin and the placebo when it came to stiffness and function. Those on a higher dose had a greater function and less stiffness. Fluid concentration in the knee in those on the medication was reduced, and greatly so in those on the high dose. However, this study is from 2008 and a review of a Daily Mail article. More research and evidence on frankincense and osteoarthritis is needed.

Hair Maintenance

Frankincense oil is not just popular in skincare products but in hair care too. The oil can help keep hair shiny and moisturized but can even prevent dandruff. Frankincense wards off dandruff by preventing the scalp from getting dry and flakey. It can also soothe hair follicle which helps to facilitate hair growth at the root.

Frankincense Oil Myths and Contradictions

Although Frankincense is known as the “king of essential oils”, there are still some myths and contradictions surrounding it. Many misconceptions about purported benefits come from positive results in animal studies. Some of these have not been replicated in human studies or taken place at all. Frankincense improved memory in rats but there have been no studies on humans. It enhanced fertility in rats, but there have been no human trials. The compound eased depressive symptoms in mice, but there is no information on Frankincense and depression in people. There have been no articles confirming any benefits for menstruation, menopause, or if it can balance hormones for women.

Does Frankincense help with pain?

Frankincense is beneficial for painful conditions such as arthritis. It may act as an analgesic too. One study found that Frankincense increased pain threshold and pain tolerance in participants. More studies are needed to confirm the efficiency of this as pain treatment, and if it is a potential alternative to NSAIDs.

You can use Frankincense for:

massage oil -- facial oil -- haircare -- topical treatment for arthritis -- aromatherapy -- health supplements

Where to apply frankincense essential oil?

The oil can be applied directly onto the face as part of your skincare regime. For arthritis it can be applied topically to a joint or inflamed area.