

CANCER AND ESSENTIAL OILS

WHAT ARE ESSENTIAL OILS?

Essential oils are volatile liquids that are distilled from different parts of plants¹. Plants produce these chemicals for different reasons, such as for pollinator attraction or defense. It is very important to use essential oils that have been chemically tested for purity² in treating cancer, to avoid any negative side effects.



Essential oils are very powerful antioxidants that are able to neutralize free radicals, in order to minimize oxidative stress. Several essential oils have been reported to have antitumor properties and are able to be incorporated in detoxifying protocols^{3,17}.

Besides this property, essential oils can also be used at home, to prevent the impact of environmental toxins. Several essential oils have antimicrobial activity, which decreases the incidence of infections.

They can also promote emotional and spiritual healing, and be incorporated with any other natural therapy protocol. Their strong scents can stimulate the amygdala, which has been found to play an important role in the storing and releasing of emotional trauma⁴.

Essential oils are able to cross the blood-brain barrier, allowing the interaction with brain cells, unlike most pharmaceutical drugs.

Essential oils contain several chemicals, which work synergistically. These natural chemicals and their synergistic effects allow them to have therapeutic properties.

PROTOCOL

The following is a list of essential oils that can support other natural therapies for cancer patients, or can be used alone or in combinations with other essential oils. The oils can be used in three different ways: topically, aromatically, and internally³. Not all essential oils can be ingested, however, so it is important to check the quality to make sure there are no side effects.



Frankincense. A controversial topic about the different forms of frankincense (essential oils, extracts, pure resin, etc.) has been documented⁴. However, there have been studies that show that it stimulates several areas of the immune system, like lymphocyte proliferation and macrophage activation⁵. Frankincense has also been shown to act on cerebral edema by decreasing inflammation after tumors have been removed⁶. Even cancer cells that don't respond to chemotherapy are eradicated using the frankincense essential oil⁷, as it induces cell specific cytotoxicity⁸.

SOME PERSONAL USES⁹:

- Mix 1 drop of frankincense with 2 drops of carrier oil and apply directly on tumor.
- Take 2 drops of frankincense with 4 ounces of water first thing in the morning and before bedtime.
- Rub frankincense essential oil on your neck three times daily. Also, drink three drops in 8 ounces of water three times daily¹⁰ or put it inside a capsule and take with food.

Rosemary: induces activity in the liver, supports hormone regulation, and allows the body to remove toxins. Reports have shown that this oil can be used as a cancer chemoprevention and anti-cancer agent¹¹ in prostate, breast, skin, leukemia and colon cancer.⁹

Thyme: able to bind estrogen and help regulate and balance hormones¹², so it has been effective against breast cancer cells.

Sandalwood: effective for cancer prevention in mouse skin models¹³ and prostate cancer¹⁴.

Lavender: an antioxidant⁹, also used with cancer patients to decrease stress and anxiety, improve immune function, and relieve pain¹⁵.

Lemongrass: several studies¹⁶ have shown cytotoxicity against human cancer cell lines.

Peppermint: has been documented to be used as an aid for side effects of chemotherapy¹⁷.

Myrrh: Capable of inducing cancer cell apoptosis¹⁸.



Lemon: cancer-fighting antioxidant⁹, could be added to warm water first thing in the morning to promote liver detoxification.

Clove: has been found to have cytotoxic properties against a line of breast cancer cells¹⁹.

As outlined for frankincense oil, other oils can be applied topically, aromatically, or taken internally as well¹⁷. It is highly recommended to not use low-quality essential oils that can promote toxic storage in the body.

WHY IT APPEARS TO WORK

The effect of essential oils to support other cancer therapies, as well as to work on their own either individually or synergistically has been documented²⁰. Depending on the type of cancer, there are different oils that can be used, as outlined within this brochure. Examples of uses are anti-inflammatory, pain relief, immune support, etc.¹⁷

ADDITIONAL USES

Aroma hand massage is another method to use essential oils, which has a positive effect on pain and depression in hospice patients with terminal cancer²¹.

To minimize the environmental effect of toxins, some other essential oils can be used in the household, including lemon, lime, clove, orange, tea tree oil, eucalyptus, etc. These can be used to make cleaning products as well as laundry and personal-hygiene products. As a result, minimizing environmental stress can prevent the incidence of all types of cancer. Many resources of recipes that you can make are available on the internet.

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