

Myrrh

Commiphora myrrha

Healing, Soothing, Restoring

Caution: Due to effectiveness in improving menstruation avoid heavy usage during pregnancy. Use other oils for anti-infection merits on children under 40 Pounds; non-toxic, non-irritant

Myrrh's healing reputation stretches back more than 4,000 years, and ancient Greek soldiers carried Myrrh into battle for psychic protection and first aid.

Myrrh Oil boosts immunity by stimulating the production of white blood cells. It fights infections and speeds recovery from illness. It tones the digestive tract, stimulates appetite, reduces stomach gas and acidity, and alleviates diarrhea. Chinese doctors treat Arthritis, hemorrhoids, menstrual problems and wounds. Myrrh may help lower blood cholesterol levels and may help people wanting to loose weight.

Myrrh: anti-viral, anti-bacterial, anti-depressive, anti-infection, anti-parasitic, expectorant, moderates the thyroid, anti-aphrodisiac, anti-inflammatory, effective with dysentery, soothes hyperthyroid, helps eliminate Candida, cools the skin, heals cuts, laryngitis relief, reduces inflammation and wrinkles of skin, relief of female ulcers and uterine disorders, wasting diseases, wounds, promotes menstruation, recovers paralysis and soothes active shadow pain, regulates all secretions of the body, astringent and antiseptic for the lungs, thrush (fungal infections), throat problems relieved, repairs stretch marks, fungal infection relief, relief of gingivitis & gum infection, decongest prostate gland, hemorrhoid relief is amazing, symptoms of flu relieved when mixed with Wild Orange. Myrrh Oil mixes well with Sandalwood, Frankincense, Thyme, Cypress, White Fir, Lavender, Geranium, Patchouli and Rose.

Myrrh Oil maintains healthy skin and reputedly prevents premature aging of the skin. Many people claim that it wards off wrinkles. Myrrh oil soothes and softens rough, cracked, or chapped skin. It stimulates the regeneration

of skin cells, reduces inflammation, fights infection, and helps to heal wounds. It improves circulation, imparting a healthy glow to the complexion and helping the skin look smoother and more youthful. Myrrh Oil also helps heal blemishes, skin ulcers and wounds.

Emotionally: Myrrh Oil's effectiveness on the Feeling Center is one of inner stillness, and peace, of an awareness freed from the restless and mundane. It replaces feelings of apathy, weakness, and lack of initiative with motivation, power and strength. Myrrh Oil provides the clarity, focus and strength to pull through troubled times. It eases grief and sorrow in loss or separation from a loved one. Myrrh helps to close the wounds of both loss and rejection; activates upper charkas, calms fear of future, expands awareness, used in purification rituals, calms sexual excitement,

I love Myrrh because it is so dependable and true to it's nature of kill the bugs and move out the dead cells and rejuvenate the area. Even helps restore skin after several pregnancies to reduce appearance of stretch marks. Mix Myrrh with Sandalwood, Grapefruit and Patchouli and rub all over the area daily after childbirth for several weeks.

Bad Breath, Gum Problems and Fistula of mouth: Rinse with Myrrh 4 drops, Lemon 2 drops, Peppermint 2 drops - do oil pull thru teeth and let sit on gums for a few minutes before you rinse.

Herpes Treatment: Myrrh 4 drops, Coriander 4 drops, blend and apply to affected areas.

Jock Itch Oil: 2 tablespoons Fractionated Coconut Oil, Myrrh 2 drops, Thyme 3 drops, Melaleuca 3 drops; Gently blend and apply to the area of concern.

Jock Itch Bath Blend: 1/2 cup Epsom Salts, Myrrh 2 drops, Patchouli 3 drops, Wild Orange 2 drops; add oils to the Epsom Salts and stir into warm bath - soak for 10 minutes and pat dry -- no rubbing of area. Then apply spray combo of above blend.

Congestion of Chest: Myrrh 4 drops, Eucalyptus 3 drops, Lemon 3 drops, Basil 2 drops, Thyme 1 drop; gently blend and apply to sternum in an upward

motion drinking lots of water, no dairy or citrus juices for 2 days after congestion clears.

Athlete's Foot: Myrrh on the bottoms of feet nightly and wear only cotton socks and allow feet to air out after shower and then apply Myrrh with Lemon for daytime.

Relief of Oppressive Over-Attachment: 2 Tablespoons coconut oil, Myrrh 2 drops, Frankincense 2 drops, Cypress 2 drops; gently blend and apply to bones behind the ears and rub hands together to inhale and choose a good feeling thought.

Ovarian Irregularities: Use Myrrh with Patchouli and Marjoram 1:1:1 blend and rub over vita flex points on ankles and bottoms of feet and over lower abdomen several times a day for 60 days. - When pregnancy is completed.

Skin Youth Restored: Myrrh 3 drops, Sandalwood 2 drops, Frankincense 2 drops, Geranium 2 drops, Lavender 2 drops; gently mix and apply to skin at night.

Travel Mix for new foods: Mix Myrrh 3 drops, Fennel 2 drops, Peppermint 1 drop; ratio - mix as much as you can carry and apply each morning to bottoms of feet and each evening on stomach or drink a few drops -- will defeat local microbes in new countries to you who may want to disturb your system.

Resources we use on a regular basis:

Modern Essentials, Abundant Health, LLC, 2009

Healing Oils of The Bible, David Stewart, 2005.

Aromatherapy in Medicine, Jacque du Preneau, 1908.

Aromatherapy, Essential Oils for Vibrant Health and Beauty, Roberta Wilson, 2002

Clinical Aromatherapy, Essential Oils in Practice, by Jane Buckle, RN,PhD.,2003

Aromatherapy Handbook for Beauty, Hair and Skin Care, by Erich Keller, 1992

Aromatherapy For Healing The Spirit, by Gabriel ojay, 1997

The Art of Aromatherapy, Robert Tisserand, 1995

{www.Aromatools.com} for: Spritzers, Books, Bags, Tools etc.

NOTE: The advice shared in this document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. This document was researched and prepared as a beginning for new people to do TERRA's CPTG (Certified Pure Therapeutic Grade) Essential Oils by Dr. Susan Lawton. If you have questions about our next oil presentation you may send questions to: slawton1@optonline.net that way we will cover the answers during the presentation - there will be NO individual responses. Thank you for your sharing with others. Next week we will cover Sandalwood.