



## **Webcast Questions from Session 16 - 01/11/17**

**-1h 53m 57s - I have a friend that in the last couple years used cancer oil to cure his cancer working with a Doctor**

Thank you, but not sure what you mean by "cancer oil", how it was used, what type of cancer it was, and so on.

**-1h 51m - In the article I cited, Tisserand says "if you are looking for a natural substance to help prevent or treat cancer, frankincense oil should not be your first choice. Look instead to turmeric/curcumin, to cannabis/cannabinoids, to garlic/garlic oil, and to frankincense extract, which is sold in capsule form. Following that, I would consider essential oils of cinnamon bark, lemongrass, citronella, turmeric, orange, lemon and bergamot. I have not discussed them all here but these have, in my opinion, a better shot than frankincense oil. Then again, different oils apply to different cancers, and I'm not addressing that here."**

Thank you, good to see this specific quote. As aromatherapists we do not treat cancer, or even make such recommendations; however, the prevention of cancer is something we should all know about through healthy diet and herbal regimens.

**-1h 50m 7s - There is no sulphuric acid in skin cancer - there are thiosulfates which are sulphur-containing compounds and are powerful antioxidants as well as powerful anti-cancer molecules. However, you should NEVER cut a neoplasm - if the cancer is metastatic, it will spread rapidly and can cause a lot of complications and possible death, all of which can be easily avoided!!!**

I believe the reference was to sulfuric acid in the garlic, not the cancer. Garlic does contain sulfur compounds, but I would not recommend doing this treatment without regular checkups with a dermatologist to monitor the effects.

**-1h 41m 18s - I hope people realize that Frankincense, or Boswellia, is available in whole herb form as well as in a myriad of extracts. We use it clinically all the time in both Naturopathic and Ayurvedic medicine. It has a myriad of uses, including, yes, in anti-neoplastic formulations. Boswellia has a particular affinity for**

**cervical, bone, colon, prostate and breast cancers. Why try to take the oil internally when you can use the whole herb with safer and more intelligent results?**

Yes, the resin is available in a number of forms, and used for many things other than cancer as well. Again, I have not seen any reports of cancer being cured by frankincense, even though the in vitro research is promising. If you have documentation that the internal use of frankincense as you are using it was unquestionably the agent that cured one of the types of cancer you mention, or even that it was a part of a successful alternative treatment program, please send it for us.

**-36m 10s - What about using lemon oil I diffuser in first trimester for nausea I thought you suggested that last time so I recommended it for my daughter-in-law who is a couple months pregnant and suffering from nausea.**

Yes, this is contradictory information: the list of oils that I gave suggests avoiding lemon scented oils during pregnancy, childbirth and breastfeeding, yet there is also the study that showed that lemon is more effective than peppermint for treating nausea of pregnancy. Whenever we find this type of contradiction, which is common in the current state of aromatherapy, there are two possibilities:

1. It indicates that the effect is not established as consistently problematic or dangerous.
2. It indicates that some people may have had an adverse reaction, but not others.

If it is in the first case we don't need to be too concerned about it, and if it is in the second we should approach it with caution. In the case of inhaling lemon oil for nausea during the first trimester, I would say that since there is a study showing it to be effective, that it is a mild oil and we shouldn't be too concerned with it. At the same time, I would not advise using large amounts for prolonged periods of time, especially if there has been a history of miscarriages.

**-26m 41s - Any special oils for Fibromyalgia?**

You will find the list I originally gave in the file "Musculoskeletal Synergies" in module 9. You will also find the discussion about it in the transcripts and audio for module 9.