

A NEW FRAGRANCE FOR MY HOME LIFE

(Please check first any skin allergies, health and pregnancy risks when using essential oils.)

1. Essential oils

Essential oils (EOs), is used for inhalation therapy. It has been widely investigated for its therapeutic effects.

EOs from different plant extracts have been studied to demonstrate different effects, with lavender and bergamot EOs being the most widely used ones for relaxation.

EOs have the potential to relieve depression and secondary depressive symptoms arising from different types of chronic conditions, like anxiety disorders and dementia.

Table 1

Summary of clinical effects of EO inhalation on depression/anxiety disorders in human studies.

EO(s) Scientific Name (Common Name)	Author (Year)	Results	
<i>Lavandula</i>			
<i>Lavandula angustifolia</i> (Lavender)	Burnett et al. (2004)	Anxiolytic effect	[8]
	Lehrner et al. (2005)	Reduced anxiety; positive effect on mood; higher level of calmness	[18]
	Fayazi et al. (2011)	Anxiolytic effect	[17]
	Senturk et al. (2018)	Anxiolytic effect	[19]
	Karan et al.	Blood pressure control;	[12]

EO(s) Scientific Name (Common Name)	Author (Year)	Results	
	(2019)	anxiolytic effect; respiratory relaxation	
	Ebrahimi et al. (2021)	Antidepressant effect; anxiolytic effect; reduced stress	[20]
<i>Citrus</i>			
<i>Citrus sinensis</i> (Sweet orange)	Lehrner et al. (2005)	Anxiolytic effect; positive effect on mood	[18]
	Goes et al. (2012)	Anxiolytic effect	[21]
<i>Citrus junos</i> (Yuzu)	Matsumoto et al. (2014)	Anxiolytic effect; antidepressant effect	[22]
<i>Citrus bergamia</i> (Bergamot)	Watanabe et al. (2015)	Reduced salivary cortisol level	[23]
<i>Matricaria</i>			
<i>Matricaria chamomilla</i> (Chamomile)	McKay et al. (2006)	Antidepressant effect; anxiolytic effect	[24]
	Ebrahimi et al. (2021)	Antidepressant effect; anxiolytic effect; reduced stress	[20]
<i>Salvia</i>			
<i>Salvia rosmarinus</i> (Rosemary)	Burnett et al.	Anxiolytic effect	[8]

EO(s) Scientific Name (Common Name)	Author (Year)	Results	
	(2004)		
<i>Salvia officinalis</i> (Sage)	Muss et al. (2010)	Positive effect on mood	[25]
<i>Salvia lavandulaefolia</i> (Spanish sage)	Muss et al. (2010)	Positive effect on mood	[25]
Mixture			
<i>Lavandula angustifolia</i> (Lavender) + <i>Rosa damascena</i> (Damascus Rose)	Conrad et al. (2012)	Anxiolytic effect; antidepressant effect	[26]
<i>Lavandula angustifolia</i> (Lavender) <i>Cananga odorata</i> (Ylang-ylang) + <i>Citrus aurantium</i> (Neroli)	Song et al. (2017)	Anxiolytic effect	[27]

2. Frankincense oil

Frankincense oil is from the genus *Boswellia* and sourced from the resin of the *Boswellia carterii*, *Boswellia frereana* or *Boswellia serrata* trees that are commonly grown in Somalia and regions of Pakistan. These trees are different from many others in that they can grow with very little soil in dry and desolate conditions. Frankincense has been associated with many different religions over the years, especially the Christian religion, as it was one of the first gifts given to Jesus by the wise men.

Frankincense oil have been used for thousands of years for their therapeutic and healing properties as part of the practice of aromatherapy. They're sourced from leaves, stems or roots of plants that are known for their health properties. Frankincense, sometimes referred to as olibanum, is a common type of essential oil used in aromatherapy that can offer a variety of health benefits, including helping relieve chronic stress and anxiety, reducing pain and inflammation, and boosting immunity.

When inhaled, frankincense oil been shown to reduce heart rate and high blood pressure. It has anti-anxiety and depression-reducing abilities, but unlike prescription medications, it does not have negative side effects or cause unwanted drowsiness.

A 2019 study found that compounds in frankincense, incensole and incensole acetate, have the ability to activate ion channels in the brain to help alleviate anxiety or depression. Studies have demonstrated that frankincense benefits extend to immune-enhancing abilities that may help destroy dangerous bacteria, viruses and even cancers. Researchers at Mansoura University in Egypt conducted a lab study and found that frankincense oil exhibits strong immunostimulant activity. It can be used to prevent germs from forming on the skin, mouth or in your home. This is the reason many people choose to use frankincense to naturally relieve oral health problems.

The antiseptic qualities of this oil may help prevent gingivitis, bad breath, cavities, toothaches, mouth sores and other infections from occurring, which has been shown in studies involving patients with plaque-induced gingivitis. Several research groups have found that frankincense has promising anti-inflammatory and anti-tumor effects when tested in lab studies and on animals. Frankincense oil has been shown to help fight cells of specific types of cancer. Researchers in China investigated the anticancer effects of frankincense and myrrh oils on five tumor cells lines in a lab study. The results showed that human breast and skin cancer cell lines showed increased sensitivity to the combination of myrrh and frankincense essential oils. A 2012 study even found that a chemical compound found in frankincense called AKBA is successful at killing cancer cells that have become resistant to chemotherapy, which may make it a potential natural cancer treatment.

Furthermore, a 2023 evaluation of the anticancer effects of frankincense on breast cancer stem-like cells found it to be effective in battling cancer stem cells. In fact, researchers noted that the boswellic acid in frankincense “has been found to induce apoptosis in different cancer cells, including prostate, colon, melanoma, hepatocellular, leukemia, and brain.” Frankincense is an antiseptic and disinfectant agent that has antimicrobial effects. It has the ability to eliminate cold and flu germs from the home and the body naturally, and it can be used in place of chemical household cleaners.

Frankincense benefits include the ability to strengthen skin and improve its tone, elasticity, defense mechanisms against bacteria or blemishes, and appearance as someone ages. It may help tone and lift skin, reduce the appearance of scars and acne, and treat wounds. It may also be beneficial for fading stretch marks, surgery scars or marks associated with pregnancy, and healing dry or cracked skin.

Research suggests that frankincense oil can be used to improve memory and learning functions.

Frankincense oil benefits may include reducing symptoms associated with menstruation and menopause by balancing hormone levels, although the research on this topic is limited. It has been used to help relieve:

- pain
- cramps

- constipation
- headaches
- anxiety
- nausea
- fatigue
- mood swings

Frankincense oil may also help with regulating estrogen production and may reduce the risk of tumor or cyst development in premenopausal women.

Frankincense helps the digestive system properly detox and produce bowel movements. Research indicates that it may also help reduce pain and cramping in the stomach, relieve nausea, flush out excess water from the abdomen that can cause bloating, and even relieve PMS-related stomach pains.

It does this by speeding up the secretion of digestive enzymes, increasing urination production, relaxing the muscles of the digestive tract and helping improve circulation, which is needed for proper digestive health. It's been shown to be beneficial in reducing symptoms of leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn's disease and IBS.

Frankincense uses include lowering levels of anxiety and chronic stress that can keep you up at night. It has a calming, grounding scent that can naturally help you to fall asleep.

This natural sleep aid helps open breathing passages, allows your body to reach an ideal sleeping temperature and can eliminate pain that keeps you up, which has been verified in studies analyzing frankincense compounds.

Frankincense has been shown in studies to inhibit the production of key inflammatory molecules associated with conditions like arthritis, asthma, painful bowel disorders like IBS and many more conditions.

It can be useful in helping prevent the breakdown of the cartilage tissue and has been shown to significantly reduce levels of dangerous and painful inflammation, making it a natural treatment option for pain-related conditions that affect the muscles, joints and tendons.

Frankincense essential oil has been used therapeutically for centuries to relieve or prevent a range of health concerns, including anxiety, trouble sleeping, inflammation and digestive problems. However, the research is just catching up to the powers of this plant extract, especially studies involving human trials.

Although there is evidence on its benefits, some involve lab or animal studies, so they have been considered “myths” by skeptics. However, the results in these trials are promising, and anecdotal reports indicate that this is a useful and powerful therapeutic.

Some potential frankincense benefits that need further research include its ability to:

- prevent heart disease
- fight diabetes
- balance hormones
- boost fertility

Frankincense oil is used by either inhaling the oil or absorbing it through the skin, usually mixed with a carrier oil, such as coconut oil or jojoba oil. It’s believed that the oil transmits messages to the limbic system of the brain, which is known to influence the nervous system.

Frankincense oil induces feelings of peace, relaxation and satisfaction.

Simply add a few drops of frankincense oil to a hot bath.

You can also add frankincense to an oil diffuser or vaporizer to help fight anxiety and for experiencing relaxation in your home all the time.

Next time you have a respiratory infection from a cold or flu, use frankincense essential oil to help provide relief from coughing. It can help eliminate phlegm in the lungs, so start using it the day you notice symptoms.

It also acts as an anti-inflammatory in the nasal passages, making breathing easier, even for those with allergies or asthma. To treat excessive phlegm and cold symptoms, add a few drops to a cloth and inhale for the respiratory benefits, or use an oil diffuser.

To improve circulation and lower symptoms of joint pain or muscle pain related to conditions like arthritis, digestive disorders and asthma, try massaging frankincense oil to the painful area or diffusing it in your home.

You can add a drop of oil to steaming water, and soak a towel in it. Then place the towel on your body or over your face to inhale it to decrease muscle aches.

Also diffuse several drops in your home, or combine several drops with a carrier oil to massage into your muscles, joints, feet or neck.

(<https://draxe.com/essential-oils/what-is-frankincense>)

3. Myrrh

The essential oil of myrrh is extracted from resin. Myrrh, in the scientific nomenclature system, is called *Commiphora myrrha* and is native to Egypt. The resin was frequently used in incense and perfumes in ancient Egypt, and the oil obtained from it was used for healing wounds in ancient Greece.

It can be used to prevent many problems occurring due to microbial infections such as fever, food poisoning, cough and cold, mumps, measles, pox, and infection of wounds. It has no adverse side effects, unlike other antibiotics, such as weakening of liver or digestive malfunction.

Myrrh essential oil is an astringent, which means that it strengthens the gums and muscles, intestines, and other internal organs, and smoothens the skin. It also strengthens the grip of hair roots, thereby preventing hair loss. One more serious aspect of this astringent property is that it stops hemorrhaging in wounds. When this astringency makes the blood vessels contract and checks the flow of blood, it can stop you from losing too much blood when wounded.

Myrrh essential oil is good for cold and cough. It fights the viral infections that can cause them, as well as relieves congestion, and reduces the deposition of phlegm in the lungs and respiratory tracts.

Myrrh essential oil acts as a fungicide as well. It can be used both internally and externally to fight fungal infections.

Myrrh essential oil stimulates thoughts, blood circulation, digestion, nervous activity, and excretion. It stimulates the pumping action of the heart, secretion of digestive juices and bile into the stomach, and keeps you alert and active by stimulating the brain and the nervous system.

This essential oil helps relieve you of those gases which often result in embarrassing situations in public.

This property of myrrh essential oil relieves you of excess mucus and phlegm and troubles associated with mucus deposition like congestion, breathing trouble, heaviness in the chest, and cough.

Myrrh essential oil increases perspiration and removes toxins, extra salt, and excess water from your body. Sweating also cleans the skin pores and helps harmful gases like nitrogen escape.

This property of myrrh essential oil protects wounds from infections and heals them quickly.

If you have applied a small amount of myrrh essential oil on cuts and wounds, you don't need to worry about them becoming infected. This oil will prevent them from becoming septic since it is an antiseptic substance. It can protect you from tetanus as well to some extent.

Myrrh oil strengthens and activates the immune system and keeps the body protected from infections.

This powerful essential oil stimulates blood circulation and ensures a proper supply of oxygen to the tissues. This is good for attaining a proper metabolic rate as well as for boosting the immune system. Increasing the blood flow to all the parts of the body helps in staying healthy.

As a tonic, myrrh oil tones up all the systems and organs in the body, giving them strength and protection from premature aging and infection.

Myrrh essential oil sedates inflammation in various tissues in case of fever or viral infections. It also treats indigestion resulting from consumption of spicy food and protects the circulatory system from toxins.

It provides relief from unwanted contractions or spasms and therefore eases cramps, aches, and muscle pain.

Other Benefits

This oil is highly valued in aromatherapy as a sedative, antidepressant, and as a promoter of spiritual feelings. It takes care of uterine health and stimulates that organ, helps fade away scars and spots, pyorrhea, diarrhea, and skin diseases such as eczema, ringworm, and itches. It is also an emmenagogue which means that it normalizes menstruation and relieves associated symptoms like mood swings and hormonal imbalances.

How to Use:

Using myrrh essential oil is simple. You can put it to use in three basic ways mentioned below.

- Inhale the steam by adding a few drops of myrrh oil to hot water
- Apply it topically (after mixing with carrier oils)
- Add a few drops to the cold compress and apply on inflamed areas

Word of Caution: Despite these benefits of myrrh essential oil, it can have toxic effects if used in excess. It should be avoided by pregnant women since it stimulates the uterus and could result in miscarriage.

STICKING TO MY GOALS

1. **Describe an image about:**
 - My life now
 - How I want my life to be in the next few months or year?

 - What will be my goals to get there?

 - What will my principles be to guide me on my path?

 - What rules will I set for myself and in my family?

 - Identify tasks or activities which I want to implement in my life:

2. **Choose one of the following quotes/sayings/advices and give your understanding of what message or insight the writer wants to bring across.**
 - a. "Anger is like a strong wind. It calms down after a while, but lots of branches are already broken" - Rumi.
 - b. "You are not your emotions neither your mistakes".
 - c. "The person who removes a mountain begins by carrying away small stones". (Chinese proverb)
 - d. "A bad habit will eventually steal everything from you, even your life".
 - e. "Practicing ultimate control can overcome a lot of problems".
 - f. "Do something nice for you, because you deserve it".
 - g. "If today is not your day, then remember a year has 365 days".
 - h. "You are totally replaceable at work. You are not replaceable at home. Home is your real life and family. Keep that perspective always.
 - i. "I know in this life you are going to survive. But I hope you live too."
 - j. "Time doesn't heal anything...it just teaches us to live with the pain".
 - k. "Do not be deceived – bad company corrupts good moral".
 - l. People were created to be loved. Things were created to be used. The reason why the world is in chaos is because things are being loved and people are being used.

- m. "When I react, I become a reflection of their perception instead of a projection of my truth" – Samquashi
- n. "A toxic environment is more likely to change you than you change it".
- o. "If you hate a person, then you are defeated by them" – Confucius.
- p. "Instead of worrying about what you cannot control, shift your energy to what you can create" – RT Bennett
- q. "People who throw themselves in the sea to drown don't want to die. They want to kill something inside of them"- Arabic saying.
- r. "Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul." Mario Quintana
- s. Don't let anyone rent a space in your head unless they're a good tenant.
- t. The mind replays what the heart can't delete.