**Essential Oils and Breast Cancer**

**First, a little research as to why such oils work:**

Research from Brigham Young University published information identifying essential oils as effectively killing cancer cells while being nontoxic to normal cells. Some of the most effective oils included sandalwood which inhibits growth by up to 90% of a few different types of cancer cells. These include breast, cervical, prostate and skin! It shows little or no harmful effect on normal cells. Sandlewood shows to have excellent results even at small concentrations (100ppm). Other oils having strong anti cancer action include Tsunga, thyme, thyme linalool and grapefruit. Oils rich in limonene, such as lemon, orange, tangerine and Idaho balsam fir have been shown in clinical studies to have potent anti-carcinogenic effects. According to a study at the University of Indiana "monoterpenes would appear to act through multiple mechanisms in the chemoprevention and chemotherapy of cancer." Studies using 1-15 grams a day of limonene in very advanced cancer patients resulted in almost 20% of the patients going into remission. To enhance the action of essentials oils, strong cleansing and nutritional building programs are required.

**Second, It is essential that she avoid the following oils with estrogen (oestrogen) dependant cancers:**

Aniseed

Citronella

Eucalyptus

Fennel

Lemongrass

Star anise

Verbena

**If undergoing chemotherapy, because of the greater amounts of toxicity produced, even greater care should be taken to limit the use of oils with high phenol content. Such as:**

Anise, basil, birch, cinnamon bark, clove fennel, Melaleua alternifolia, mountain savory, oregano, peppermint, tarragon, thyme, wintergreen

**I also recommend ImmuPower applied to the spine at least 2x/day**

Frankincense and clove is the best for breast cancer. Apply topically. Clove can cause sensitivity issues, especially if put on sensitive skin, do be sure to mix with v6 or olive oil first to dilute.

Putting them on separately will have a better effect than if they are mixed.

**There are also different oils that can be used for supporting different symptoms/effects of having cancer. Ie Incisions, Inflammation, Weakness, Fatigue, the emotional issue of Self-Worth, Negative thinking and other things she may be dealing with.**

**Incisions:** Helichrysum

**Inflammation: Helichrysum and Blue Tansy diffused every day**

**Radiation: Melaleuca quinquenervia (Not Melaleua alternifolia – which should be avoided), Melrose, patchouli**

**Weakness: Diffuse Thyme**

**Fatigue: Diffuse Rosemary, Lavender, Neroli, Rose, or Geranium**

For a Positive Attitude/Light Spirit: Grapefruit