



Frankincense Essential Oil: The Ultimate Beginners Guide to Frankincense Essential Oil Uses, Applications and Natural Remedies (Wellness, Essential Oils, Frankincense Oil)

Kaylee Evans

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Frankincense Essential Oil

The Ultimate Beginners Guide to Frankincense Essential Oil Uses, Applications and Natural Remedies

Frankincense is a resin that is used in a lot of religious practices as a fragrant. It has been used as a material for trade for over 4000 years and was believed to be one of the gifts that were imparted to baby Jesus when he was born. This fragrant resin has now developed into an essential oil which has been known to be very useful as a disinfectant, as an astringent and even for consumption to help with digestion. It is also used in incense and perfumes and is a great aid in aromatherapy methods all over the world. Frankincense has also been reported to have medicinal properties that help with the treatment of asthma, arthritis and anxiety. Over the course of this book we will take a look at the various medicinal and therapeutic benefits of using Frankincense. For the benefit of the readers, we have divided the eBook into six chapters that list out the various advantages that come with the usage of Frankincense.

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