

Myrrh Essential Oil:

Myrrh essential oil is distilled from oleo-gum resin of the myrrh tree. Myrrh oil, because it is extracted from a resin instead of from flowers stems or leaves, is a thicker essential oils than most. Be patient when dispensing this oil from the bottle. Myrrh oil thickens when exposed to air for long periods of time, so when you use the oil, make sure to promptly return the lid and close the bottle.

Traditional Uses:

- Promotes a healthy immune system – a highly antibacterial, antiviral and antifungal oil.
- Encourages thyroid balance.
- Soothes and moisturizes skin
- Kills surface bacteria on the skin that can cause acne and other problems.
- Promotes healthy circulation to the face and creates a beautiful “rosy” glow.
- An anti-aging oil that promotes a youthful appearance
- Used over time, may help wrinkles, sagging skin, rashes and other skin problems



Throat and Voice:



Apply over throat area to help calm an overly stimulated thyroid.

Many professional singers apply myrrh oil over the throat area to help keep the voice and vocal cords strong and clear.

Apply to scars and stretch marks to help them fade over time.

- Disinfects the mouth. Is often included in natural toothpastes for oral care.
- Helps fight dental/ gum infections
- Add 1 drop to your toothpaste as an aid to fight infections in the mouth.
- Use as a mouthwash to fight unhealthy dental bacterial or as a gargle to kill germs and help a sore throat.



For the Skin:



Recipe for the Face:

1 drop Myrrh oil

1 drop Frankincense Oil

½ to 1 tsp jojoba oil, coconut oil or shea butter

Apply to face nightly in order to moisturize, add antioxidants, tighten sagging skin and kill surface bacteria that can cause acne, rashes and other problems.

Combines well with Lavender oil, Geranium oil and Frankincense oil to help reduce and minimize scars.

You can also mix a drop of myrrh oil into your favorite face cream.

- Myrrh oil has been recognized for over 2,000 years for its ability to help with infection of the skin and throat, and to regenerate skin.
- Applied topically, it helps support the body's renewal of skin cells
- Delivers antioxidants directly to the skin to help fight the effects of aging. It is a wonderful oil to blend into facial creams or oils to help reverse aging skin.

- Myrrh oil, when inhaled can help lessen fear, anger and help you deal with a shock. Drop an oil in the palm of your hand, rub both hands together and inhale deeply for several second to a few minutes. Myrrh oil is not a good oil for diffusing because it is so thick, but you can put a drop on a cotton ball and inhale the oil from there, or place the cotton ball near you in areas where you work and relax.
- Apply one drop to soles of feet during a cold or flu season as an additional aid to fight germs.

How Else Can I Help My Skin?

To help your skin, avoid soda pop, pasteurized dairy products, granulated sugar, white table salt and enriched flour and pasteurized dairy products. Conventional dairy products can cause severe acne. Adopt an organic whole foods diet and shop at Farmer's Markets and Health Food Stores. For more info on Dr. Foster's Foster Method Diet, please [CLICK HERE](#).

Dr. Foster's [Kidney Cleanse](#) – The skin is considered the “3rd kidney.” When the kidneys contain a lot of toxins, toxins leak out through the skin and cause all kinds of rashes and eruptions.

Dr. Foster's [Blood Detox Formula](#) – can help clear many rashes and most skin eruptions – even severe ones such as pityriasis, shingles, cystic acne,

Dr. Foster's [Echinacea Premium Formula](#) – helps clear cystic acne, generalized rashes

Dr. Foster's [Tea Tree/ Jojoba oil Blend](#) – apply topically. Gentle enough to apply to the face to help acne and other rashes on the face. Good for diaper rash. Helps control itching, soothe rashes and irritated skin as well as to fight skin bacteria, viruses and fungus on the skin.

How Do I Stay Healthy and Avoid Future Problems with My Health?

Make sure to follow the **Foster Method** and the **Foster Method Diet** for any chronic issues to get to underlying root causes as well as to maintain health for life. Do an herbal cleanse (Liver cleanse, Kidney Cleanse, Parasite Cleanse, Stone Cleanse, Cholesterol Cleanse, or Colon Cleanse) with the change of each season every 3 months!