

SCIENTIFIC RESEARCH

ESSENTIAL OILS FOR CANCER & CANCER TREATMENT

AROMATHERAPY IN GENERAL

Entire line of *breathe me* & *breathe pure*

Anticancer activity of essential oils: a review.

Conclusion: Natural essential oil constituents play an important role in cancer prevention and treatment. Various mechanisms such antioxidant, antimutagenic and antiproliferative, enhancement of immune function and surveillance, enzyme induction and enhancing detoxification, modulation of multidrug resistance and synergistic mechanism of volatile constituents are responsible for their chemopreventive properties.

<http://www.ncbi.nlm.nih.gov/pubmed/23765679>

Aromatherapy as an adjuvant treatment in cancer care - a descriptive systematic review.

Conclusion: Short term improvements were reported for general well being, anxiety and depression up to 8 weeks after treatment. The reviewed studies indicate short-term effects of aromatherapy on depression, anxiety and overall well-being. Specifically, some clinical trials found an increase in patient-identified symptom relief, psychological well-being and improved sleep. Furthermore, some found a short-term improvement (up to 2 weeks after treatment) in anxiety and depression scores and better pain control.

<http://www.ncbi.nlm.nih.gov/pubmed/23983386>

Rosemary

breathe me: [calm, relax](#) | [focus, brain-boost](#) | [focus, calm KIDS](#)

Effect of rosemary polyphenols on human colon cancer cells: transcriptomic profiling and functional enrichment analysis.

Conclusion: Results suggest that the extract may be differentially effective against tumors with specific mutational pattern, and is also concluded that rosemary polyphenols induced a low degree of apoptosis indicating that other multiple signaling pathways may contribute to colon cancer cell death.

<http://europepmc.org/abstract/MED/22923011>

Antibacterial activity and anticancer activity of Rosmarinus officinalis L. (Rosemary) essential oil compared to that of its main components.

Conclusion: Rosemary and its individual components were evaluated for their in vitro antibacterial activities and toxicology properties. The rosemary essential oil exhibited the strongest cytotoxicity towards three human cancer cells. In general, the rosemary showed greater activity than its individual components in both antibacterial and anticancer test systems.

<http://www.ncbi.nlm.nih.gov/pubmed/22391603>

Polyphenols from the Mediterranean herb rosemary (*Rosmarinus officinalis*) for prostate cancer.

Conclusion: The reported findings suggest that these polyphenols target multiple signaling pathways involved in cell cycle modulation and apoptosis.

<http://europepmc.org/abstract/MED/23531917>

Antitumor effect of 5-fluorouracil is enhanced by rosemary extract in both drug sensitive and resistant colon cancer cells.

Conclusion: The results show that SFRE displays dose-dependent antitumor activities and exerts a synergistic effect in combination with 5-FU on colon cancer cells. Furthermore, SFRE sensitizes 5-FU-resistant cells to the therapeutic activity of this drug, constituting a beneficial agent against both 5-FU sensitive and resistant tumor cells.

<http://europepmc.org/abstract/MED/23557932>

Antimicrobial activity of clove and rosemary essential oils alone and in combination.

Conclusion: Both essential oils possessed significant antimicrobial effects against all microorganisms tested.

<http://www.ncbi.nlm.nih.gov/pubmed/17562569>

Spearmint

breathe me: [focus, brain-boost](#)

Antiemetic activity of volatile oil from *Mentha spicata* and *Mentha × piperita* in chemotherapy-induced nausea and vomiting.

Conclusion: There was a significant reduction in the intensity and number of chemotherapy induced nausea and vomiting events. The essential oils were safe and effective for anti-emetic treatment in patients. It was also cost effective.

<http://europepmc.org/abstract/MED/23390455>

Thyme

breathe me: [super immunity](#)

Cytotoxic effect of essential oil of thyme (*Thymus broussonettii*) on the IGR-OV1 tumor cells resistant to chemotherapy.

Conclusion: These data indicate that Thyme essential oil which contains carvacrol as the major component has an important in vitro cytotoxic activity against tumor cells resistant to chemotherapy as well as a significant antitumor effect in mice.

<http://www.ncbi.nlm.nih.gov/pubmed/17934650>

Frankincense

breathe me: [de-stress, unwind](#)

Frankincense oil derived from *Boswellia carteri* induces tumor cell specific cytotoxicity.

Conclusion: Frankincense oil appears to distinguish cancerous from normal bladder cells and suppress cancer cell viability.

<http://www.ncbi.nlm.nih.gov/pubmed/19296830>

Anti-tumor and anti-carcinogenic activities of triterpenoid, beta-boswellic acid (Frankincense)

Conclusion: The results indicate that beta-boswellic acid and its derivatives (the major constituents of Boswellin, Frankincense) have anti-carcinogenic, anti-tumor, and anti-hyperlipidemic activities.

<http://www.ncbi.nlm.nih.gov/pubmed/?term=Huang+MT%2C+Badmaev+V%2C+Ding+Y%2C+Liu+Y%2C+Xie+JG%2C+Ho+CT.+Laboratory+for+Cancer+Research%2C+College+of+Pharmacy%2C+Rutgers+University%2C+Piscataway%2C+NJ+08854-8020%2C+USA>

Effects of aroma hand massage on pain, state anxiety and depression in hospice patients with terminal cancer.

Conclusion: Using frankincense, lavender and bergamot, the aroma hand massage experimental group showed more significant differences in the changes of pain score and depression than the control group.

<http://www.ncbi.nlm.nih.gov/pubmed/18753801>

Lemongrass

breathe me: [super immunity](#)

Anticancer activity of an essential oil from *Cymbopogon flexuosus*.

Conclusion: Our results indicate that the oil has a promising anticancer activity and causes loss in tumor cell viability by activating the apoptotic process as identified by electron microscopy.

<http://www.ncbi.nlm.nih.gov/pubmed/?term=Sharma+PR%2C+Mondhe+DM%2C+Muthiah+S%2C+Pal+HC%2C+Shahi+AK%2C+Saxena+AK%2C+Qazi+GN.Indian+Institute+of+Integrative+Medicine%2C+Canal+Road%2C+Jammu+180001%2C+India>

An essential oil, lemongrass, and its major constituent isointermedeol induce apoptosis by increased expression of mitochondrial cytochrome c and apical death receptors in human leukaemia HL-60 cells

Conclusion: The easy and abundant availability of lemongrass combined with its suggested mechanism of cytotoxicity make lemongrass (CFO) highly useful in the development of anti-cancer therapeutics.

<http://www.sciencedirect.com/science/article/pii/S000927970700302X>

Modifying effects of lemongrass essential oil on specific tissue response to the carcinogen N-methyl-N-nitrosurea in female BALB/c mice.

Conclusion: the treatment reduced the incidence of hyperplastic lesions and increased apoptosis in mammary epithelial cells. These findings indicate that LGEO (Lemongrass essential oil) presented a protective role against early MNU-induced mammary gland alterations.

<http://www.ncbi.nlm.nih.gov/pubmed/22082069>

Protective effects of lemongrass (*Cymbopogon citratus* STAPF) essential oil on DNA damage and carcinogenesis in female Balb/C mice.

Conclusion: findings indicate that lemongrass essential oil provided protective action against MNU-induced DNA damage and a potential anticarcinogenic activity against mammary carcinogenesis.

<http://www.ncbi.nlm.nih.gov/pubmed/21089157>

Citrus oils (LIMONENE, Bergamot)

breathe me: [de-stress, unwind](#) | [energy, mood-boost](#)

breathe pure: [french bouquet](#)

Antitumorigenic effects of limonene and perillyl alcohol against pancreatic and breast cancer.

Conclusion: Monoterpenes are effective, nontoxic dietary antitumor agents which act through a variety of mechanisms of action and hold promise as a novel class of antitumor drugs for human cancer.

<http://www.ncbi.nlm.nih.gov/pubmed/8886131>

5-Demethyltangeretin inhibits human nonsmall cell lung cancer cell growth by inducing G2/M cell cycle arrest and apoptosis.

Conclusion: our results demonstrated that 5DT inhibited NSCLC cell growth by inducing G2/M cell cycle arrest and apoptosis.

<http://www.ncbi.nlm.nih.gov/pubmed/23926120>

Effects of aroma hand massage on pain, state anxiety and depression in hospice patients with terminal cancer.

Conclusion: The aroma hand massage experimental group showed more significant differences in the changes of pain score and depression than the control group.

<http://www.ncbi.nlm.nih.gov/pubmed/18753801>

Mechanisms Underlying the Anti-Tumoral Effects of *Citrus bergamia* (bergamot) Juice.

Conclusion: The study demonstrated the anti-cancer potential of bergamot juice (BJ) showing the ability of the bergamot juice (BJ) to affect important tumoral activities of cancer cells.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3628853/>

Lavender

breathe me: [sleep](#) | [sleep KIDS](#) | [calm, relax](#) | [energy, mood-boost](#)

breathe pure: [french bouquet](#) | [clean air](#)

Effects of aroma hand massage on pain, state anxiety and depression in hospice patients with terminal cancer.

Conclusion: Using lavender, frankincense and bergamot, the aroma hand massage experimental group showed more significant differences in the changes of pain score and depression than the control group.

<http://www.ncbi.nlm.nih.gov/pubmed/18753801>

Use of aromatherapy with hospice patients to decrease pain, anxiety, and depression and to promote an increased sense of well-being.

Conclusion: Results reflected a positive, yet small, change in blood pressure and pulse, pain, anxiety, depression, and sense of well-being.

<http://www.ncbi.nlm.nih.gov/pubmed/12442972>

Disclaimer : These statements made in this report have not been evaluated by the FDA (US Food & Drug Administration). Our product are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician or healthcare provider. The information provided by his website or this company is not a substitute for a face-to-face consultation with a health care provider, and should not be construed as individual medical advice. The testimonials on this website are from individuals and do not guarantee or imply the same results.

General Safety Information: Do not take any essential oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. (Please note that all [Nectar Essences](#), [Breathe Me](#) personal remedies have been diluted for your safety). If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use essential oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest of oils at extremely low doses. It is safest to consult a qualified aromatherapy practitioner before using essential oils with children. A skin patch test should be conducted prior to using an essential oil that you've never used before. For very in-depth information on essential oils safety issues, read [Essential Oil Safety](#) by Robert Tisserand and Tony Balacs.