



# **MYRRH Essential Oil: How to Use, History, Benefits, Properties, Applications, Studies & Recipes (Essential Research Series Book 13)**

*George Shepherd*

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Myrrh, or Commiphora myrrha, has been used for thousands of years by the Ancient Egyptians and by the Arabians, primarily to support skin conditions. The antioxidant properties of myrrh effectively benefit everything from wrinkles to chapped or cracked skin. Myrrh is also full of sesquiterpenes, which aid the pituitary, hypothalamus and amygdala, all of which deeply affects emotions. This results in an uplifting and restorative sense of being. With such estimable properties, it's no wonder that myrrh was gifted to the baby Jesus, alongside gold and frankincense.

Beyond those applications previously mentioned, additional uses for myrrh essential oil include supporting the body's defenses against athlete's foot, chapped skin, halitosis, itching, ringworm, amenorrhea, bronchitis, dysmenorrhea, gums, oral hygiene, toothache, colds, flu, cough, cuts, wounds, diarrhea, hemorrhoids, dermatitis, indigestion, stomachache, yeast infection and other skin issues. When it comes to mood and emotion, myrrh essential oil can help relieve stress by providing an uplifting sense of being.

Myrrh is derived from the Arabic word for "bitter," which is "murr." Mentioned over 150 times in the Bible, myrrh has been valued for thousands of years, even making an appearance in the ancient Egyptian medical text, Ebers Papyrus, which includes 700 therapeutic remedies from 1550 BC.

One of the many traditional applications for this oil was to uplift. Pregnant women were often anointed with the oil to improve their mood.

Learn everything you need to know about the many uses and benefits of Myrrh essential oil including recipes, studies, applications and more.

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