

<http://www.dgaryyoung.com/blog/2010/dangers-of-the-frankincense-trail/>

Dangers of the Frankincense Trail



Gary Young, president of Young Living Essential Oils, on the Frankincense trail

For thousands of years, frankincense was transported across the most desolate wilderness on earth: the Empty Quarter. This vast desert covers some 250,000 square miles and spans part of Oman, Yemen, Saudi Arabia, and the United Arab Emirates.

I grew up in an Idaho wilderness area, packing horses and mules and traveling across treacherous terrain. So it wasn't so difficult for me to understand life on a camel caravan, as rugged men left their homes and loved ones to take their precious cargo of frankincense and myrrh north to market.

To travel with a caravan was a dangerous and sometimes deadly occupation. The desert itself could be a vicious opponent with violent sandstorms that could change the landscape, covering precious waterholes, creating huge new dunes and possibly burying a caravan. There were poisonous snakes and scorpions as well. But the most dangerous adversary of all came on two legs: robbers, thieves, and marauders determined to steal the resins worth more than gold.

I have walked and driven over the majority of the frankincense trails that brought the prized resins from southern Arabia to the ports of Gaza, Alexandria, and Damascus. I have such an appreciation for the rugged men who risked their lives to bring such a treasure to the world. That same spirit of adventure has inspired me to bring the very best frankincense and myrrh to today's seeker of physical and emotional wellness.

I can't wait to join you all next week at International Grand Convention where audiences will get to see the marvels of the Frankincense Trail on the big screen with the premiere of my frankincense documentary, [*The One Gift*](#).

—Essentially Yours,

D. [Gary Young](#)

Tags: [frankincense essential oil](#), [Frankincense Trail](#), [gary young](#), [International Grand Convention](#), [young living convention](#)

This entry was posted on Friday, June 11th, 2010 at 1:12 pm and is filed under [Events](#), [Messages](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part One - The Journey to Sacred Frankincense



My journey began 18 years ago when I traveled to Egypt in search of the answers to many questions about the mysteries of essential oils hidden in the ancient ruins and hieroglyphics of Egyptian history. I was excited to study essential oil chemistry with Dr. Radwan Farag, PhD, dean of the Biochemistry Department at Cairo University, who at that time was the most published authority on essential oils in the world.

Tourism had already been greatly restricted in Egypt when I heard the announcement in the London airport requesting that all passengers traveling to Egypt report to the Customer Service Counter of Egypt Air immediately. All nonresidents were being advised not to travel there because there was tremendous tension and upheaval in the country, and it was extremely dangerous. Tickets were being changed and refunded for all foreigners except one. I knew I had to go, and I just couldn't let this stand in my way of what I felt was to be a great adventure into the discovery of the unknown.

As I boarded the Egypt Air flight to Cairo, all eyes of the 38 Egyptian citizens were on me as I placed my camera bag in the overhead compartment. As the plane lifted off the ground, I had a strange feeling of anticipation, wondering what would happen to this lone American.

When the jet landed and came to a stop, the stairs were rolled up to the door, but as I moved towards the exit, the head flight attendant asked me to let all the Egyptian citizens off first.

As the last passenger to leave the plane and walk down the stairs, I saw why I was detained. A military escort was waiting on the tarmac to go with me to pick up my luggage and take me through immigration, customs, and then into a black car waiting in the taxi lane. The military police drove me to a downtown hotel where I was checked in and told not leave the premises until my departure two weeks later.

To be continued...



This entry was posted on Wednesday, September 1st, 2010 at 3:39 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Two - The Journey to Sacred Frankincense



My head was spinning, trying to figure out what this was all about and what I was going to do, since it appeared that my first opportunity to be in Egypt looked like it was headed for disaster. I so wanted to know why Christ, as a child, fled to Egypt, since I'm sure there were other places he could have gone. What was the frankincense story all about? I had hoped to discover why frankincense was found in Tutankhamun's tomb when it was opened by Howard Carter in 1922.

Why was Christ the only child recorded in historical writings to receive frankincense, myrrh, and gold at his birth? Yet, even that was shrouded with mystery as the definition in the Sabaic Dictionary, published by the University of Sana'a in 1982, states: "Gold, a type of incense." That was a clue to something new that really piqued my interest.

Historically, at that time, incense was far more prized than gold. If frankincense and myrrh were given as precious gifts, why would gold, a much lesser commodity, be given as well? How did frankincense and myrrh equate to gold? As I started putting together what I had learned with what had been written, it just didn't make sense.

Through my research and in asking questions in that part of the world, I learned that balsam oil was anciently called "liquid gold." That seemed to be common knowledge in the Arabian world. So then I had to ask myself, "Did the translator leave out the word *liquid* because it didn't seem important, or was it simply not understood?" I was fascinated with it all and was driven to find the truth.

To be continued . . .

[You can find more Egyptian photos here.](#)

This entry was posted on Tuesday, September 7th, 2010 at 4:02 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Three - The Journey to Sacred Frankincense



As I sat in my hotel room feeling deeply disappointed, I remembered a message that I had received from my friends Eldon and Nancy Knittle a week earlier when I was in Saskatoon, Saskatchewan, Canada, giving an interview on a television talk show. At the same time, they were in Dallas, Texas, giving a Young Living meeting in a health food store. Although it was late when I returned to my room after the interview, I quickly called them.

When I talked with Nancy on the phone, she told me that after their meeting, a stranger who was in the audience came up to her and handed her a piece of paper with a phone number on it. He said he was an Egyptian and hoped that she could reach me before I left for Egypt. He said it would be important for me to have the number when I arrived and for me to please call if I needed any help. Then without further explanation, he turned and disappeared out the door.

I remember that as I hung up the phone, a strange feeling came over me. Was this a new mystery? After all, I was going to Egypt. But how did the stranger know I was going there? It was rather intriguing. I scribbled the number on a piece of paper, stuffed it into my wallet, and then turned to my unpacked suitcase that was waiting for me. I had to hurry and finish packing as my flight left early in the morning. With all that I had to do, I never gave our "stranger" another thought until now.

I pulled my wallet out of my pocket to quickly look through all the little pieces of paper I had accumulated. If the number was for real, this was the moment to find out. To my relief, I found the paper still there and quickly dialed the number. When the voice on the other end said hello, I introduced myself and started to explain my situation. He carefully interrupted and said, "Yes, I have been waiting for your call." He gave me a very specific time to go down to the front of the hotel with my things. I was not to speak to anyone, and when a black car pulled up, I was to get in quickly; and then he hung up.

To be continued . . .

[Image: br3akthru / FreeDigitalPhotos.net](#)

This entry was posted on Wednesday, September 8th, 2010 at 12:55 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Four - The Journey to Sacred Frankincense



I had no idea how or why this was happening and wondered if this was to be my demise. However, my curiosity completely overshadowed any fear that I had, and at the specified time, I went downstairs. No one seemed to pay any attention to me, and as I cautiously walked towards the door, the black car pulled up, the door opened, and I quickly went outside. The man inside the car reached out and took my suitcase and made room for me as I climbed inside. I definitely had an unnerving feeling as I closed the door and the car sped away.

A man with the same voice that I had heard on the phone introduced himself to me and said that he had come to help me. He took me to a small shop in Giza Square where I met Khadija, an angelic-looking American lady. She was dressed in a white, flowing gown, and with the sun reflecting off the glass behind her, she looked like an angel who had just come from heaven.

She said she had been told about me and my work and wanted to help. She was engaged to the Minister of Antiquities and said that her fiancée would give me written permission to visit all the places that I wanted to go, which opened up Egypt to me in a way I never dreamed possible.

It was one of the most rewarding times of my life in my research and quest to learn about frankincense. Since then I have returned to Egypt many times and made 15 trips into the Middle East, which includes Yemen and Socotra Island. I asked many questions as I studied the history that kept me following different leads, stories, and legends to so many different places. The desert, the mountains, the ruins, the villages, and the old people all gave me clues, besides what I found in the libraries, museums, and universities.

I thoroughly enjoyed studying biblical archaeology at the Hebrew University and being able to travel and see so many historical sites in Israel. I was so grateful for the time that I was able to spend with Dr. Farag at the Cairo University, from whom I learned much about the possibilities of essential oils and their chemical constituents.

To be continued . . .

This entry was posted on Thursday, September 9th, 2010 at 10:32 am and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Five - The Journey to Sacred Frankincense



I was excited to find *Boswellia frereana* in the marketplace in Cairo. This species was known as "The King of Frankincense" because ancient royalty desired to possess it because of its sweet perfume fragrance. However, when Dr. Farag and his students analyzed it, they found that the main compounds responsible for healing and regeneration were not present.

It was most interesting that the frankincense taken out of King Tutankhamun's tomb resembled the frankincense species of *sacra* or *carterii*, not *frereana*. All the legends from ancient prophets indicate that *sacra* or *carterii* were the only species used to anoint and heal. *Frereana* was never used.

The frankincense from the Hadhramaut was the most desired, because the crystal-like resin drops called *hojari* come from there, which is the highest grade of frankincense known to exist. In the studies of the ancient world, it is accepted knowledge that the frankincense taken to the Christ Child came from present-day Oman-the [*Boswellia sacra*](#) *hojari*-the Sacred Frankincense. This is history! These are the facts!

It is amazing to me how people can make claims out of thin air with absolutely no knowledge or experience to back them up. People who have never traveled or conducted research pretend to be experts by copying and parroting other people's research and literature, or they simply make up their own story.

When frereana came on the market about two years ago, distributors asked me over and over again why Young Living didn't have frereana from Oman. My answer has always been the same. First, frereana does not come from Oman. Second, frereana is double the price of carterii because the perfume companies have a monopoly on it. Third, it is inferior in that it is not meant for healing but for perfume. To be sold for a lower price, it cannot be of a pure and natural origin, as has been verified by a gas chromatogram analysis (GC) performed by the Central Service Analytical Laboratories in Lyons, France, the number one analytical laboratory for essential oils in the world.

Study Shows Powerful Boswellic Acids Lacking in *Boswellia frereana*

Although the LC/LC/ESI-MS analysis of frankincense from *B. frereana* revealed peaks corresponding to the retention times of the boswellic acids (1-6; Fig. 3E), this gum-resin obviously does not contain appreciable amounts of the boswellic acids (1-6) which is in accordance with the results obtained by Mathe et al. They did not find any of the boswellic acids (1-6) in a botanically certified gum-resin of *B. frereana* with HPLC/UV at 210 nm. (Emphasis added.)

Frank A, Unger M, "Analysis of frankincense from various *Boswellia* species with inhibitory activity on human drug metabolising cytochrome P450 enzymes using liquid chromatography mass spectrometry after automated on-line extraction," *J. Chromatogr. A.*, 1112 (2006) 255-262.

To be continued . . .

This entry was posted on Friday, September 10th, 2010 at 10:36 am and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Six: The Journey to Sacred Frankincense

After 15 years of traveling to and from Oman, building relationships with the people there, and acquiring their trust, I was able to fulfill a 15-year-old dream-to build a distillery in Oman and be the first in hundreds of years to distill the sacred frankincense. After months of paperwork and waiting for the country of Oman to write the code, we were finally able to obtain permits to export [*Boswellia sacra*](#) to the U.S. and Ecuador. For that, we have to thank the wonderful people of Oman and our partner and manager, Mahmoud Suhail, M.D.



Boswellic acids are some of the main compounds found in the frankincense species of *sacra* and *carterii* that science is claiming to be anti-cancer and anti-inflammatory. *Boswellia sacra* has the highest amount of boswellic acids, at 42 percent; and *carterii* has almost as high an amount, with 40 percent.

It is most interesting that *frereana* found outside the U.S. shows an extremely low percentage of boswellic acids, ranging from perhaps 2 to 3 percent, but the *frereana* marketed in the U.S. has been analyzed by an independent U.S. laboratory and shown to have virtually no boswellic acid in its chemical structure.

In all of my travels while filming the documentary of the Frankincense Trail titled [*The One Gift*](#) and during the 15 years of research that I used in writing my book, a companion to the film, which was published in June 2010, also called *The One Gift*, never did I see other Americans, and certainly no one from Utah, doing research in Oman.

To be continued . . .

This entry was posted on Monday, September 13th, 2010 at 3:32 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

Part Seven - The Journey to Sacred Frankincense

I met with Sheikh Hamdan, head of one of the largest corporations in Salalah, with businesses in construction, financing, general trade, etc. The Hamdan Group also owns a private hospital. Sheikh Hamdan and his son, Mr. Abdullah, are very interested in Young Living's frankincense venture in Oman and want to help us.

Sheikh Hamdan has worked as an overseer and coordinator of the people who harvest the frankincense resin in the Dhofar region. He also confirmed that he has not had any other American or anyone from Utah come to do research, start a new business, nor investigate the Omani frankincense.

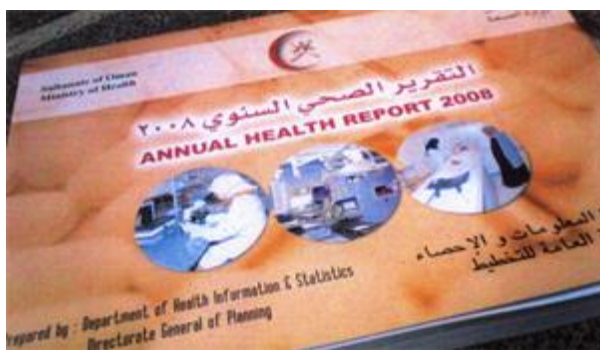
When I visited with the Minister of Agriculture, the President of the Chamber of Commerce and Trade, and the Minister of Business Trade and Export, they confirmed that they had never met with any American, nor had an export permit been requested, irrespective of the fact that no codes existed for exportation of frankincense resin or oil.



It is sad that there is so much deception in the world of essential oils. Very few people have had enough experience to know what questions to ask, what to look for, or have paid the price to know the difference between the resin species and to determine which of the five different grades they are and their quality.

Why must the talk about this sacred oil be marred with the negative side of the essential oil industry that is about money and power? Only those who are a part of that deception can answer that question.

For me, its name bears that meaning, and I feel blessed and privileged to be in the country of Oman to be a part of bringing God's sacred frankincense to the world. Since March of 2010, Young Living has built two distilleries that are in operation six days a week in Salalah, Oman, and we are preparing to install a third one by 2011.



It is noteworthy that the cancer rate in Oman is much lower than in other countries of the world. Mahmoud Suhail, M.D., our partner in the Omani frankincense venture, recently shared with me the latest disease statistics for Oman. Out of a population of almost three million, the total number of malignancies in Oman in 2008 was 1,992, with total deaths of 194. The population of the United States is 305 million, and in 2009 there were 1,479,350 cases of cancer with 562,000 deaths.

Dr. Suhail wrote, "This means during 2008 and per every 10,000 population, 7 got cancer in Oman, while 48.5 got cancer in the United States." That's 6.9 times more cancer in the U.S. than in Oman! Because the cancer rate is so low in Oman, there are no oncology wards in the Omani hospitals in the Dhofar region.

Health Region	الإجمالي	الوسطى	مسقط	البريمي	الظاهرة	صلالة
Disease Group/ Diseases	Total	Al Wusta	Muscat	Al Buriymi	Al Zuhairat	South Al Balaah
Certain Infections & Parasitic Diseases	53	114	68	51	76	29
Diarthrosis & Gastro-enteritis of presumed infectious origin	36	71	43	41	54	21
Other bacterial infectious diseases	3	8	4	1	2	1
Other bacterial infectious diseases	5	1	3	2	5	4
Viral Infections	8	22	14	3	14	4
Mycoses, Protozoal, Helminthoses & other infestations	1	11	3	3	1	0
Neoplasms	12	2	15	7	6	4
Malignant & In situ Neoplasms	7	2	9	2	3	3
Benign Neoplasms	5	0	6	5	3	2
DISEASES OF BLOOD & BLOOD-FORMING ORGANS & CERTAIN DISORDERS INVOLVING THE IMMUNE MECHANISM	4	47	24	51	18	

Interestingly enough, the Omani people, unfortunately, have many factors that favor or promote cancer such as smoking, hyperlipidemia, hypertension, diabetes, low exercise levels, and bad food habits. But they're doing something right. Could it be that their use of frankincense has had its impact in the prevention of cancer? Some Omanis believe that their cancer-free life is a result of burning the frankincense resin and chewing it daily.



The [*Boswellia sacra*](#) frankincense that was taken to the Christ Child-the holy anointing oil-the sacred frankincense-has been found to carry very high if not the highest sesquiterpene levels, highest boswellic acids, highest (D.R.C.) DNA-repair capacity, and highest anti-cancer properties in the world. After 15 years of planning and preparation, this highly prized, ancient oil is now available only from Young Living, the World Leader in Essential Oils. I am proud that we have the two finest species of frankincense in Young Living-*Boswellia carterii* and now, our new addition, *Boswellia sacra*.

With respect and admiration for those who seek the truth, I offer my best wishes for a day of discovery and learning, a day of truth.

Essential Yours,

D. [Gary Young](#)

This entry was posted on Tuesday, September 28th, 2010 at 2:56 pm and is filed under [General](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

One Response to "Part Seven - The Journey to Sacred Frankincense"

1.  [Cynthia Fontaine](#) says:

[November 7, 2010 at 10:03 am](#)

Dear D. Gary Young,

I have been signed up with Young living for 2 years now and am just beginning to understand the importance of the Young Living Products and research. I still have much to learn and haven't even grazed the surface. In the spring I am retiring from my job at the postal service and would like to continue to learn more about Young Living.

Thank you for all the wonderful work you continue to do!
Sincerely,

Cynthia Fontaine

