

Incense (Weihrauch)

To provide support of healthy joint - functions

Ingrediens per capsule:

275 mg inulin

400 mg incense

Consumation reference:

2 capsules a day, taken with water during a meal.

Common description:

Incense is used as a painkiller and remedy for over 3500 years. Its great achievement with especially chronic diseases lies with its agent boswellia acid. It is an extract from the resin of an Indian balsam tree. Examinations have shown that the boswellia acid blocks the production of bodily pro-inflammatory substances (Leukotrienes) which play a big part in many inflammatory diseases. The fields of application are everywhere where Leukotrienes can be found, such as, rheumatism, asthma, arthritis, poly-arthritis, skin or stomach inflammation, tooth flesh problems, psora, Crohn´s disease and enteritis.

Incense is known from the Christian church where it is used during mass, but only a few know what is really hidden behind this typical scent of incense. Incense is dried resin of the incense tree- a paltry plant which grows in very dry areas like India, Arabia and Africa. It is called "Boswellia Sacra" in Arabia and "Boswellia Serreta or Sarteri" in India. Today the centre of incense extraction is in the area of Yemen and Oman, the so called incense coast. It is extracted by cutting the bark of the tree with a knife. The transparent resin dries in the desert sun, turns hard and white. Then it is scraped off and carried to the market. Incense is still a very valuable substance. In former times the same weight was weighed with gold. It was always used in two different ways; as steam and as the substance itself. The old Egyptians used it for the making of ointments and to treatment of wounds. Hippokrates used it as a remedy for diseases of the air passages and the intestine. The ayurvedic medicine in India also used and still uses it because of its inflammation blocking influence. The holy Hildegard of Bingen knew incense and recommended it against hardness of hearing and ringing in the ears. A very important ingredient is the boswellia acid. The biological activity of this substance explain the anti-inflammatory effect of incense: boswellia acid is an efficient inhibitor of the enzyme Lipoxygenase. This enzyme is responsible for the synthesis important inflammation - boosting substances e.c. Leukotrienes.

Inulin is a water- soluble fibre substance which is contained ,for example, in chicory. It is a great nutrient for our intestine- friendly bacteria. Inulin conveys our gut-flora and supports our gut function, alternatively the right process of the food and the cohesive positive effect on our immune function.

