

Gold, Frankincense and Myrrh

The real ABC of Medicine

Gold (*Aurum metallicum*) has been used for thousands of years to bring 'light to the spirit'. It's uses for deep-rooted unhappiness, emotional suffering, and depression still remain today. The affinity in with the emotions tend to link gold with the heart, and as such has been used to treat heart problems.

Frankincense (*Boswellia serrata*) is an excellent anti-inflammatory and has a tradition in treating arthritis, gut and stomach problems. In Ayurvedic medicine it is used to treat joint and skeletal muscle pain. Latest medical studies have found Frankincense to be useful in treating Colitis, Asthma and Osteoarthritis.

Myrrh (*Commiphora molmol*) was traditionally used to treat a variety of infections, ulcers and wounds, including leprosy and syphilis. it still remains an effective anti-inflammatory , anti-microbial and analgesic. It seems particularly useful for stomach ulcers, inflamed tissues in the mouth and throat, such as gingivitis and pharyngitis. There is also ongoing research into myrrh as an anti-carcinogenic.

It is interesting that the order of these gifts show the healing of the Spirit first, then the body's inner foundation (bone and muscle), and lastly the healing of the outer surface. The gift of these three would indeed have been a wise one.

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