# FRANKINCENSE NUTMEG

# "Let food be your medicine, Let medicine be your food." – Hippocrates

Enjoy Frankincense with a hint of Nutmeg and synergistically bring your body into balance. This proprietary blend of Frankincense and Nutmeg will soothe your nerves and nourish your soul. Frankincense trees originated in Southern Arabia but now grow naturally in Yemen and Oman. The old Frankincense Trade Route was more than 2,000 miles long and is the oldest known trade route. During ancient times, frankincense was considered more valuable than gold. It has been traded for at least 5000 years. Today, as in years past, frankincense, regardless of its origin is a valued commodity. This unique blend lends itself to great health versatility.

- May help relieve obsessions, fears and anxieties
- Brain
- Very calming, relaxing and uplifting
- Antiseptic, astringent
- Immune system





## -EARTHTRIBE-FARMACY

Quality that demands reverence—Pure, Clean, Organic

### Usage

#### **Health applications**

Take 1 tablespoon of Yacon with 1/4 teaspoon of your favorite Preventatives product.

#### Pleasure applications

Add in 1/4 teaspoon increments at the end of the cooking process until taste meets your desire. (see website for recipes)

#### **Ingredients**

**Ingredients:** Purified Water, Gum Arabic, Frankincense Extract, Nutmeg Extract, Rosemary Anti-Oxidant.

No Artificial Flavors, Colors, Chemicals, Preservatives, Yeast, or Alcohol. This product is GMO Free.