



Important Information on Orange Oil & Cancer

From the AromaGuys
George Koury & Rudy Hunter

Please read it, save it & share it with your loved ones.

From The Young Life Research Clinic
Natural Medicine Alert June 2002 Issue:

“One phytochemical of particular importance in cancer prevention is d-limonene (also known as limonene). Limonene is a widely distributed natural nontoxic compound found in citrus fruits, spices, herbs and some conifer essential oils. Squeezing orange and lemon rinds and collecting the oily residue concentrates limonene. In fact, the essential oils of grapefruit, tangerine and orange contain over 90 percent limonene.”

“This simple monocyclic monoterpene compound has been found in nearly 100 studies in animals and humans to prevent cancer, stop the progression of cancer and destroy and dismantle cancer. Limonene has been shown to be active against several types of tumors, including mammary, skin, lung, liver and forestomach in rodents and colon and breast cancer in humans. Incorporating limonene in your diet is a healthy lifestyle choice that helps promote normal cell life cycles.”

Lifestyle Survival Tool

“Limonene is a natural plant phytochemical that has been proven in humans and in animals to have chemopreventative and chemotherapeutic benefits. Overwhelming evidence points to the benefits of supplementing the diet with 5 ml. of limonene per day (see chart) along with a diet rich in fruits and vegetables to add life to our years. Epidemiological studies as well as clinical trials support this healthy lifestyle choice for a long, productive, cancer free life.”

Recommended Limonene Usage Levels

Prevention and Longevity

1-2 grams per day (one-quarter to one-half teaspoon)

Cancer Regimen

5 – 16 grams per day (one to three teaspoons)

**STUDIES & TIPS FOR CANCER:
(From our dear friend & mentor Vicki Opfer)**

Our group has been pioneering many concepts in Young Living. The most important is the use of orange oil for helping the body release cancer. When people are willing to ingest 10ml of orange oil every day (in capsules), this replicates the amount of limonene in the studies that were done which showed regression of cancer.

Our bottles are 15 ml. 10 ml is 2/3 of a 15 ml bottle. Each 15 ml bottle has 250-300 drops of oil. If we assume 250, 2/3 of that is about 165 drops. Each capsule easily handles about 15 drops, which means that about 12 caps a day would be required. If someone were to take 2 caps 6 times a day, or almost every 2 hours of waking time, that would fulfill this amount.

Just recently while in Japan, a young woman of about 45 told me that she had been told last summer that her uterine cancer had spread throughout her body and she only had a month to live. The doctors said that due to her condition, they were not able to offer surgery or chemotherapy. After speaking with a Young Living leader there, she took 10ml of orange oil every day, in capsules. She also rubbed orange oil, frankincense, myrtle, sandalwood and tsuga all over her belly every day and she drank 4-6 oz. of NingXia Red each day, as well. She is now cancer free!

These kinds of stories are starting to surface and even though they are anecdotal, they will help us to help others in the future! This is what keeps me going every day!

A personal story from one of the leaders in my organization:

"My mother-in-law had a grapefruit-sized tumor on her only remaining kidney. Her other kidney had been taken to cancer 5 years earlier. The doctors could not treat her because of her deteriorating health so she began to take 10 ml of orange oil in capsules. She took 2 full capsules every 2 hours for eight hours a day. After 3 months the tumor was gone. She continues to take 1-4 capsules of orange oil and also drinks 2-4 oz. of Ningxia Red every day. Her cancer has not returned."

C.D. Westwood, NJ

I am not a trained medical doctor and I am not making any recommendations to anyone about anything. I am simply passing along what I have seen and heard. People need to use the best of both worlds - allopathic and natural medicine. If someone calls me and says that they have a lump in their breast, my response is, "Hang up the phone and call your gynecologist and make an appointment. Then call me back and let's talk about what we can do while you're waiting to see your doctor." PLEASE - let's NOT be irresponsible!

I cannot advise anyone about anything either.

All I can share is what we know:

1. Limonene has been shown through research to not only inhibit cancer, but also to regress it.
2. Orange oil is 95% limonene. (This is why it is in our Longevity supplement, which I take every single day.)
3. In order for us to replicate the amount of limonene used in the studies, we would have to ingest 10 ml of orange oil every day.

How long? I don't know. Until it was gone, I guess.

Studies have shown that frankincense (which is 12% limonene), myrtle, sandalwood and tsuga all have excellent inhibition of cancer cells. If I were using those oils, rubbed on my breasts (for prevention, which is what I do from time to time) or over an area of concern, I would use them neat (without dilution), liberally (6-8 drops of each...) and often, perhaps even several times a day if I thought I had a problem.

That's about all I can say. I think it's absolutely amazing that something as simple as orange oil, which is very inexpensive, might hold the key to the challenges with cancer...

Hope you all are healthy, happy and taking Longevity morning and night, like I do,

Vicki Opfer

Folks in our group have followed this regimen precisely and received the best results. Just like baking a cake, following the recipe is crucial in order to end up with a delicious cake...this procedure seems to have produced the best results:

- 2 capsules of Young Living Orange Oil 6 times each day—roughly every 2 hours [this totals 20 bottles of oil for the month]
- 1 to 3 capsules of Young Living Frankincense Oil throughout the day
- 1 to 3 capsules of Young Living Longevity Capsules throughout the day
- 2 to 4 ounces of Young Living NingXia Red throughout the day.

These suggestions are based on experience of folks in our group and apply ONLY to Young Living products listed above. Everyone is unique and will want to do their own research & due diligence when making health decisions. We always encourage everyone to follow their competent medical providers advice when it comes to one's health & wellbeing.

To place an order for the specific oils discussed here, please visit the AromaGuys (George Koury & Rudy Hunter) by clicking this link: <http://www.aromaguys.com>. You'll want ONLY this brand of oil when it comes to your health concerns. When you place an order you can get on-going support from the AromaGuys.

About Us:

We're George Koury & Rudy Hunter, the Aroma Guys. For the past 19 years we've taught people how to use the world's best Aromatherapy, Young Living Essential Oils, to create optimal health for themselves and their loved ones, including kids and animal companions. We created the longest continually-running Aromatherapy training in the U.S. which is still going strong! We also have a proven track record of teaching others to develop a truly prosperous home-based business.

Here's Young Living's mission statement. It sums up what we're all about:
"We honor our stewardship to champion nature's living energy, essential oils, by fostering a community of healing and discovery while inspiring individuals to wellness, purpose, and abundance."

Keep in touch and let us know how we can help you. While we do not give medical advice of any kind we can help you decide on products that may help build your health. To learn more, visit our web site: [just click here](#).

**Warmest regards,
George Koury & Rudy Hunter
The Aroma Guys**

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The information contained herein is provided for educational purposes only and is not intended to replace discussions with a qualified health care provider. No claims about the products or other information are made. All decisions regarding the care of yourself and your family, including pets must be made with a qualified healthcare provider or vet. Remember that no product or course of action is right for everyone.

**Still not sure what to think about this simple help for cancer?
Check out the cancer experts at Memorial Sloan-Kettering Cancer Center
have to say about limonene:**



Memorial Sloan-Kettering
Cancer Center

Mechanism of Action

Animal studies show activity of D-limonene against pancreatic, stomach, colon, skin, and liver cancers (5). Data also indicate that Dlimonene slows the promotion/progression stage of carcinogeninduced tumors in rats (11)(12).

Pharmacokinetics

Following oral administration, D-limonene is absorbed rapidly and metabolized to perillic acid (PA), dihydroperillic acid (DPA), limonene1,2-diol, and uroterpenol. D-Limonene metabolites distribute throughout the body to all sites, including adipose tissue, and are eliminated as glucuronide metabolites in the urine (1)(2)(3).

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