

# Arukah Oil

Arukah – ar-oo-kaw

Healing, Restoration

Oils were used Old and New Testament as a way of anointing, cleansing, sustaining and healing.

Arukah Oil is not an anointing oil as it is very clear in Scripture that there are specific measurements and ingredients to make Anointing oil and absolute direction from Yahweh/GOD.

Arukah Oil is a HEALING oil containing the ingredients of the anointing oil with some added.

No matter what herbal supplement you take, there are always potential side effects. Pay attention to your body and changes as you begin any new supplement. If you have any current medical conditions or are pregnant/breast feeding please do your own research regarding any side effects that may be caused by any of the ingredients of Arukah Oil.

*Turmeric* Curcumin, the yellow pigment in turmeric, is the active ingredient. Fights free radicals. Protects the liver against toxins, inhibits platelet aggregation, Aids circulation, lowers cholesterol levels, and improves blood vessel health. Has antibiotic, anticancer, and anti-inflammatory properties. Good for all arthritic conditions. Curcumin has been shown to stop the proliferation of rapidly dividing cancer cells. Under investigation for treating pancreatic and other cancers, psoriasis, and Alzheimer's disease.

*Bioperene* Helps improve your body's absorption of nutrient, It comes from black pepper (*Piper nigrum*). Aids in the absorption of nutrients from your food, anti-inflammatory agent which can help relieve mild to moderate pain, adjuvant treatment for influenza A/H I and II viruses, benefits on joint health by lessening inflammation and reducing discomfort caused by arthritis or other conditions like gout, reduces high levels of blood sugar, helps with blood sugar disorders, enhanced memory (a tool against disorders like Alzheimer's disease), reduces "bad" LDL cholesterol levels and anti-cancer potential.

*Myrrh* – acts as an antiseptic, disinfectant, expectorant, and deodorizer. Stimulates the immune system and gastric secretions. Tones and stimulates mucous tissue. Helps to fight harmful bacteria in the mouth. Good for bad breath, periodontal disease, skin disorders, asthma, bronchitis, colds, flu, sinusitis, sore throat, herpes simplex, and ulcers. Topically, useful for abscesses, boils, sores and wounds.

Frankincense- extracted from the inner bark of the Boswellia trees. Helps with Arthritis, pain relief, early stages of cancer, acne, anti-inflammatory, antiseptic, diminishes visibility of scars, wrinkles and stretchmarks, digestive aid, stress relief, sleep deprivation/insomnia, oral health and menstrual issues.

Cinnamon bark- Relieves diarrhea and nausea; counteracts congestion; aids peripheral circulation. Warms the body and enhances digestion, especially the metabolism of fats. Also fights fungal infection. Useful for diabetes, weight loss, yeast infection and uterine hemorrhaging.

Hemp seed oil- extracted from seeds of the hemp plant. Although the hemp and the cannabis (marijuana) plant belong to the same plant family, *Cannabis sativa L*, they are two different plants and have different compositions. The most notable difference is the amount of tetrahydrocannabinol (THC) present in each plant. THC is the psychoactive portion of the cannabis plant. It's the chemical that makes you feel "high". While the cannabis plant has high THC levels (up to 28%), the hemp plant's THC concentration does not exceed 0.3%. Thus, products derived from the hemp plant are unlikely to create a "high" and are mainly used for medicinal purposes. Helps Improve skin, Lower Blood Pressure, Promote Heart Health, Pain relief, and supports a healthy pregnancy

CBD oil- Cannabidiol (CBD) is a chemical in the Cannabis sativa plant, also known as cannabis or hemp. Helps with epilepsy, Pain, arthritis, anxiety, depression, sleep disorders, acne, Parkinson's disease, nausea/vomiting, immune support, and anti-inflammatory.

*MCT oil*- MCT oil is a supplement made from a type of fat called medium-chain triglycerides.

MCT molecules are smaller than those in most of the fats you eat (long-chain triglycerides [LCT]). This makes them easier to digest. You can absorb MCT in your bloodstream quickly. This turns it into energy you can use. MCT oil is usually made from coconut or palm kernel oil. Both have MCT in them. Usually, people use MCT for help with: Problems taking in fat or nutrients, Weight loss, Appetite control, Extra energy for exercise, Inflammation

Olive oil-Olives contain up to 30% oil. Just as the ancient Greeks did, olive oil is made by crushing the fruit. contains vitamin E and Vitamin K. Helps with heart health, brain health, vascular health diabetes prevention cancer prevention