

The Magic Of Amber



Amber For Health And How It Was Used As A Medicine

Gary C Granai

Preface

Amber was once considered one of the top six medicines and was used to cure a myriad of ills.

But few people outside people active in the amber business in northern Europe know either the extent of its historical use or what modern research has done to confirm some of the benefits of amber for health purposes.

Being active in the amber business, selling retail as well as wholesale, I have continually receive requests for products and information about how amber is used for health purposes today and the historical use of amber.

It was not until a friend, and supplier of baby teething necklaces, advised me of a remedy for pain relief from Lyme disease. It got my attention. The recipe (included in this book) stimulated my personal search for more information and personal use of amber as a cure.

Because of the benefits that I found from the use of amber, I decided to make this information available in book form and provide it so that other people may have the possibility of benefiting from what the ancients called the “magic of amber”.

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Introduction

After reading this book you will understand why the ancients thought that amber had magical powers.

And after learning what amber has done for people over the centuries and what it continues to do for people today, you may even consider trying some of that magic yourself.

I will try to give you a complete understanding of amber and how it has been used over the centuries. I will give you a good dose of understandable technical information about natural Baltic amber and then take you through the anecdotal information contained in the historical record.

As you read this book, please understand that much of what the ancients said amber could do is in fact overblown. But modern research has confirmed some of the benefits of amber and continues to recommend its use as a natural cure.

Amber is used by many alternative medical practitioners. And if you decide to use it, please remember that it is a supplement rather than a replacement for professional modern medical attention. Before modern medicine arrived on scene, the death rate was high. It was modern technology and drugs that cause our lifespans to be extended.

So amber is not a cure-all, but it may do for you some things that other drugs do not.

I leave it to you to use your judgment and will provide you, I hope, good information that will allow you to make good decisions.

Amber benefits me. I hope it benefits you.

Amber As Discussed By The International Amber Association

To give credit where credit is due, let us open this book with a description of Amber as provided by the [International Amber Association](#). I consider this organization as the highest authority on Natural Baltic Amber.

"According to ancient Greek myth, amber was the tears shed into the River Eridanus by the Heliades grieving after the death of their brother Phaëthon, who was thrown into the river by an angry Zeus after the boy's joyride across the sky on his father's golden chariot. The Chinese believed that amber was the soul of a tiger which had died and passed into the earth transforming into pieces of amber. Amber was supposed to give its wearer access to the tiger's courage. Amber was a stone sacred to the Viking goddess Freya. When she could not find her husband Odin, she wept. When her tears fell on rock, they turned to gold. When they fell into the sea, they turned into amber. For Native Americans, the Slavic people of Northern Europe, and in Neolithic times, amber was a sacred symbol of the sun. To early Christians, amber signified the presence of the Lord.

Baltic amber owes its exceptional charm to its fascinating history spanning the period from the times when it was sticky resin dripping in the Tertiary forest at least 40 million years ago to the point when it was found as a small solid nugget on the Baltic beach. Amber-yielding forests grew in the area of what is now northern Europe. Bulky pieces of Baltic amber that weigh even more than 3 kg, as well as beautiful drops which sometimes are so small as if they wanted to convince one that they really are the tears of mythological Heliades are evidence that Tertiary trees were large and produced great amounts of resin. They were coniferous trees from the family Pinaceae, resembling such species as today's Cedrus (cedar from the Atlas Mountains) and Larix (larch).

Baltic amber has been believed to have medicinal and therapeutic powers since time immemorial. The first records of its beneficial properties can be found in descriptions by Pliny the Elder and Hippocrates. The light and warm gemstone gives off a pleasant scent when warmed in the hands and a resinous smell when burnt; it picks up static when rubbed and attracts shreds of paper. For centuries amber was deemed to be one of the most important medicaments.

Today we know that Baltic amber contains from 3 to 8% amber acid. Scientific tests have proven its beneficial effect on living organisms. Amber is electronegative; therefore, when it comes in contact with the body, it ionises it in a beneficial way, improving the body's energy and electrolyte balance. Amber has anti-bacterial and antiseptic properties; an amber tincture serves to strengthen the body's natural immunity, helps to mitigate cold symptoms, fever as well as rheumatic and muscle pain. Amber teething rings are given to infants to ease their pain. Amber and its derivatives are among the ingredients used in some contemporary medicines and cosmetics.

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Dictionaries of folk names given to these varieties quote about 100 names describing transparent, translucent and opaque amber with a multitude of hues of yellow, red, brown, beige and white, as well as bluish and greenish tints, which sometimes create unique mosaics. There are clear pieces and pieces filled with minute particles of vegetable substance that make delicate filigree patterns one would not be able to repeat, all of which fill amber lovers with wonder.

The most extensive deposits of Baltic amber in Eocenian blue earth occur in the Sambian Peninsula and by the Bay of Gdansk. As no other kind of amber in the world, Baltic amber is marked by a great wealth of varieties, resulting from its diverse internal structure, inclusions and degree of weathering.

Apart from Baltic amber (succinite), there are over 100 other kinds of fossil resins in the world. The oldest ones are found in rocks dating back to the Triassic Period (230 million years ago), while insects which lived at the times of the dinosaurs can be found in Cretaceous resins from ca. 120 million years ago. We can find other fossil resins in jewellery and objects d'art, including rumenite, symetite, burmite, Dominican and Mexican amber. Even though all of them are amber, they should be clearly labelled because they differ significantly in age, properties, hardness and their usefulness for jewellery. It has become established to designate amber based on its country or region of origin.

Contemporary resins, called sub-fossil resins or copal, are anywhere from several hundred thousand to a few million years old and are still too young to be called amber. In geological terms, a million years is but a fleeting moment and so the inclusions contained in these young resins are species of contemporary plants and animals. Sculptures and jewellery made from these sub-fossil resins quickly lose their smooth surfaces, and if not clearly marked as such, are marketed as Baltic amber fakes.

Baltic amber has been used as material for ornaments already since Palaeolithic times. It appeared in ancient Mediterranean cultures from Mycenae to Egypt, the lands of the Etruscan Civilisation and Phoenician cities, in time reaching almost all the corners of the globe. Amber was a gemstone especially valued in Ancient Greece and Rome, and in Arabian countries, which is proven by many written records and archaeological finds. Amber was also known in many Asian cultures. Within a few thousand years it became a legendary and most popular amulet and decorative stone.

Baltic amber is not only a jewellery stone, but also a witness of life dating back to at least 40 million years ago. Inclusions in the form of small animals and fragments of plants are an excellent research material for palaeontologists and the subject of interest of hobbyists and collectors. Some inclusions, which have retained their three-dimensional form, can be examined as carefully as contemporary living specimens.

Today, just like ages ago, amber is one of the most highly valued and fashionable ornamental stones in the world. Artistic amber works used to decorate royal chambers. Impressive cabinets, chests, chandeliers and reliquaries made in Gdansk would be sent abroad as gifts to the courts of magnates and wealthy nobility. The unparalleled variety and beauty of amber

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colours and its beneficial influence on our health and well-being makes amber jewellery more and more often worn with casual clothes, while its more luxury and extravagant versions are used as ornaments for special occasions."

From: <http://www.amber.org.pl/english/amber/>

What Is Amber

Amber is a biolith. It is one of two non-mineral gemstones, the second being pearls.

It is the fossil remains of resin exuded by ancient and extinct conifers. The resin acted as a wound dressing, or plaster, with antibiotic properties. Its function was to stop bleeding and to aid in the rejuvenation of the damaged area.

Millions of years ago some of the landmass of Northern Europe dropped below sea level and the Baltic Sea was formed. Some of the conifers were covered by the water and then sediment.

Others remained on dry land but were also covered by sediment that accumulated over millions of years.

Being buried, they were subjected to high temperature and pressure from the landmass above. This high pressure and temperature caused the resin to transform into copal. Additional heat and pressure stimulated the maturation process by driving off some constituents and forming amber.

Not all resins produced by all trees were able to go through this process. It takes a special resin that is resistant to sunlight, rain and temperature extremes which disintegrate resin. Additionally the conditions had to be such that the resins could survive long enough to become amber.

The fossil resins, known as amber today, are still in process of change with internal transformation still in progress. As amber transforms and matures, more polymerization takes place as well as isomerization reactions, cross-linking and cyclization

Amber is found in many different parts of the world. Amber found in different regions of the world is of different ages and maturity

Each amber is distinct to the region where it is found with each having its own characteristic functional groups and appearance.

Some resin fossils are so young that they are not even considered amber yet. They are called copal and all too often substituted for amber and sold to the neophyte.

What Is Baltic Amber

Baltic Amber is a 40 million year old resin that is thought to have originated with conifers of the family Pinaceae that grew in the area that is now Northern Europe. This family of trees resembles current species such as cedar and larch. It is unlikely, however, that fossil resins from only this tree family are included in Baltic Amber.

The main deposits of Baltic Amber lie by the Sambian Peninsular and the Bay of Gdansk. It is estimated that 90% of the world's supply of amber lies in this region.

Baltic Amber is a class I amber that is found in the Baltic region of Europe.

More specifically, Baltic Amber is class IA, which class includes succinite, also commonly known as normal Baltic Amber.

A distinguishing characteristic of Baltic Amber is that the succinic acid content ranges from 3 to 8%. This is high compared to other ambers found around the world.

Baltic Amber is often referred to as "Normal Amber" or "Natural Amber".

Natural Amber is a term that is internationally recognized to define pure genuine amber products made from Natural Baltic Amber which products do not contain colorants, adhesives, glues or any other additives.

Natural Amber is Baltic Amber only. It is pure. It is genuine Baltic Amber. See [Natural Amber](#)

Natural Amber can be recognized when tested using Infrared Absorption Spectroscopy (IRS). The spectral curve that results will be similar across the spectrum of the various classifications of Baltic Amber.

Note that "Only IRS may reliably check whether a given piece of Baltic Amber is real." (Ref: <http://www.amber.org.pl/english/laboratory/>)

The International Amber Association, Gdansk Poland, in its effort to assure honesty and maintain the reputation of Polish amber, has created categories or classifications for Baltic Amber.

All these classifications are Natural Amber as generally defined by the international community.

All are succinite. That is the defining term for Baltic Amber.

The first classification is Natural Baltic Amber (succinite), the second classification is Modified Baltic Amber (succinite) and the third is Reconstructed (Pressed) Baltic Amber (succinite),

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These classifications relate to the way amber is processed. Under IRS examination the resulting spectral curve for each of these classifications show the functional groups related to natural Baltic Amber. **Regardless of how amber is processed these functional groups do not change during thermal treatment or pressing.**

The reader is reminded that amber matures under heat and pressure. That is how amber originally formed. Resin was subjected to heat and pressure when buried by sediment.

So the International Amber Association classifications “Modified Baltic Amber (succinite)” and “Reconstructed (Pressed”) Baltic Amber (succinite)” are made up of more mature amber. (And, because of this, in some respects, they are sometimes of higher quality than Natural Baltic Amber.)

Characteristics Of Baltic Amber

Amber is a resin.

40 million years ago the resin generally formed in layers, so amber nuggets are often flat with layered structures.

It has a diverse internal structure often containing cracks, voids, and varying layer patterns.

It contains impurities (dirt, dust, pollen, organic particles, bark, etc.) in varying amounts. Amber that was formed inside a tree will have fewer impurities than that that formed on the tree surface or which fell to the dirt. Some amber is so dirty it can either only be used to make varnish or must be clarified. These inclusions show up as spots and smudges on unclarified beads.

It sometimes contains inclusions which were living organisms. But Baltic Amber does not contain as many such inclusions as amber from other parts of the world. In fact inclusions in Baltic Amber are relatively rare as compared to ambers from other parts of the world.

It contains 3 to 8% succinic acid which is higher than the acid content of any other amber.

It burns. (Hence the German name for it - Bernstein)

It is harder than other ambers with the scale being between 2 and 3.

It is brittle and will fracture very easily.

With a specific gravity of 1.05 to 1.1, it will float in cold seawater (4°C).

Its low density makes it light and convenient to wear as jewelry.

It has a unique carbonyl absorption peak that can be distinguished through Infra Red Spectroscopy (IRS).

It comes in many colors with about 100 color variations having been documented.

It is electronegative and will develop a static charge when rubbed.

It is still in a state of transformation and not fully matured.

It is a fusil material that will flow and combine with other amber stones when subjected to pressure.

It is scentless. It has no "smell."

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But when rubbed **very hard** to warm it, **some** people can smell a unique amber scent. But human body sensory glands differ from person to person. So **some people are unable to smell it**. Additionally, the smell can be so faint that unless one knows what one is looking for, one is liable to miss it.

When lightly heated over a gas fire, the amber smell is a bit more intense. Increasing the heat moderately will yield a scent somewhat similar to incense in a church.

When burned, because it is a resin, it gives off a resinous smell. But because the amber contains as much as 8% acid, the smoke is acrid. The smoke from burning amber can be irritating, overpowering, and unpleasant. And the smell of the smoke can be described as somewhat like plastic- which is also a resin – which is also a resin.

What Is Succinic Acid

Succinic Acid is a multi-purpose therapeutic substance.

Succinic acid (also called "Amber Acid") has been used for centuries in Europe as a natural antibiotic and general curative medicine.

Succinic acid makes up from 3 to 8% of Natural Baltic Amber.

Succinic acid was not part of the original resin. It developed as the amber matured and weathered. Hence the acid is concentrated mostly near the surface of an amber nugget.

Succinic Acid is also a natural constituent of plant and animal tissues.

This acid is very important to your body. It is used in the Krebs Cycle which is involved in the intermediary metabolic process. Another name for the Krebs Cycle is the Citric Acid Cycle.

A powerful antioxidant that helps fight toxic free radicals and disruptions of the cardiac rhythm, Succinic Acid has been shown to stimulate neural system recovery, bolster the immune system, and help compensate for the energy drain in the body and brain, boosting awareness, concentration and reflexes, and reducing stress.

Even before mankind knew that there were things called acids and antibiotics, the people of Europe recognized that amber did remarkable things for their bodies. They thought that it had magical curative powers. They used it when we today would use an antibiotic.

Modern science has found that the magic was the result of Succinic Acid. And now that modern science has discovered what succinic acid can do, and that it has a positive effect on the human body, it has confirmed what the people of Europe have known for centuries.

Furthermore, in the 20th century, European scientists and military doctors led the way in following up on the ancient knowledge. They found that Succinic Acid would help improve the body's immune system after exposure to radiation from industrial accidents.

It has also been found to help the immune system combat infections, help cure hangovers and work against other toxins.

Research at the University of Hamburg, Germany, confirms the safe and positive effects of succinic and fumaric acids in cellular metabolism.

Dr. Veniamin Khazanov of the RAS Institute of Pharmacology at the Tomsk Scientific Center says "for aged people, succinic acid has proved to be indispensable. It is capable of restoring the energy balance at the cellular level, which is often upset as the years go by, and helps the patient regain his youthful energy." He says also that it has proven the equal or better of many commercial drugs and is significantly less expensive.

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And once again following up on what Europeans have known from the use of amber for centuries, science and found that it helps cure a hangover by helping the body rid itself of the toxins that cause the hangover.

Succinic acid is now produced commercially. And it is approved by the United States Food And Drug Administration for use.

Amber cures are now widely available and can be purchased online. You can see what is available at [amber cures](#).

The matured resin from ancient pine trees, from which amber developed, amber is a healing agent and disinfectant.

The constituents of the original resin worked together to keep the tree healthy. There was a certain synergistic effect that required many compounds for successful healing of the tree wounds.

As with all things natural, synergism plays an important role. The balance of all constituents contributes to the total effect. Hence synthetic or identical substances are not comparable to natural agents.

Commercially produced synthetic succinic acid, essentially a synthetic, lacks the synergistic balance necessary for healing that other constituents of the ancient resin provided.

For amber to benefit a body, the Succinic Acid must be transferred from the amber to the body. The more Succinic Acid transferred, the more benefit one can expect.

Note, however, that Succinic Acid, a chemical that acts on the body, is like any other medicine. Different bodies react differently to the same medicine.

This is the same pattern as one sees with commercially produced medicine. Every person has his own systemic response to any medicine he takes. Succinic Acid is no different.

In short, Succinic Acid affects each person differently.

For some people it has a dramatic soothing and healing effect. For others, it has little to none.

That is the way of nature.

Succinic Acid is used in the food and beverage industry as an acidity regulator. It is sold as a food additive and dietary supplement. It is recognized as safe for those uses by the US Food And Drug Administration.

Historical Use Of Amber In Therapeutics

The history of amber's use as a medicine is very long. And consistent. Everything reported is of anecdotal nature. There are no supporting studies. But over the centuries there has been enough said about amber, and amber has been reportedly used so successfully over a large population, that the information recorded sets a somewhat believable record.

There are two history lines. We will call them the European experience and Chinese experience.

In this book I will focus on the European experience. At the end of this section I will refer you to information about the Chinese experience and current Chinese use of amber in therapeutics.

In the beginning, amber was used as one of the first jewels. And it was highly regarded. It was known as the "Gold Of The North".

And up until about the 19th century, amber was also regarded as a universal remedy. Most of the ancient amber knowledge and recipes used for medical purposes are today generally unknown. In fact, how amber was used and what it was used for are also generally unknown.

Only information about teething necklaces is fairly complete and available to the general population. But even much of that is less than accurate.

To begin, here are some excerpts from the historical record.

The ancient Greeks noted that amber develops an electrostatic charge when rubbed and develops the associated magnetic forces. They thought that these forces were able to pull out diseases or pains from the body. They massaged people with amber stones to relieve back pains, arthritis, joint pains, sore throats, and baby teething pains.

Paracelsus says of amber, "This is a noble medicine for the head, stomach, intestines and other sinews complaints, the same also against stones".

Plinius the ELder (Circa 1st Century AD) recommend taking amber as a remedy for eye disease and the wearing of a chain of amber against diseases of the throat, fever, and mental disorders.

Dioskurides and Galen (Circa 1st Century AD) used amber against stomach complaints, diarrhea, and flatulence.

Rufus from Ephosos (Circa 1st Century AD) called amber a universal medicine.

Albert the Great, (Albertus Magnus) a Dominican monk, born in 1193, called Natural Baltic Amber succinium and stated that it was the most effective of the leading medicines of the

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time. In order of effectiveness he listed them as succinium, ocastoreum, mors, camphor, tartarus, and aurum.

The Prussian Priest Matthaus Pretorius recorded that in 1680, "during the plague not a single Amber man from Gdansk, Klaipeda, Konigsberg or Liepaja died of the disease."

Georgious Agricola (16th Century), a doctor and alchemist recognized that amber should help children during the teething process. He also discovered the process of making amber oil, also known as liquid amber, through the dry distillation of amber in a vacuum. (Amber oil is one of the most highly prized curing agents sought by natural medical practitioners.) It was his opinion that it "possesses the ability to spread, and therefore, taken as a drink, stops the bleeding everywhere it appears. It inhibits vomiting, diarrhea, diarrhea, which attacks the ulcers. It is effective against tonsillitis and sore throat..." It was also good for the heart and helped heart palpitations. "Moreover a fumigant of white amber chases away epilepsy."

Artzney-Schatz says in his book, *Trefflich Versehender Medzin-chymischer Hochstkostbarer* (1709), "the Agstein" (amber) is truly a remedy against almost all main diseases – – –... Mainly it served the head and nerves, since it hardly has its equal in all three kingdoms

Sebastian Münster, known for his first complete edition of the Hebrew Bible in 1534, said "in medicine one uses the Augstein (Amber)"

In the *Medicine Of The Holy*, Hildegard of Bingen, Germany, amber is named as "Lynx Stone" and is used to make tinctures to cure stomach complaints and other body pains.

The use of amber in medicine, and the research as to how it can be used, has not stopped.

N.N.Moschkow, doctor and medical and biological director of the Institute For Amber And Regional Mineral Sources in Kaliningrad (Koenigsberg), writes in his book "Amber in Medicine and Cosmetology" - Kaliningrad 2002- that:

"natural amber powder is well indicated for massaging the skin.

Amber powder stimulates the growth of hair and improves the hair quality. During the treatment (within 4-6 weeks every 2 days) amber powder should be rubbed into the bare scalp as well as the hair covered parts. After 4-6 weeks the hair begins to grow and the hair quality improves.

Treatment of thyroid gland disease: The area around the thyroid gland should be massaged with amber powder 3-5 minutes daily during a period for 10 days; then every 2nd day (also 10 massage sessions).

For treatment of small blood vessels: The whole extremity should be massaged circularly and the amber powder should be rubbed strongly until the part of the body becomes warm. The skin should be also massaged above the cervical vertebra column for the upper extremities and above the lumbar vertebra column for the lower

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extremities. A cycle of treatment encloses 10 meetings daily and 10 more meetings on every following day. If necessary, the entire cycle of treatment may be repeated after one week interruption for 1-3 months.”

Chinese herbalists have a long history in the use of amber. Information can be found at [this link](#).

How People Use Amber Practically

The people put a lot of faith in amber. They thought that it was a magic stone.

The earliest and simplest way that it was used was to hang amber nuggets around the neck. Amber nuggets in their raw shape were simply put on lanyards. Later people polished and shaped the raw amber into beads.

The ancient Greeks used the electrostatic powers of amber to pull out diseases and pains. They rubbed people with amber stones.

Amber was burned as a fumigation medium.

Frankincense was not always available in northern Europe, so amber was mixed with other resins and burned as an incense. Not only did it cover the smells but it served to drive out mosquitoes, flies and other insects.

And, of course, it was used as direct fumigation. As mentioned earlier, the historical record reports that amber workers did not die during the plague.

Powders played an important part in the lives of the amber uses.

Powders could be made from very small and otherwise useless chips. These powders were rubbed into the body directly.

They were also used to make oils.

Amber powder was mixed with rose oil or honey and rubbed into the skin as a moisturizing agent and health aide.

And then later it was found that the amber could be distilled in a vacuum and the essence of amber, amber oil, would result. This amber oil was, and is, an extremely effective amber product.

People used it in their baths as an antiaging agent and a skin moisturizer. They used it to clear the skin of pimples and so on.

Not all the small chips were made into powder. Some were used to make tinctures that people would consume on a daily basis. Even today in Europe you can buy a small amounts of chips in bottles with the tincture recipes.

People found that amber tinctures or powder were very effective in curing a hangover. And

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today, science has verified this and you can buy pills based on amber to alleviate the effects of hard drinking.

Burning amber in candles, or in an incense burner, was, and is, used as aromatherapy to cure the ills.

Midwives massaged birthing mothers with amber stones, amber powders and amber powder-based oils.

They massaged teething children with amber stones, powders and oils and hung around their necks chains of amber to alleviate the pain.

Amber powders were used to create creams that could be easily applied over painful areas and were particularly popular in alleviating arthritic pain.

The rich drank from amber cups and smoked using amber pipes.

Adult Necklaces Is Where It All Began

The ancients considered amber very valuable. They made necklaces and wore them for jewelry.

With time they noted that these necklaces had magical effects on their bodies.

These original necklaces were little more than raw amber stone, hand drilled and put on lanyards.

Even after people learned to polish amber to a shine, the raw chip necklaces remained popular and fashionable.

If you go into the old churches in Poland you will see many of the walls adorned with hundreds of necklaces of this type that were given as gifts to the church. Throughout the Middle Ages and beyond these chip necklaces continued to be considered necklaces of the “Gold Of The North.

Today necklaces of this type are some of the most popular necklaces in Europe.

They can be worn for fashion, or for health. They can be worn poolside or in the pool itself. They can be worn under clothing or exposed.

You can [see them here](#).

A second type adult necklace eventually developed. And that is the polished chip necklace. These today are often sold in combination with a baby teething necklace as a mother child combination.

However, the polished chip necklace is popular in its own right.

These necklaces have the same effect on the adults and the teething necklaces have on children.

Remembering that there must have been some effect on their bodies for the ancients to consider them magical, adults today might do themselves well to try an adult necklace. One can never tell. The ancients may have been right.

And modern research may be right.

Dr. Veniamin Khasanov of the RAS Institute Of Pharmacology, a top scientific center says, “for aged people succinic acid has proved to be indispensable. It is capable of restoring the energy balance at the cellular level, which is often upset as years to by, and helps the patient regain his youthful energy.” He says also that it has proven the equal or better of many commercial drugs and is significantly less expensive

Amber And Children

Baby teething necklaces, anklets or bracelet are simply miniature, specialized forms of necklaces, bracelets and anklets that have been used for centuries by the people of Europe because of their experience with the curative powers of Natural Baltic Amber.

Amber was so powerful that it was considered magical.

Being the leading medical aid of its time, it was used extensively by the medical community in Europe.

Midwives used it in their practices. But unlike today, the midwives used it to treat their clients during pregnancy, during birth, after the child was born, and then as the child grew.

Teething necklaces were actually made for the child during the mother's pregnancy and teething necklace was combined with one worn by the mother.

When the child started to experience teething pain, the child was treated with amber powders, amber oils and a baby teething necklace.

It should be noted that early in the history of amber, the amber trade was strictly controlled by the Teutonic Knights. Any commoner found possessing amber would be immediately put to death.

So the common people were limited to the powders and oils that they could make from fine chips and scraps that were so filled with soil and sand that they were worthless and could only be used as powders or fine chips for tinctures.

The baby teething necklaces were for the upper classes.

In the late 19 century the role of amber as a medicine started to wane. Much of what the midwives had been doing was lost to the common knowledge.

Today due to the huge marketing effort by many small entrepreneurs, the popularity of baby teething necklaces has increased dramatically. But the knowledge of the powders, creams and tinctures remains in some of the less visited corners of the library.

About Amber Powder

Europeans long ago learned that amber oil, either distilled or made from powder, rubbed into the skin did many fabulous things. One of which was to regenerate the skin. It is one of the earliest known anti-aging treatments

Note that what is discussed here is information about alternative medical treatments that have been long used in Europe. Many scoff at the methods. Others swear by them. In any case, in spite of their long history of use, you should never embark on any course of medical treatment, traditional or alternative, without consulting with your doctor and providing that doctor complete information about your condition and about your intent. The condition or conditions that you are trying to alleviate may be just symptoms of a more serious issue.

With that advice always in mind:

The Russians and Chinese have been in the forefront of the use of amber for therapeutic purposes.

In the year 2002, N.N Moszkov, a Doctor and the Medical and Biological Head of the Institute of Amber And Regional Resources in Kaliningrad reported getting fast and effective therapeutic results by using amber powder. He rubbed powder, made from pure natural Baltic Amber, on the skin in the locale of patients' ailments. Amber was applied on different patients in such places as the head, spine, thyroid gland, chest and the limbs. He found the most visible results when applied to the face.

He maintains that unfavorable environmental conditions prevailing today block the natural flow of energy related processes in cells and the micronisation of amber improves its assimilation by the stress weakened organism of contemporary mankind.

In his book "Amber In Medicine And Cosmetology" (Kaliningrad 2002) the surface massage of biologically active body zones with amber powder may be used:

- “– For stimulation of hair growth and improvement in hair quality. The treatment consists in rubbing of amber powder into both the balding and hair covered parts of the head once every 2 to 3 days. The hair will start growing and improving in quality after 4 to 6 weeks;
- For treatment of thyroid gland diseases. The area above the thyroid gland should be massaged with amber powder for 3 to 5 minutes every day for 10 days, and then every second day (also 10 massage sessions):
- The treatment of small blood vessels. The entire extremity should be massaged circularly and amber powder should be intensely rubbed in until warm. The skin should

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be also massaged above the cervical spine upper extremities, and above the lumbar spine or lower extremities. The treatment cycle covers 10 sessions on a daily basis and 10 sessions every other day. If necessary, the entire cycle may be repeated after a week's break for 1 – 3 months:

Amber suppositories are prepared by thorough mixing of one part of amber powder with one part of honey. They should be stored in the refrigerator and used for the treatment of hemorrhoids. To get rid of the unpleasant ailment, massage the sacral zone with amber powder and use amber honey suppositories twice a day.”

Additionally, Dr. Veniamin Khazarov of the RAS Institute of Pharmacology at the Tomsk Scientific Center, says. “ For the people, succinic acid has proved to be indispensable. It is capable of restoring the energy balance at the cellular level, which is often upset as years go by, and helps the patient regain his youthful energy.” He says also that it has proven the equal or better of many commercial drugs and is significantly less expensive.

Baltic Amber powder is used in Chinese herbal medications and creams that call for the benefits of Natural Baltic Amber. And it is Baltic Amber that is called for because it is the only amber with a remarkably high level of the medically active ingredient succinic acid, otherwise known as amber acid.

In China, amber is ground into powder and swallowed with water, or more commonly, with a decoction of herbs, wine or other alcohol. It is also combined into pills made with powder or extract of other ingredients. Typical dosing recommended by them is 1.5 to 3 .0 g per day

Amber powder can be applied as powder itself. Traditionally it has also been added to rose oil or honey. Modern users also add it to their favorite herbal massage cream. Others feel that it is best used by combining it with cold pressed sunflower oil which oil is itself is high in vitamin E content.

Amber Powder Is Special

The medically active ingredient in amber is succinic acid.

Succinic acid is not natural to the original resin as deposited on the tree 40 million years ago. It developed over time and is generally located near the surface and, for the most part, is in what is called the bark of the amber.

When amber is polished, or otherwise worked such as in hand carving, this bark is removed. In the process of removal the bark usually ends up as powder.

This powder contains the largest percentage of succinic acid of the amber stone being worked.

There are people who buy this amber powder from the amber processors. They further process it in one way or another, such as finely grinding it for cosmetics, massage creams, and so on.

The point is that this amber powder is a product with concentrated amounts of succinic acid compared to an amber nugget.

Amber powder can be distilled to make amber oil which further concentrates the succinic acid.

Amber powder is odorless. This follows the basic characteristic of natural Baltic amber which itself is odorless, or in other words, scentless. That compares to amber oil which has a powerful petroleum like odor.

So when you apply amber powder to your hair to prevent hair loss, or restore that which you have already lost, or apply it anywhere else on your body, you are applying odorless, concentrated succinic acid.

No other amber products can be used in so many simple ways as this concentrated succinic acid in amber powder.

Amber Oil From Powder

This recipe was given to me by a commercial manufacturer of amber cosmetics. According to him, this is based on the basic recipe used in Europe for centuries.

He called it poor man's amber oil because it is made from powder rather than the more expensive distillate of amber powder.

In this modern version of the recipe, cold pressed, natural sunflower oil is used. The original recipe calls for any plant oil and in particular rose oil or honey.

Cold pressed natural sunflower oil is used because it contains a high amount of natural vitamin E. The idea is that if one is going to look for benefit out of an oil, one should look for the most benefit by using a beneficial vitamin containing oil.

The proportion is 100 ml of oil to 50 g of powder. Scale this up or down according to your requirements.

Add them to a brown glass jar and shake the jar at least once a day and preferably a few times a day.

Do this for a period of 3 to 6 weeks all the time keeping the jar at room temperature and shaking in daily.

When you are ready, filter the oil out by using a coffee filter or skim the oil off the top.

Store the oil out of the sun, preferably in a dark cabinet. It can last up to 10 months.

Commercial manufacturers add other natural ingredients. The residue is often used as a massage cream in its own right.

Apply the oil sparingly to test its effect on you. Increase the amount you use and the frequency of application based on your experience.

Note that distilled amber oil has a much higher concentration of the active medical ingredient, succinic acid. It is a highly prized product but by reason of its concentration, it is particularly odiferous, expensive, and often put aside in favor of amber oil made from powder.

Tincture Of Amber

Amber tinctures have been long used in Northern Europe. They are still very popular.

As you travel in Poland, you find bottles filled with chips to be used to make amber tinctures. [See an example here.](#)

This is an old Polish recipe for tincture of amber.

According to Polish history, and recently confirmed by science, amber is a natural medicine that helps fight both bacterial and viral infections. It is said to do many things including the reduction of blood pressure, improving the digestion of greasy foods, calming nerves, soothing pain, improving healing and strengthening your immune system.

Many believe that amber keeps you young and slows the development of wrinkles. In fact research has shown it to be an effective antiaging compound.

Making The Tincture

Here is a recipe that has been passed down through one family's line. It is passed to you for your own research.

Crush 15 g of amber chips in a mortar.

Add it to 250 ml of vodka.

Store in a bottle for 10 days in a warm dark place.

Be sure to shake it at least once a day.

After 10 days, more is better, the tincture is ready. You do not have to decant or filter it. You just pour off what you need.

When it is almost all used, crush the amber again and start a new batch.

Use Of The Tincture

For Adults

1st day – 1 drop

2nd day – 2 drops

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and so on until the 10th day.

11th day – 10 drops

12th day – 9 drops

and so on until the 20th day.

Take 10 days off and then start again.

For Children

Go only to 5 drops.

We have only folklore to go on about this recipe's effectiveness. All that we can say is that amber chips are sold all over Poland to people who use their own variants of recipes like this.

It is important to note that this information applies only to amber from the Baltic Region of Europe. This is because the active medicinal ingredient in amber is succinic acid. Natural Baltic Amber contains the highest concentration of succinic acid and that is why it is chosen by Chinese medicine makers as well

Amber Oil

Liquid Amber

One of the most valued derivatives of pure, Natural Baltic Amber, amber oil is a prized possession of those who know where they can get it. It is one of the most highly regarded curing agents sought by natural medical practitioners.

Georgious Agricola (16th Century), a doctor and alchemist, discovered the process of making amber oil, also known as liquid amber, through the dry distillation of amber powder in a vacuum. It was his opinion that it “possesses the ability to spread, and therefore, taken as a drink, stops the bleeding everywhere it appears. It inhibits vomiting, diarrhea, diarrhea, and attacks the ulcers. It is effective against tonsillitis and sore throat....” It was also good for the heart and helped heart palpitations

It is the essence of amber that concentrates amber’s magic like powers in a liquid form.

Soon after the discovery of how to make amber oil, Europeans learned that amber oil rubbed into the skin did many fabulous things, one of which was to regenerate the skin. Actually, it is one of the earliest known antiaging treatments.

Characteristics Of Amber Oil

Amber oil is a product of the dry distillation of amber powder.

Amber, being a fossil resin, yields an oil similar in appearance and smell to other oils that are made from fossils.

It has a strong smell. Some people liken it to turpentine and others liken it to petroleum. In either case the smell can be overpowering, and very unpleasant to the point of being offensive.

But despite its unpleasant odor, people value it highly because it is believed to have strong therapeutic properties.

Reported Uses Of Amber Oil

Amber oil is not mixed with any fragrances so as not to weaken its therapeutic properties.

Being amber in a liquid state, it easily moisturizes human skin, getting deep into tissues and

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supplying it with negative ions. It is said to rebuild damaged electrostatic lines and fields, fluff battered tissue and restore patency in blood vessels therefore improving blood flow.

When rubbed into the scalp it is said to strengthen hair follicles and remove dandruff.

Smearing amber oil over an area immediately after a contusion is said to reduce the occurrence of sub dermic blood clots – a black and blue spot.

Added to a bath in the amount of 1 -2 ml, it makes the skin more elastic and reduces the effects of the sun's rays.

It can be used as a quick treatment for a bruise, burned skin, and muscular pain. Rubbing it into the skin is one of the earliest known anti-aging treatments.

Modern Commentary

Here are some comments from two users who bought amber oil at [Wellness](#).

"The wellness products are amazing and beyond my expectations. The potency of amber oil is startling. The detox effect is not to be underestimated. The amberic took my neck pain away immediately. I want to market these powerful wellness products. I need to create a business plan and a marketing strategy. I can promote Amber Wellness in the United States. I look forward to doing business with you in the future. Again, thank you very much! With warm regards,"
"YYY"

And here is an anecdote from a user who works in an alternative medicine clinic.
"I had a painful knee (a damaged meniscus the medical report said.) Every night before bed I rubbed lobelia inflata extract on, then after it had dried rubbed undiluted amber oil from you all around & under the knee. Approx 2 weeks later, its 90% better. No surgery, no other 'medical intervention'.(meds etc)"
"ZZZ"

Questions, Comments and Answers

This is a list of questions and comments that we have received and our answers to them. Send yours to support@natural-baltic-amber.com

Comment: This all sounds too good to be true.

Response: There is no doubt that the magic attributed to amber is overblown. Remember that much of the history comes from centuries ago. Also remember that before the advent of sulfur drugs and modern medicine, the death rate was very high. If amber could do what the ancients said it could do, that would not have been the case.

At the same time, there is a long and consistent history of people applauding what amber has done for them. And modern science has proven that succinic acid is beneficial.

In short, some is definitely not true. And some sounds like it might be true. And some is probably true.

Question: What do you do?

Response: I use amber oil made from powder. Occasionally I use distilled amber oil in my bathwater and soak in a hot tub with a few drops of the oil.

I also wear a natural Baltic amber chip necklace.

I take nothing internally. I personally see no difference in getting succinic acid through the skin and getting it through my internal organs. I feel safer with external application because I do not know what might be included in the amber powder.

Remember that the resin that became amber was in the open air 40 million years ago. And then it lay around in the dirt and sediment for 40 million years. The powder is unpurified, natural. Who knows what is in it. So I keep it on the outside.

Question: What product is best?

Response: It appears that amber powder is probably the place to start. From that you can make your own oils, massage cream, soaps, aromatic candles and whatever else your heart desires.

Question: Can I buy these products wholesale and sell them in my own business?

Response: Yes, you can. [Go to this link](#)

Question: Where can I buy amber products for personal use?

Response: [Go to this link.](#)

End Notes

This book is for information only. I hope that you used intelligently and before you embark on any medical uses of anything, you consult with professional, competent, medical counsel.

It is a collection of information that I have gathered in my search for pain relief from some of the aftereffects of Lyme Disease. And by the way, I was unfortunately the first reported case of Lyme disease in the United States and my doctor at that time had the basic cure which was summarily rejected at the infamous meeting at the Lyme High school. You can read about my experience and how I found a cure in Europe at this link. [Lyme Disease Cure](#)

Read the information contained in this booklet carefully, discuss it with your medical counsel and be careful with its use.

Also remember, that human bodies react differently to medicines and chemicals. You will see that when you read the instructions and cautions in any of the packages of commercial medicines that you take. Some people will be allergic. Others will be unaffected. In some will perform as advertised.

So it will be with anything related to an amber cure. Some people will rave and shout with joy. Others will think the whole thing is a fraud.

I wrote this book, because it worked for me and continues to work for me.

I hope you find this information beneficial.

But proceed with caution. If there is pain, there is something wrong. And what is wrong may be beyond the ability of amber or any other natural cure to have any effect at all.

Always seek the advice of a competent, medical practitioner. That applies to you, your children and your entire family.

Amber can be part of the health routine but it is no substitute for it competent medical attention. It is a supplement and may be beneficial.

Amber may work for you just to some have reported startling results. And it may not. But if you want to try something natural, amber was once considered the most effective medicine. It may be a good choice.

If you have questions, comments or need help, send email to support@natural-baltic-amber.com

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It is to be emphasized that baby teething necklaces are unsafe and all warnings related to them should be strictly heeded.

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Contact For Comments And Questions

You are invited to send your comments and questions to support@natural-baltic-amber.com