

Biology Article Assignment #1 - The Health Benefits of Amber

Read the following articles and answer the questions at the end of the articles

The Many Benefits of Wearing an Amber Necklace

Article taken from <https://www.balticwonder.com/blogs/news/amber-necklace-benefits>

When it comes to taking care of ourselves, we can all agree that the more natural the method is, the better it is for our overall health and well-being. Our body is designed to try to heal itself naturally. Therefore, if we neglect our body's needs by doing potentially harmful things to it, such as eating the wrong foods or not getting enough sleep, we become more prone to illness.

As we recognize the harmful effects of taking synthetic medications and the benefits of following a natural lifestyle, a lot of us are looking for ways to protect ourselves from different diseases and trying to figure out how to fight them with natural remedies if we do become sick. One naturally occurring substances that have been used to heal human ailments for centuries is Baltic amber.

When most people here the words "Baltic amber," the first thing that comes to mind is a baby. More and more mothers are looking into the amber necklace to relieve their child's teething pain. However, what a lot of you may not know is that this necklace isn't just designed for children. Adults can also reap the many healing benefits of a Baltic amber necklace.

Authentic [Baltic amber is found in countries that border the Baltic Sea](#). This type of amber contains a high amount of succinic acid.

How does it work?

When the necklace is worn, the person's body heat warms up the amber beads and aids in the release of the succinic acid. This acid is a natural analgesic. Therefore, when it's released, it reduces one's pain and inflammation.

Apart from its natural pain-relieving properties, Baltic amber's succinic acid may also help improve your body's immune system. Plus, it calms the body down, thereby allowing kids to be less fussy when they're teething. Adults can also benefit from its calming properties whenever they are experiencing high levels of stress or anxiety.

Succinic acid is also rich in antioxidants, which is one of the reasons why some skincare products contain succinic acid since it fights against the harmful effects of free radicals. The acid also activates production of proteins, prevents skin dehydration, and counteracts hyperpigmentation. Pregnant women can also use amber necklaces to relieve the stress associated with pregnancy without causing harm to themselves or their unborn child.

If you wish to take advantage of its benefits, make sure that you wear the necklace close to the ailment. That is, if you have arthritis in your hand, you will find it more advantageous to wear a bracelet rather than a Baltic amber necklace.

Also, make sure that you choose a light color. The reason for this is that the lighter the amber is, the greater the amount of succinic acid it contains.

Authentic Baltic Amber

If you're planning to purchase an amber necklace, you have to ensure that it's real amber and not plastic or else you will not obtain its benefits. Several sites offer fake Baltic amber that is actually glass, plastic,

or copal. Therefore, try to make sure that you conduct a thorough research about the vendor from whom you are buying your jewelry.

Most online retailers who sell authentic amber will inform you from where they source their amber. For example, our company offers natural and authentic amber necklaces. We work directly with Lithuanian suppliers. Every Baltic amber necklace that we provide is evaluated professionally. We also provide a Certificate of Authenticity with every purchase.



What's the history?

Despite what most people believe, Baltic amber isn't a stone. It's a hardened resin that dripped down to the ground from the trunks of now-extinct trees millions of years ago. The resin was eventually unearthed and used by humans for healing and metaphysical purposes, as well as scientific studies.

It was stated that [Hippocrates was also an advocate of this precious material](#) because of its many health benefits.

How do you wear it?

As previously mentioned, the benefits associated with an amber necklace can only be unlocked by letting the necklace touch your skin directly. Therefore, you can't wear it in a metal or on top of a shirt. Also, if you're wearing a bracelet, make sure that you wear it like a watch. It must remain snug on your wrist for several hours.

The longer you wear it, the more advantageous the item becomes. While wearing it daily is the best option, make sure you remove the piece of jewelry before bathing.

While adults can wear a piece of jewelry pretty much at all times, parents should never allow their kids to wear the necklace while they're sleeping, as it can pose a choking hazard. Also, you should not let your kids chew on it. Keep in mind that the beads are small and while the necklace is sturdy, you should avoid any potential threat of your little one swallowing the beads.

Also, try to keep in mind that wearing an amber necklace isn't a quick fix. You must give the piece of jewelry some time to work and remain committed to wearing it as frequently as possible to obtain the most benefits.

Why are amber necklaces the best option for teething babies?

Parents should try to opt for all-natural teething pain relief, rather than using over-the-counter gels and tablets. [The American FDA has already issued a warning](#) about the adverse effects of numbing medications for teething pain. Some teething options contain Lidocaine and Benzocaine, which are ingredients that are harmful to your body.

Sources:

<http://www.thenaturalamber.com/blog/health-benefits-of-amber/>

<https://www.huggies.com.au/baby-care/health/teething/amber-teething-necklace>

Multifaceted benefits of wearing Amber Bracelet

Article taken from <https://www.amberartisans.com/mubeofweamje.html>



Most everyone would agree that it is important for us to focus on improving our health through usage of [Natural Healing Methods](#) whenever and however possible. Our bodies were designed to be natural and when we work with our body's own chemistry, we are doing the very best we can to keep ourselves well and healthy. Considering how hectic our lives have become, we do not eat or sleep right and anxieties abound.

Promoting the use of [Natural Products](#) is a sign of our times as we recognize more and more the importance of reducing our intake of chemicals and drugs so we can live a healthier, more natural lifestyle. Also, a sign of our times and a commemoration to many decades of lifetimes, more people are turning to a precious material called [Baltic Amber](#). Baltic Amber is one of the most potent, natural substances that can rid us of most of our common ailments such as arthritis, anxiety, chronic illness and even teething pain.

[Amber Bracelets](#) have become very popular today especially since it was discovered that there are vast therapeutic effects. Amber Bracelets are highly effective for controlling the pain of rheumatism, arthritis, and aching muscles and joints. Amber is also an anti-anxiety remedy that rids fatigue and weariness, excellent pain relief for head, neck and throat areas, especially for congestion.

What could be better than natural healing you wear in the form of elegantly designed natural [Amber Bracelets](#)? In order to truly benefit from natural Baltic Amber, you need to make certain that the Amber touches some part of your body consistently. The reason for this is Amber releases its healing powers into the body when it heats up from contact with our skin. The remarkable health benefits of Amber are attributed to its unique ingredient, [Succinic Acid](#). Scientific research on natural Baltic Amber has contributed specific documentation in evidence of its healing powers. It has also documented that wearing Amber against the skin is the only proper way to absorb Amber's natural healing into our bodies. For many, Amber Healing is a tradition that has been handed down for many generations and [Amber Healing Jewelry](#) is a well-guarded family heirloom.

Another Baltic Amber application is to gently rub the body with Amber. In many spas and wellness facilities, Amber Oil is used to massage away aches and pains. Amber has also been a main ingredient in preparing special treatments for respiratory and circulatory system ailments as well as other mixtures as it will improve the potency of the medicines main medicinal ingredient.

Amber Bracelet Sizing

To determine your size, snugly wrap a tape measure around your wrist. Note the measurement, then add half an inch (1,3 cm.) Example: your wrist is about 6 inch. The perfect size would be about 6,5 inch.

Which wrist do you wear Amber Bracelet on?

There is no any rule or rules about which wrist to wear Amber Bracelet.

Wonderful Presents

These [Amber Bracelets](#) can be the perfect gifts for any occasion. Both Women and Men will adore it. The pieces are for all sizes too. If you need a special size, we would be happy to make it to your specifications. No matter how you look at it, natural Amber Bracelet is a wonderful way to relieve pain, anxiety and a host of other conditions and certainly, it is beautiful to wear. Read more about the many [Healing Benefits of Baltic Amber](#).

Sincerely,
Amber Artisans

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Health Benefits of Amber

Article taken from <http://www.thenaturalamber.com/blog/health-benefits-of-amber/>

Health benefits of amber were known for thousands of years and people believed that it can help to treat many different medical conditions. Due to this many people today are wondering whether there is any truth to this claim or is it just a myth. Jewelry made of Amber are thought to work effectively for minimizing pain in neck, head and throat areas. Bracelets made from this natural resin are worn mostly because they are believed to lessen pain of Arthritis, Rheumatism as well as joints. In addition to that it is also thought that wearing Amber jewelry can help to minimize anxiety and overcome fatigue. Some people also wear Amber necklace since they believe that it can help to enhance function of thyroid. If you are picking a necklace for this particular purpose it might be a good idea to choose shorter necklace, which would as close to thyroid as possible.

To ensure that you are getting maximum health benefits from your jewelry it is important to make sure that beads or stones in it are made from genuine Baltic Amber. This is important because other types of Amber don't have that much Succinic Acid in it. Amber that comes from Baltic Sea is known to contain as much as 3-8% of this acid by weight. When wearing Amber jewelry, it is also essential to make sure that it is in contact with some part of your body. This is important because Amber is able to release Succinic Acid only when it is warm from the contact of skin. So basically, the longer you will wear amber jewelry the more health benefits you can expect from it.

Benefits for Babies and Children.



Amber teething benefits for children were known even before World War II. Children in Germany and some other countries were given Amber beads to wear, which was believed to help children to grow stronger and make teething less painful. In countries like Lithuania children's teeth were massaged with Amber to lessen pain associated with teething. Even today **necklaces made of Amber** are very popular among parents who want a natural solution for baby's teething as well as drooling.

It is worthwhile to mention that some celebrities endorse this trend too by photographing their babies wearing Amber necklaces, which aids in increasing popularity of these accessories. Succinic Acid is thought to be responsible for most teething benefits that are provided by Amber necklaces. When this natural resin is worn close to the skin it is thought to be able to release healing oil (Succinic Acid) into the bloodstream. This effect is what makes drooling and pain to stop or at least to minimize.

Benefits for Pets.



Amber can be not only advantageous for people, but animals can benefit from it too. Necklaces made of amber are thought to be effective in avoiding and fighting fleas and ticks. Amber collar works by electrifying animal hair, which in turn helps to eliminate fleas and other parasites. Also, Amber beads diffuse a specific smell when they are heated by animals' skin, which is not very appealing to ticks and fleas. Due to this necklace made from this natural resin are becoming more and more popular among cat and dog owners. Although they might take a little longer to start working than regular collars, but they are also completely natural too.

Amber Oil and Powder.

It is also worthwhile to mention that Amber is not only used to make jewelry. Powder and Oil made from this natural resin is used for massaging and similar purposes. Oil made from Baltic Amber is believed to have strong therapeutic properties. When it is rubbed into the skin it is thought to be effective anti-aging treatment and also beneficial for regenerating skin. It can be used to quickly heal skin that is either bruised or burned. Based on some literature Powder made from Amber might be advantageous for treating small blood vessels, Thyroid gland disease and for improving health of hair.

Although there is limited scientific research available that would confirm most of Amber health benefits for adults, babies or pets it might be still worth trying to wear accessories made from this natural resin. Even though they tend to provide different results in terms of health, items made from Amber are unique in appearance and they can be very beautiful to wear.

Please note that all information given in The Natural Amber blog is only for informational purposes and it shouldn't be used as a replacement for medical treatment or diagnoses.

Name: _____

Biology Article #1 - The Health Benefits of Amber (5 pts)

1. What is the key chemical component found in amber that is responsible for its healing properties?

2. Where does the best amber come from? Why? _____

3. Provide four health benefits from wearing an amber necklace. _____

4. What does analgesic mean? _____

5. What is an antioxidant? What are free radicals? _____

6. Describe how the healing benefits of amber enter the body. _____

7. Describe how amber can also be used to help pets. _____

8. How long have people been using amber to relieve pain? _____

9. Have any scientific studies been done on the healing benefits of amber? If so, what did the studies find?

10. Did any of the articles provide sources for their information? If so, what were the sources? _____
