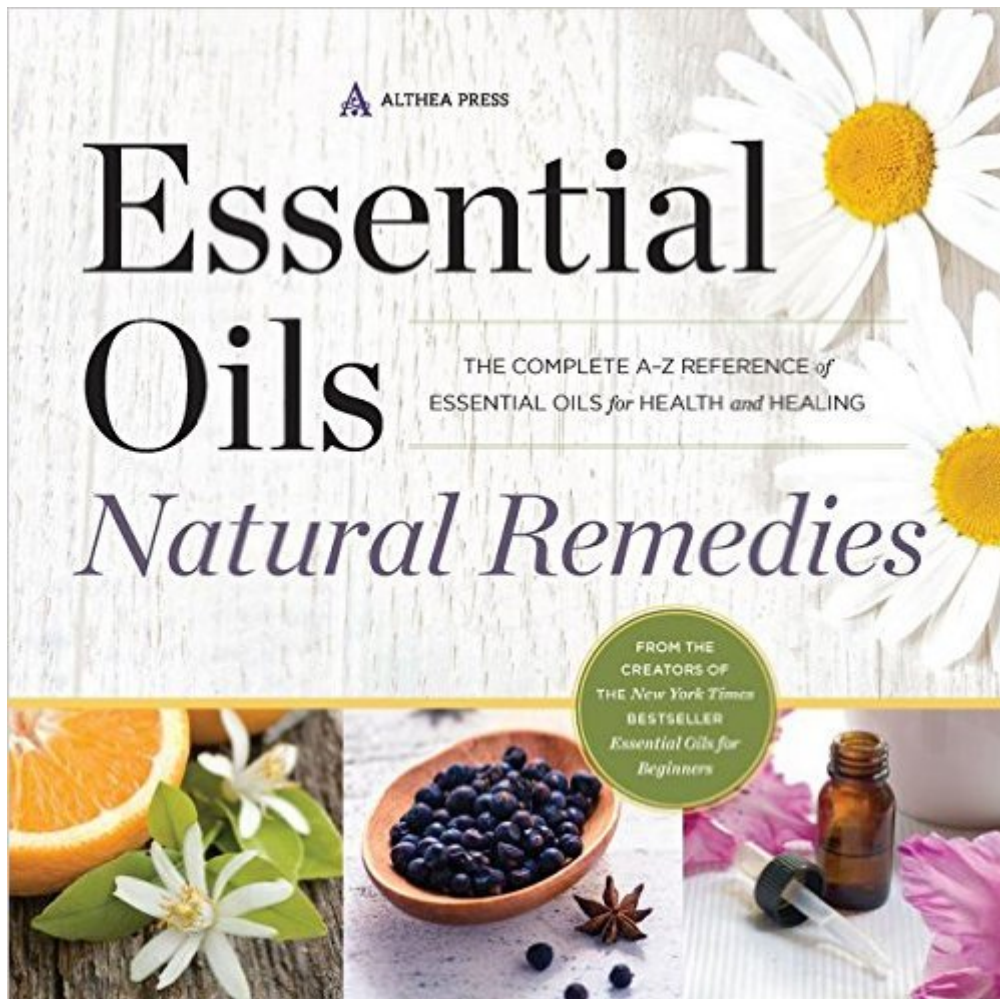


The book was found

Essential Oils Natural Remedies: The Complete A-Z Reference Of Essential Oils For Health And Healing



Synopsis

From the Creators of the New York Times Bestseller *Essential Oils for Beginners* The healing properties of essential oils are virtually limitless. You can put them to work today without the hassle, expense, and frustration that come with consulting doctors and taking prescription medicines. *Essential Oils Natural Remedies* offers essential oils practitioners of all levels a comprehensive home reference for a lifetime of health-related needs. Easy-to-navigate A-to-Z guide to remedies that heal or mitigate symptoms for a range of ailments, from acne to migraines to Parkinson's disease, and more. Special features explain how to diffuse oils, make a compress, and offer healing massage. Over 170 ailments covered and over 300 homemade remedies included. Profiles of 75 essential oils to know and use, including info on medicinal uses, application methods, blending, and precautions. Reviews the 10 most popular essential oils brands and their products. Take the power to heal back into your own hands with essential oils for all of your everyday health needs.

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Customer Reviews

I've been curious about essential oils for awhile, and I am familiar with common uses such as peppermint for an upset stomach. However, there are so many that I'm not familiar with. I've recently bought a dozen different oils and plan on using them. In today's world, the cost of prescriptions are rising. People are having side effects from medications. Some simple conditions that are untreated could become major health issues down the road. I grew up on a farm where my mother canned most of our vegetables and my Dad butchered most of our meat. I grew up on very

few unadulterated products and preservatives. Now that I have a young daughter, I am more concerned than ever by what my daughter is exposed to and ingests. My daughter has keratosis pilaris, which is commonly called chicken skin. Basically she gets bumps on her calves, thighs and upper arms. It's more of a cosmetic issue, but for some people they can become itchy. The doctor did give me a steroid cream, however I'd prefer to not use so many chemicals etc on her young skin and expose system to who knows what kind of unnatural products. I've used coconut oil, and now thanks to this ebook, I will try essential oils! Natural herbs and remedies have been used for a very long time. A lot of these remedies do in fact work. You just need to know how to use them safely. I have heard stories of people breaking out and rashes or getting sick, and it's because they either didn't use food grade essential oils, didn't check to see if they were irritated by it, used products that weren't made to be used on the skin or bought low grade unpure products! Do your research!!! And of everything I've read so far, this ebook has been THE most comprehensive guide to essential oils.

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