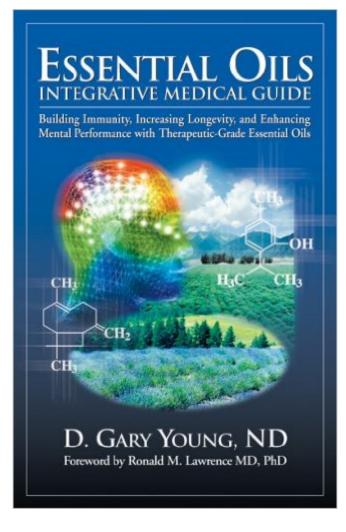
The book was found

Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, And Enhancing Mental Performance With Therapeutic-Grade Essential Oils





Synopsis

AUTHOR INFORMATION D. Gary Young, ND, has made tremendous contributions to the rebirth of essential oils in North America. One of the pioneers in researching, cultivating, and distilling essential oils, he has spent decades conducting clinical research on the ability of therapeutic essential oils to combat disease and improve health. He has developed his own methods of application from which thousands of people have benefited. TABLE OF CONTENTS Acknowledgements Preface Dedication Foreword Section I: Background, Chemistry, Safety Chapter 1: Essential Oils: The Missing Link in Modern Medicine Chapter 2: How Do Essential Oils Work? Chapter 3: The Chemistry of Essential Oils Chapter 4: How to Safely Use Essential Oils Chapter 5: Cleansing Chapter 6: Producing Therapeutic-Grade Essential Oils Section II: Single Oils/Hydrosols (Floral Waters) Chapter 7: Single Oils Chapter 8: Hydrosols (Floral Waters) Section III: Blends Chapter 9: Oil Blends Section IV: Vita Flex/Raindrop/Auricular/Emotional Response/Longevity Chapter 10: Vita Flex Technique Chapter 11: Raindrop Technique Chapter 12: Lymphatic Pump Chapter 13: Auricular Aroma Technique Chapter 14: Emotional Response and Essential Oils Chapter 15: Longevity and Essential Oils Section V: Application Methods/Reference Guide Chapter 16: Application Methods/Reference Guide Section VI: References/Appendices/Index References **Appendicies**

Book Information

Hardcover: 610 pages Publisher: Life Sciences Press; 2nd edition (April 1, 2003) Language: English ISBN-10: 0943685346 ISBN-13: 978-0943685342 Product Dimensions: 1.8 x 6.2 x 9 inches Shipping Weight: 2.6 pounds Average Customer Review: 4.7 out of 5 stars Â See all reviews (83 customer reviews) Best Sellers Rank: #199,609 in Books (See Top 100 in Books) #201 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #38043 in Books > Textbooks

Customer Reviews

Dr. Young presents a thorough overview of research on a wide variety of essential oils. He also presents a good bit of practical information on using these powerhouses of healing. This is a reference anyone serious about alternative medicine should have in their library. The first chapter

concentrates on essential oils as the missing link in modern medicine. This is a theme that Dr. Young returns to again and again in his writings. He feels that the integration of essential oils in any mode of medicine stands to bring deeper levels of healing than we currently see. He speaks of the ancient secrets which are being rediscovered by modern science. At the end of this chapter, he chronicles his own search for this informaion. The nitty gritty of how these oils affect the human body is the subject of the second and third chapters. He covers topics ranging from the chemistry involved to the actual physiological and emotional effects of the oils. the chapter also includes a greaat deal of information on different grades of oils and their proper uses. Chapters 4 and 5 detail production and safe use of essential oils. The next three chapters give details on individual and blends of essential ois and their products. This is one of the real strengths of this book due to the care and detail Dr. Young provides. The rest of the book is the part that makes it worth what we pay for it. There is a wealth of practical information on techniquest for the use of these oils. He winds up this impressive work with an extensive list of references backing up the information provided in the rest of the book. This is followed by more than a dozen appendicies containing specific details analyzing many aspects of the issues he has raised throughout the book.

Download to continue reading...

Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental Performance With Therapeutic-Grade Essential Oils Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergie) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Focus: The Practical Guide to Improving Your Mental Concentration, Killing Procrastination and Increasing Productivity (The ultimate guide to mental concentration, influence, time management) Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Train

Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes Building Basic Therapeutic Skills: A Practical Guide for Current Mental Health Practice Firefighter Functional Fitness: The Essential Guide to Optimal Firefighter Performance and Longevity Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care)

<u>Dmca</u>