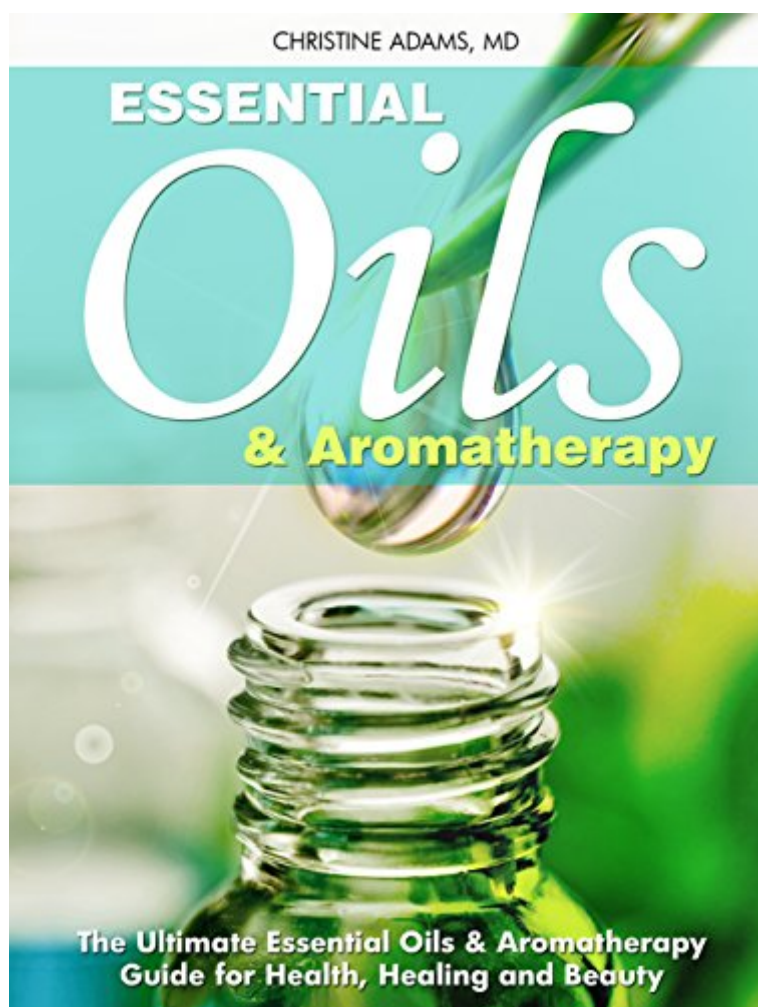


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# Essential Oils And Aromatherapy: The Ultimate Essential Oils And Aromatherapy Guide For Health, Healing And Beauty



## Synopsis

# 1 BEST SELLER - START USING ESSENTIAL OILS AND AROMATHERAPY FOR HEALTH, HEALING AND BEAUTY TODAY! \* \* \* LIMITED TIME OFFER \$2.99 REGULARLY PRICED AT \$9.99 \* \* \*

The use of essential oils for health and healing has a very long history. Oils and their aromas have been used by many ancient cultures for cosmetic and religious purposes, and have been an important part of several Western and Eastern medical traditions that have focused on the role of life energy in the maintenance of health and of replenishment and rebalancing of energy in the treatment of disease. They are natural, chemical-free alternatives to costly cosmetic, toxic fragrances and in some cases even dangerous prescription drugs. They have the potential to do much more than smell good; throughout history they have been used to heal and treat problems including acne, diabetes, digestion and much more. In contrast to many pharmaceutical preparations, essential oils have almost no adverse effects except for allergy when used properly. Essential oils are generally prepared by expression or distillation of the fragrant essences of plants, and are absorbed through the lungs and skin and work as well by direct stimulation of the nervous system through the olfactory nerve, which is part of the brain. Some can be applied directly to the skin, but most are inhaled directly or in steam, diffused into the environment, dissolved in baths or used in massages. They have been part of skin care preparations since ancient times, and are effective antiseptics and emollients for injured or infected skin. In this guide you'll discover which oils are calming and relaxing, and have been shown in medical studies to benefit neuromuscular and mental disorders, while the stimulating properties of others enhance cognitive function and facilitate wakefulness and energy. In this informative guide you'll learn which oils are used for various conditions and ailments including: Acne, Allergies and Sensitivities, Aging, Asthma, Back Pain, Burns, Cancer, Candida, Cardiovascular Disease, Cholesterol, Common Cold, Constipation, Colds, Depression, Diabetes, Diarrhea, Dizziness, Eczema, Fibromyalgia, Gallstones, Gastroesophageal Reflux, Glaucoma, Hair loss, Headache, Hypertension, Insomnia, Memory Loss, Menopause, Obesity, Osteoporosis, Premenstrual Syndrome, Substance Abuse and Addiction, Ulcers and much more. SCROLL UP AND GET YOUR COPY TODAY!!!

## Book Information

File Size: 3204 KB

Print Length: 83 pages

Simultaneous Device Usage: Unlimited

Publisher: The Fruitful Mind (August 10, 2014)

Publication Date: August 10, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00KB1D6B8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #470,280 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #114

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## Customer Reviews

Very thorough explanation of oils, and their many uses. I loved the historical information as well. The last part which included many common ailments or diseases was really helpful. Generally a very informative book that was also an easy read

This is a really well written and thought out book that includes so many natural uses for essential oils from pain relief, massage, improving your mood, through to common ailments that may be helped or eased with the oils like acne to stress relief. I always prefer a natural solution to something like the common cold or sprains over anything pharmaceutical. I really enjoyed the section on using oils to make your own skin care and body lotions. It covers each different skin type and the instructions on how to make them are simple and you don't need a lot of expensive ingredients to get started. A very comprehensive book that is full of great information if you want to start with essential oils and their health benefits.

This is one of the best books I've read on essential oils. It doesn't cover a wide variety of essential oils, but it does a good job of explaining the uses and benefits of the oils it covers. I find myself referring to this book often.

I always looking for ways to improve my mind and body. This book will do both. I didn't know much about oils before this book and had a lot of aha moments throughout. I've been applying the principles and have been feeling less stressed and a greater sense of well-being.

No Doubt This is 5 Star Material. She put a lot of effort in researching and writing this helpful guide. The Best Part is that she doesn't list the oils and explain what they can do for you. What she does is 1000 times better and that is she lists illnesses and problems and then lists what oils to use for it. This is a lot more useful than searching though a book looking for all the instances of "arthritis" for example. My only addition to this book is that it explains what to do for Herpe sores (fever blisters/ cold sores) which is great but my mother found out (in 1976) that the Vitamin L-LYSINE PREVENTS THE OCCURRENCE OF FEVER BLISTERS AND/OR COLD SORES.

Contains a lot of good info on essential oils and which oils are good to use for certain ailments. Although I was disappointed that there were no "recipes" for use, I did gain a better insight on researching the individual ailments & the oils for their associated use

"Essential Oils and Aromatherapy" is written by a doctor who is very open minded about alternative therapies. She begins the book with an entertaining history of essential oil usage and then explains how oils are extracted. Her recipes also sound intoxicating. There is also some excellent advice on how to select essential oils for a blend. I thought it was very clever and doesn't use up a lot of oils during the experiment. I felt this author really did her research for this book. The section on healing for various illnesses and problems seemed well thought out and very helpful. Through some of her explanations I realized why Frankincense is good for meditation. I also learned a lot about geranium and juniper oil. There are some cautions about which oils not to use which is also good. Christine Adams seems to be a very talented writer which makes this book very enjoyable to read. She has a delicious way of writing which captures the nuances of essential oil usage. There is so much good information that this is the type of books you will want to read over and over again. Highly Recommended!~The Rebecca Review

Essential oils and Aromatherapy are very powerful ways of improving your physical and emotional sides. As someone who doesn't know too much about the subject, this guide gave me a great starting point. Recommended!

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