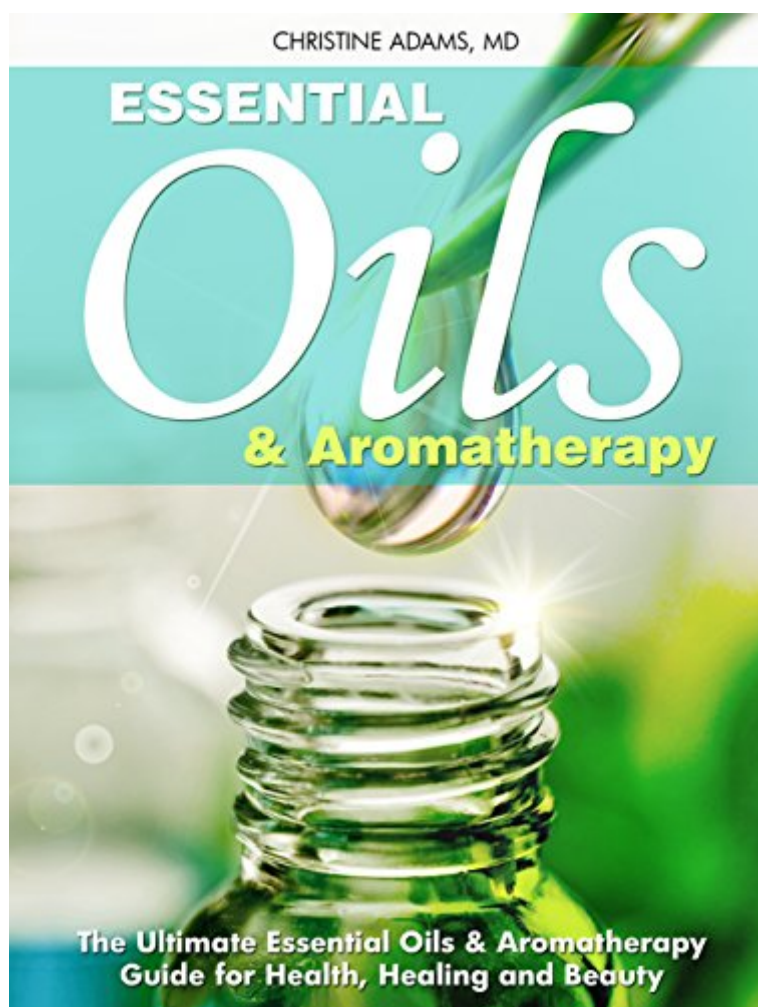


The book was found

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

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Homeopathy

#185 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Naturopathy

#188 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine >

Naturopathy

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 and 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!

[Download to continue reading...](#)

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 and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty 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 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 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) 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) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes 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) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-toxic & Fragrant Recipes to Create Health & Beauty & A Safe Home Environment Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs Natural Medicine and Herbs: 50+

Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)

[Dmca](#)