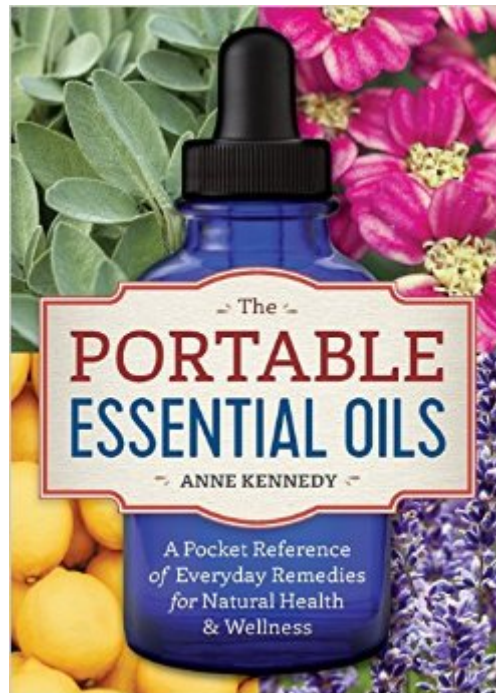


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# The Portable Essential Oils: A Pocket Reference Of Everyday Remedies For Natural Health & Wellness



## Synopsis

Everyday ailments have a way of sneaking up on us. Compact enough to fit in the glove compartment or handbag, *The Portable Essential Oils* is your take-anywhere guide to 250 of the most fundamental essential oil remedies anytime you need them. Having access to your essential oils when you need them is important, and also that essential oils are not a one-size-fits-all remedy. In *The Portable Essential Oils*, natural health expert Anne Kennedy offers ailment-specific essential oil therapies to address common health concernsâ•enabling you with safe, convenient ways to take your well-being into your own handsâ•including: 50 of the most versatile essential oils, including 7 must-haves for home or on-the-go 250 essential oils remedies for or everyday health issues Essential Oil remedies that are safe for use with children and at which ages Shopper's guide on which essential oils to buy, which to be wary of, and important questions to ask

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## Customer Reviews

When I first looked at this book there were no reviews. I saw there was a sample available and checked it out and immediately went back and got the book. Excellent format for Kindle. Important for this type of reference. The index lists all the ailments individually then all the oils mentioned individually then has a quick ref by ailment, a glossary and even has a section with info on oil brands in review format. When I say index, i mean the left swipe on the kindle where chapters normally are. Very well done. There is additional info in the beginning for those who are unfamiliar with oils. Note: this book deals exclusively with ailments - but there are an amazing amount of them

listed. You can start with the recommendations in the write-up for the ailment and if it doesn't work for you, if you go to the quick ref, additional oils are mentioned that you may wish to try. Well done and the intro price makes this a definite yes.

I really like this book. It is a great size, smaller than all of my other EO resource books, but it still has a lot of great info in it. It seems to give a lot of different recipes than what I've found before too, which is nice. For example, when I look up nail fungus and eczema in a lot of books, they just suggest lavender and tea tree oil. This book suggests a sea spray, a bath oil and aromatherapy with geranium and various other oils for eczema. The variety is nice, especially when I didn't expect much variety in a smaller book. There is even a beautiful colored picture to go with each essential oil description, showing the plant in its natural state. There is even a safety key with quick icons at each recipe so you know if you can apply it topically, aromatically, if it may cause photosensitivity, and the ages that it is safe for. No blank space in this book, it's packed with great info and a few helpful pictures throughout. One thing I was not impressed with though, was the brand recommendation section. I've done a lot of research on brands over the years and I don't think the book does a good job explaining the differences, and the information seems incomplete. It mentions that Young Living is a multi-level marketing brand, but it doesn't say that DoTerra is, even though it is. It says when some companies were founded, and where they are based, but not all of the companies. Anyway, that's a small part of the book, and not the sole purpose of the book so it's not a big deal. I just felt like that whole section needs to give the same information on all brands for a more honest/accurate picture of the brands. I'm glad I got the hard copy instead of the kindle edition because it's a beautiful portable book that is fun to read. I received this product at a discounted rate in exchange for my honest and unbiased review. It did not sway my opinion on this book at all.

I am a beginner with using essential oils, so I was delighted to buy the Kindle version the first day it came out. I am thrilled with the information that has been presented. I have now shared this onto my album on Pinterest for all to see. I highly recommend this book for all those who are beginners and advanced users as well. This reference book is all you'll ever need in my opinion and eventually I hope to buy the paperback as well, as I feel I hit the jackpot on this one!

I'm an essential oil newbie. I've seen hearing about their benefits for years, but I never really gave it too much thought until recently, when curiosity started to get me, but I was still completely clueless. I didn't know which oil did what, which ones you ingest and which are topical, etc. I thought this

Portable Essential Oils reference book would be a great resource for me. The book is broken down into 3 main parts: Part 1 is an overview of oils in general, such as how they are made, their general benefits, etc. Part 2 lists ailments and remedies, and Part 3 is a list of 50 popular oils and what they are used for. Part 2 is really a great resource. There are many ailments listed, so for instance if you are suffering from chicken pox, or strep throat, or even a sty on your eye....flip to that section of the book to see what oil(s) might be beneficial in healing you. Most of the remedies are combinations of oils, and it tells you how much of each oil to use, how to use it, how often to use, and how to store it. I wish this kind of thing was around when my kids were little and suffering from diaper rash! Even lice is addressed in this section!! I am enjoying Part 3 also, because I do have a few oils that I got to start out with, and that section gives me some good ideas on how to use it, what it can treat, what it blends well with, and even if there are any precautions to be aware of. The book is small enough that it could be easily carried around, and although I have no need to carry it around, it will definitely be sitting here next to my computer for quick research as I am still learning about all of this. I am finding this to be a great resource as someone new to essential oils, but I suspect it would also be very helpful to those with more experience. I received this product at a discounted rate in exchange for my honest and unbiased review.

I've been hearing more and more about essential oils lately. They are a great home remedy for all kinds of things. This book is a great way to introduce yourself to the many ways you can use the over 300 essential oils available. The book starts with the author's story with essential oils and how they help her. The book is great no matter if you are a beginner, or a veteran using essential oils. The author discusses how scents can make your body react. She defines aromatherapy, and talks about benefits for health and wellness. You read about the history and the science behind aromatherapy and how its made. You'll read about how to shop for them. You get a glossary of essential oil terms. The author gives you a list of 7 must have oils to have in your home, and tools and equipment you'll need. The book also contains tons of ailments from A to Z and how to remedy them with essential oils. It contains detailed recipes for making treatments for things like acne, allergies, back pain, exhaustion, joint pain, psoriasis, and teeth grinding. I love the idea of treating common problems with natural oils instead of medication. This book lays it all out for you. Its simple to follow, well written, and a great read. I really enjoyed it. I received this product for free for my honest unbiased review.

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