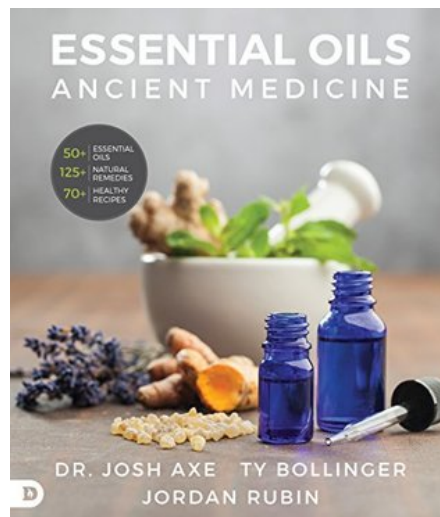




Essential Oils: Ancient Medicine for a Modern World

Jordan Rubin , Josh Axe (Contributor) , Ty M. Bollinger (Contributor)

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Ancient Remedies for Your Everyday Life!

In a world where medicine cabinets are packed full of prescription medications and synthetic drugs—with lists of dangerous side effects longer than benefits—it's time to discover a superior alternative with thousands of years of historical backing and current scientific review.

Three leading names in the natural health world have joined forces to bring you Essential Oils: Ancient Medicine for the Modern World, your guide to a powerful form of plant-based medicine that can help take the health of your family to new heights.

With this user-friendly handbook, you will learn everything you need to know about essential oils and receive practical instruction on how to use them effectively so you can start enjoying their benefits now.

This book will help accomplish three key objectives You will:

Be **educated** on what essentials oil are and why they are so powerful.

Feel **empowered** to use essential oils safely and effectively to enrich your health and your family's health.

Get **equipped** to start enjoying the multiple benefits of essential oils in your everyday life: from treating cuts, scratches and stuffy noses to providing chemical-free personal care, household cleaning and natural pet care.

If you are ready to experience more energy, better health, enhanced brain function, balanced hormones, improved digestion, a boosted immune system, reduced emotional stress, and an overall higher quality of life, *get ready to start using these ancient medicines in your modern life!*

Essential Oils: Ancient Medicine for a Modern World Details

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From Reader Review Essential Oils: Ancient Medicine for a Modern World for online ebook

Shawna says

This is a great essential oil reference book! it has a little bit of everything in it, from info about single oils, to suggested uses for ailments, and recipes for food and beauty care. I purchased the one with the spiral binding which is very convenient and stays open while I am trying to mix my concoctions.

Terry Bell says

I am currently using it and really enjoy the recipes within.

Ghostlygirl94 says

This book is incredible! It is exactly what I was looking for. I checked it out from the library and I talked about it so much that my best friend ended up buying it for me for my birthday.

After reading many books on essential oils, I have to say that this one is my very favorite. It takes you through the history of oils and explains why it is that they work. The research and detail in this book is superb. There is also a section where it takes you through a list of oils and explains the history and uses of each one along with scientific studies about the oil itself. It includes a section where you can look up your ailment and find the best oils to treat it as well as a section for cooking with oils and body/home recipes using essential oils. If you are interested in learning oils inside out, this is a must for your library!
