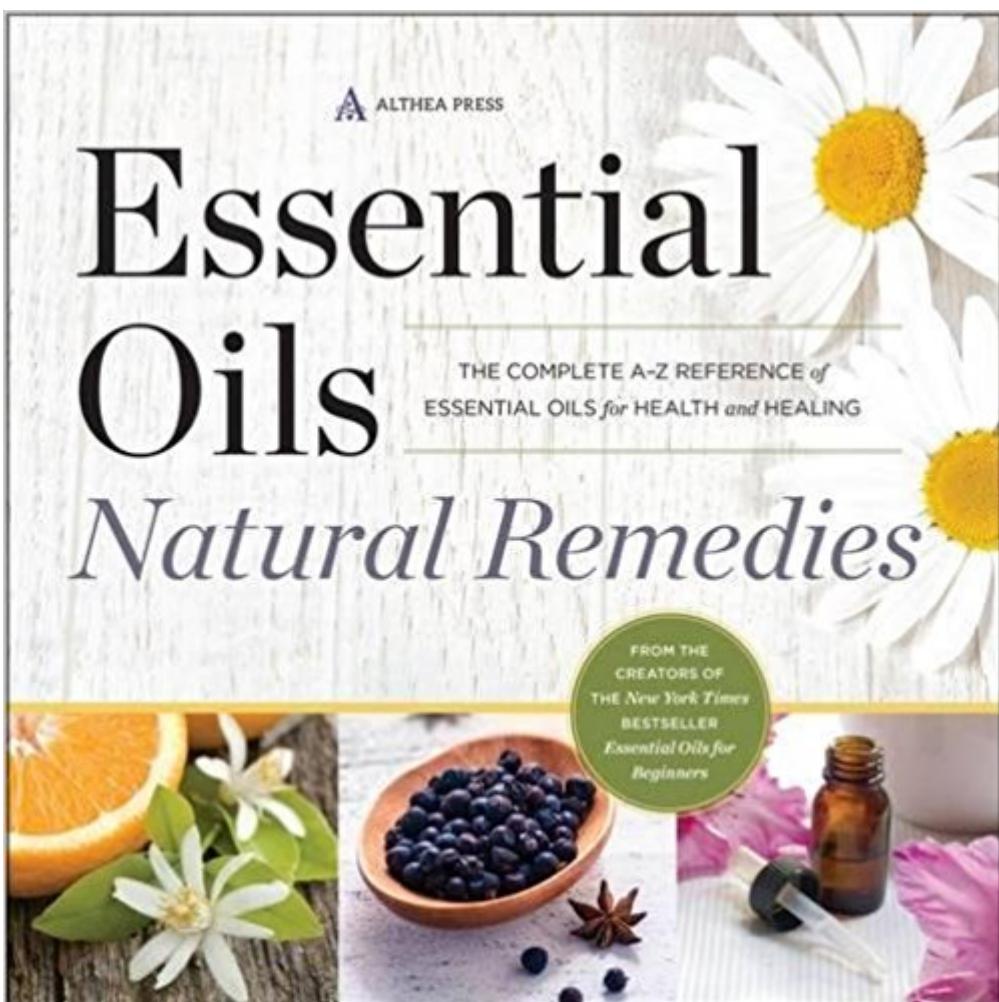


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# Essential Oils Natural Remedies: The Complete A-Z Reference Of Essential Oils For Health And Healing



## Synopsis

From the Creators of the New York Times Bestseller Essential Oils for Beginners The healing properties of essential oils are virtually limitless. You can put them to work today without the hassle, expense, and frustration that come with consulting doctors and taking prescription medicines. Essential Oils Natural Remedies offers essential oils practitioners of all levels a comprehensive home reference for a lifetime of health-related needs. Easy-to-navigate A-to-Z guide to remedies that heal or mitigate symptoms for a range of ailments, from acne to migraines to Parkinson's disease, and more. Special features explain how to diffuse oils, make a compress, and offer healing massage. Over 170 ailments covered and over 300 homemade remedies included. Profiles of 75 essential oils to know and use, including info on medicinal uses, application methods, blending, and precautions. Reviews the 10 most popular essential oils brands and their products. Take the power to heal back into your own hands with essential oils for all of your everyday health needs.

## Book Information

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## Customer Reviews

It covers everything basic you need to know about essentials oils including production, choosing the right oil, equipment, storing, safety, application methods, remedies for common ailments and details about individual oils.

I've been curious about essential oils for awhile, and I am familiar with common uses such as peppermint for an upset stomach. However, there are so many that I'm not familiar with. I've

recently bought a dozen different oils and plan on using them. In today's world, the cost of prescriptions are rising. People are having side effects from medications. Some simple conditions that are untreated could become major health issues down the road. I grew up on a farm where my mother canned most of our vegetables and my Dad butchered most of our meat. I grew up on very few unadulterated products and preservatives. Now that I have a young daughter, I am more concerned than ever by what my daughter is exposed to and ingests. My daughter has keratosis pilaris, which is commonly called chicken skin. Basically she gets bumps on her calves, thighs and upper arms. It's more of a cosmetic issue, but for some people they can become itchy. The doctor did give me a steroid cream, however I'd prefer to not use so many chemicals etc on her young skin and expose system to who knows what kind of unnatural products. I've used coconut oil, and now thanks to this ebook, I will try essential oils! Natural herbs and remedies have been used for a very long time. A lot of these remedies do in fact work. You just need to know how to use them safely. I have heard stories of people breaking out and rashes or getting sick, and it's because they either didn't use food grade essential oils, didn't check to see if they were irritated by it, used products that weren't made to be used on the skin or bought low grade unpure products! Do your research!!! And of everything I've read so far, this ebook has been THE most comprehensive guide to essential oils. It's a cookbook, dictionary and guide all in one. The book is very well written, knowledgeable and complete. The book is organized very well, from how essential oils came about, to what they are, to how they're produced, to how to use them as well as a dictionary of oils and "recipes". One of the best parts of this book, is that they stress that you do your research and know what you're doing. Make sure the essential oil you're using can be ingested. Make sure you don't take too much. Test spot your skin to make sure you don't have reactions. And be sure to buy quality essential oils! This ebook recommends placing a single drop on a piece of paper and that it should evaporate in about an hour and not leave an oily ring, except for a few that will leave a mark. Because essential oils are not FDA monitored, you need to know if they're pure or have carrier oils. I really enjoyed about how products should be bought and stored. They should come in dark, glass bottles. They should be kept in a dark, dry place out of sunlight. That most will last 5 years, but citrus tend to last closer to 2 years. Also, they should never come in nor be stored in plastic! I bought one essential oil that sent cheap, plastic droppers with their oil. Needless to say, their oil wasn't that good and they should know better than to supply plastic! A glass dropper is better. But overall, they need to be kept airtight. I love what I call the "recipe" section of the book! It lists common ailments in alphabetical order, then it gives "recipes" of what essential oils to use and how much to use to create what's needed for that ailment. It also tells makes sure to warn people to make sure nothing interacts with

other medical issues, and to be sure a doctor is aware. This ebook also explains how massages, compresses etc can be helpful. The last section of the book is a list of essential oils in alphabetical order. This section lists the plant name, what it's good for treating, any precautions, what it looks like in natural state. It also lists other components that blend well with these oils. The book also gives a quick guide as well as references to studies and other work that it's referenced. Overall, I am very impressed by this ebook and I've recommended it to others. As a beginner, this is just the book I needed to get me started. If you are looking for a book that will tell you all about oils, the kinds of oils and how to use them, then this book is for you! This ebook was received in exchange for an honest, unbiased review.

I have been dabbling a bit in essential oils but was confused as to exactly which ones did what. I was able to review this eBook recently and have to say that it was a really great read. I still browse through it when I need some info on a particular ailment or oil. The ebook is a very easy, simple read that gave me a better understanding on essential oils and their everyday uses. It's broken down into chapters that are easy to find. It starts out giving you a brief history and benefits of essential oils, how they are produced, and even lists 15 things you should know about them. You can look up remedies for certain ailments or search for specific essential oils! It's an amazingly detailed eBook without overdoing it! At the end of the eBook is a Quick Reference Guide for ailments and oils. I bookmarked it so it's easy to find when I'm in a hurry. I'm so glad that I came across this eBook because I now have a better understanding of how they work and which oils work best for different ailments. I believe the \$6.99 price is well worth it.

This book is more for someone looking for A-Z ailments, than essential oil reference (essential oil profiles) I'm a bit disappointed in this book, it does not have nearly as much information as I had hoped or perceived. It has common essential oils, but is missing a lot of the essential oils I use. It does not go in depth, and is extremely vague in it's descriptions of each essential oil. The photographs of each plant are also very small and nothing overly appealing to the eye. The recipes and remedies are basic, and in my opinion some are even common knowledge for an essential oil user. This book would suit a person just getting to know essential oils; a beginner in the use of essential oils. There is absolutely no scientific information on the essential oils (the chemotype, the constitutes of each oil, etc.), the only exception is the latin name of each essential oils plant. The first few chapters, designed to explain how essential oils are made, how to choose the right essential oils, tools and equipment, and so on, is lacking in a lot of information! There is a lot of

basic information missing, that an essential oil user should know. This book is basic at best, lacking information, and only has minimal safety information and precautions. It is not thorough in any aspect. I would recommend this book to a beginner essential oil user, that wants to get familiar with common essential oils, but I do feel there are much better choices. I feel that an advanced essential oil user would not get much use from this book.

I have a lot of essential oil books and this is one of my favorite. I have the Kindle version so it is so easy to pull up the oil that I need info on, or the ailment that I need to treat, just by searching in the search bar or using the table of contents which is alphabetical for the oils and ailments. The book also starts out giving a lot of information about the history, benefits and types/qualities of essential oils. It goes into detail about the tools and equipment, carrier oils, and safety information to keep in mind when using oils in general. It is a great book for first time users. Some of the first books I bought said what oils to use for ailments, but they didn't say HOW to use them, ie diffuser or topical? If topical, where to apply it, etc. This book does discuss those suggestions and I find it very helpful.

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