

The book was found

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)



Synopsis

Do You Want Over 75 Essential Oils To Improve Your Health? Essential Oils have been used for thousand of years and have been proven to boost the immune system, help prevent infections, heal allergies, and much more! Today, the World Health Organization (WHO) estimates that 80 percent of the world's population still uses traditional remedies, including plants, as their primary health care tools. Meanwhile, the majority of new drugs (70 percent) introduced in the US are derived from natural products, primarily plants.

Table of Contents:- HISTORY OF THE HERBS- CHEMISTRY OF THE HERBS- Alkaloids- Tannins- Cardiac glycosides- Saponins- Anthraquinones- Flavonoids- Essential oils- Vegetable oils- Bitter principles- Mucilages- Organic acids- Vitamins and trace elements- ALTERNATE METHODS OF ALTERNATE MEDICINE- ACUPUNCTURE- THE ALEXANDER TECHNIQUE- AUTOGENIC TRAINING- AYURVEDIC MEDICINE- CHIROPRACTICE- CHINESE MEDICINE- COLOR THERAPY- HYDROTHERAPY- KINESIOLOGY- MASSAGE- REFLEXOLOGY- REIKI- SHIATSU- AROMATHERAPY- HOMEOPATHY- PREPARATION OF THE POTIONS- Infusions- Decoctions- Tinctures- Glycerol- Fluid extracts- Syrups- Powders- Pills- Baths- Ointments- Poultices- Compresses- Plasters- DISPOSABLE INDISPOSITIONS AND THEIR HERBAL TREATMENTS- Common cold- Catarrh- Sore throat- Coughs- Indigestion- Diarrhea- High blood sugar- High cholesterol and heart health- Urinary tract infections- Joint pain and arthritis- Cancer prevention- PRINCIPLES OF HERBAL MEDICINE- HERB ACTIONS- HEALING HERBS**Includes An Essential Oils Surprise At The End****One last thing...if you download today, you'll get a link to receive incredible ebooks TOTALLY FREE!**To Read Immediately, Scroll Up To The Top-Right & Click The Orange "Buy now with 1-Click" Button.

Book Information

File Size: 2300 KB

Print Length: 115 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 31, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00P47X1UU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #230,502 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Medical eBooks > Physician & Patient > Home Care #20 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

I've heard from a few friends about the use of essential oils and the positive effect it can have on the body. I always look for ways to improve my skin, by not only discovering a product that is nourishing for my body but also helped treat my irritated skin. I decided to download this book to see what I could learn from it regarding all the basic oils and use what I found valuable in my life. To be honest, this book has everything you need to know from the different types, how to treat certain conditions, blending the oils, what to be aware of, using it best for massages and the list goes on. It is very in-depth and I believe you'll enjoy reading it and educating yourself all about the essential oils if the topic is in your interest. Overall, I highly recommend it!

This book will go over what essential oils are, and what they can do for you in terms of the conditions that you have. You will learn as well about the benefits of them, and also some of the ways to use essential oils. By the end of this, you will be a master at knowing about essential oils, and you will know why you should use these in order to feel better, and to have a better life. It definitely will make it easier on you, and you'll be able to have a better life with better health conditions now, and in the future. It will make your life easier, and better for you now, and in the future.

Long time ago, herbal medicines had emerged as a very effective alternative to conventional allopathic medicine. Nowadays, medicinal herbs are quite popular even in pharmacies or in any local drug stores. It just proves that medicinal herbs are really effective and very natural. This book of J. J. Ortezky gives us a lot of information about the history and the different kinds of herbs that are processed to produce natural remedies.

It is very interesting that there are many kinds of oils to use. I just thought that types of oils are few and limited in use but reading this book makes me think twice and use essential oils in a much

useful way. I really want to blend oils after reading this book. I will just have to look for this oil here in my place to start creating my own blends for me and my family and make it as a personalized gift to my love ones.

I'm very new to the subject. So I wasn't too sure on what exactly to expect. I did however find it very useful in really learning all of the foundation I needed in order to understand the essential oils. If you are you true beginner then you will find value inside this book. If you know a lot about the subject and you may pick up a few golden nuggets that you may not have known before.

I never new that there was so many uses for Herbs. There is currently a great interest in exploring plants that boost the immune system. The use of Herbs goes way back in time. I didn't know this, but there are even 14 Herbs mentioned in the Bible. Many, many Herbs were listed for there medical uses. This book also got into a lot of alternative medicine. While some took a bit of a opened mind approach to even want to try, I saw many made logical sense as to why they would work. The author got into many different plants you can find and what purpose they could be used at and how to prepare the potion. Kind of overwhelming the amount of good information this book goes over on everything to do with Herbs and alternative medicine.

This a great reference book. It explains the steps to creating your own oil mixes and the reasons for how this is done. It's written in terms that anyone could understand. There is a section explaining the benefits of each oil and which oils work well with each oil. That said, it doesn't change how well he has written this book. I would recommend this to others.

It contains every possible oil available and then some. There is no possible way to remember everything listed in this book, which is why I end up using it as a reference tool. I am constantly going back to this book to look up this or that for oil use. This is a fantastic reference book for working with essential oils.

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

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: 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) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start

Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs)
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) Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing
Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening) 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) Diffuser Recipes: Essential Oil
Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox,
Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Cooking With Coconut Oil Vol.
1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook -
Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Essential Oils: 50 Essential Oil Dog
& Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work!
(Essential Oil Pet Private Collection Book 1) GROWING HERBS: How to Grow Low cost Indoor and
Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How
to grow herbs, growing herbs for beginners) 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: The Complete Guide: Essential Oils For
Beginners, Aromatherapy And Essential Oil Recipes How To Dry Herbs: The Ultimate Guide To
Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And
Spices) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for
Health, Healing and Beauty Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care
Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies)
(Home Remedies, Aromatherapy) Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers:
(Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) 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 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) Homemade Essential Oil
Recipe Guide For Beginners: Personally Tested and Proven Essential Oil & Aromatherapy Recipes
With Instruction Essential Oils for Beginners: The Guide to Get Started with Essential Oils and
Aromatherapy