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# **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

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## 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. Ortecky 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.

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