

Essential Oils Pocket Reference 6th Edition

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this book describes essential oils and gives their therapeutic use

modern information for ancient remedies in a time where conventional medical treatments often comes with serious side effects it s time to look towards a more natural approach with thousands of years of historical backing and current scientific review join dr josh axe jordan rubin and ty bollinger as they team up to

the essential oil pocket reference is a condensed yet comprehensive guide designed for those who want essential oil knowledge at their fingertips distilled from the enriched essential oil reference guide legacy edition this portable version provides quick access to key insights from d gary young s 30 year journey with essential oils along with contributions from specialized experts perfect for both beginners and seasoned oilers this pocket sized companion delivers essential wisdom on application benefits and holistic wellness making it an indispensable tool for your essential oil journey whether at home or on the go the essential oil pocket reference ensures that trusted information is always within reach

this book will provide a comprehensive reference guide listing the ten most useful and readily available essential oils the methods to use them their applications in healing the properties of each oil and the carrier oils which combine with them to promote health ease the mind clean the home care for pets protect against pets and reduce the chemical imprint on the planet page 4 of cover

wusstest du dass die richtigen düfte dein immunsystem stärken stress reduzieren und dein wohlfinden steigern können scent yourself healthy ist dein ultimativer ratgeber für die anwendung ätherischer Öle zur heilung für mehr energie und innere balance wissenschaftlich

fundiert und inspiriert von jahrhundertalter tradition was dich im buch erwartet die 50 wirkungsvollsten ätherischen Öle für immunsystem entspannung und vitalität natürliche hausmittel bei stress schlafproblemen schmerzen und allgemeinem wohlbeﬁnden schritt für schritt rezepte für aromatherapie mischungen hautpflege und natürliche hausreinigung anwendungstipps für eine sichere und effektive nutzung auch für kinder und haustiere vergiss synthetische mittel nutze die reine natürliche kraft ätherischer Öle und tu dir jeden tag etwas gutes hol dir jetzt dein exemplar und starte deine reise zu mehr gesundheit tropfen für tropfen

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