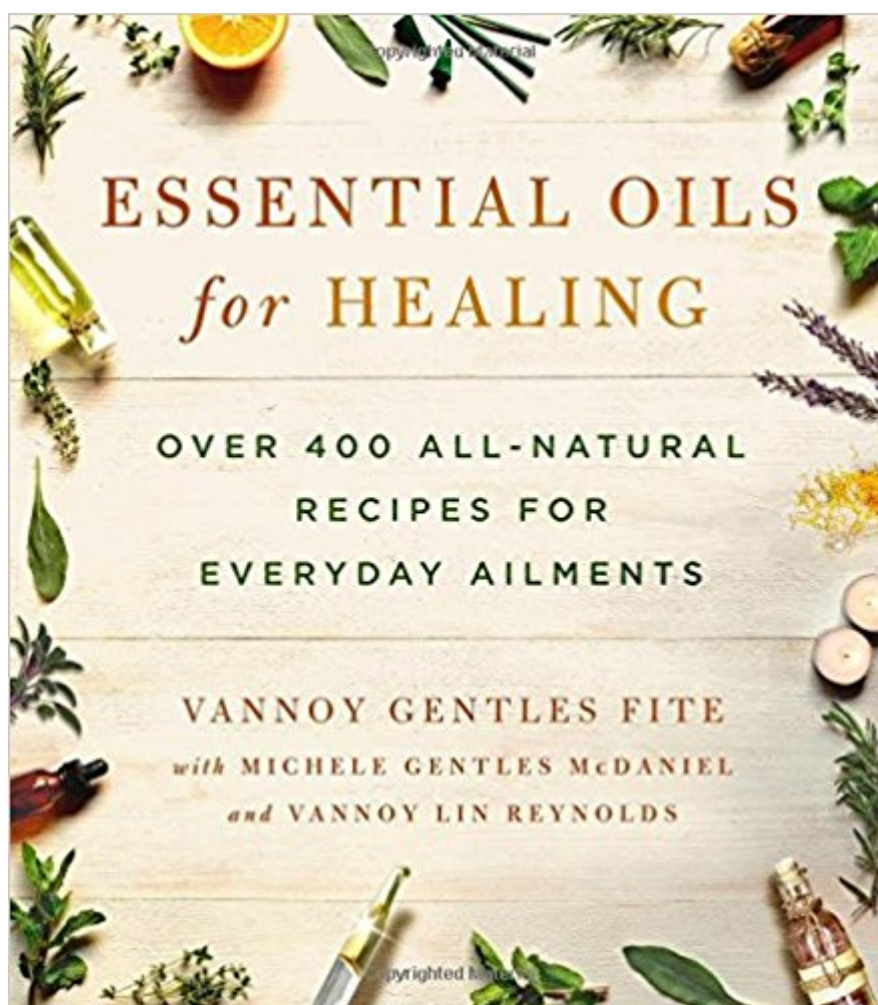


The book was found

Essential Oils For Healing: Over 400 All-Natural Recipes For Everyday Ailments



Synopsis

All over the world, people are turning toward homeopathic and alternative medicines. *Essential Oils for Healing* is an easy-to-use guide for anyone who wants to learn how to use essential oils to heal a multitude of ills. Ailments are listed in alphabetical order and are accompanied by hundreds of recipes you can re-create at home using the essential oils at your disposal. Tips on safe handling and usage, contraindications, and storage ensure that even the most novice of essential oils user can get the healing benefits from our planet's natural resources. Did you know that a few drops of lavender oil can be added to your kids' shampoo to protect them from head lice? Or that a drop of clove oil mixed with orange oil can relieve a mind-numbing toothache? Common, everyday problems such as nausea, dry skin, and insect bites to more serious issues like migraines and arthritis are included along with all-natural remedies that are simple and accessible.

Book Information

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Customer Reviews

VANNOY GENTLES FITE lives in Saltillo, Texas, with her husband, Vance, and her baby Silky, Mala. Vannoy loves herbs, gardening, shopping for anything, eating, studying anything herbal or Ayurvedic, and writing. She has three grandsons that are the loves of her life; two exceptional daughters; a step-granddaughter; and two sons-in-law that make her life an exhilarating roller-coaster ride every day. MICHELE GENTLES McDANIEL lives with her husband, Jesse, and her Silky, Misa, in Pickton, Texas. Michele loves to write, garden, work puzzles, develop new herbal remedies, and travel. She has two children and nine grandchildren. VANNOY LIN REYNOLDS lives

with her husband, Jerry, and her two Maltese, Phibi and Raeleen, in Arp, Texas. Lin likes to cook, practice yoga, socialize, travel, shop, study anything Ayurvedic, and fly airplanes. She has one stepdaughter, Sara, whom she loves unconditionally.

When this book arrived I was actually quite excited! It's a beautiful book with lots of great recipes that are laid out in a very logical way. However, when I really started to look at it I found lots of issues. Here just a few examples: - On page 8 it says this about Cypress: "Do not apply to varicose veins." Then, on page 240 the very first oil recommended for varicose veins is Cypress. - On page 9 it says this about Eucalyptus: "Do not use if you suffer from high blood pressure." Then, on page 141 it lists Eucalyptus as an oil recommended for high blood pressure. - On page 10 it says that Lemon Balm (Melissa) essential oil "should not be used if...you...have any thyroid issues." Yet, on page 234 the very first oil recommended for thyroid issues is Melissa. It also says (on page 10) that Juniper Berry essential oil should not be used by anyone with kidney issues. The author never explains the reasoning of this even though most other essential oil books do specifically recommend Juniper Berry for kidney issues. I would love to know more; are the other books wrong? (The author doesn't make any recommendations for oils that should actually be used for any types of kidney-related issues.) The other thing I noticed, which isn't as much of a problem, is that in the ailments section it sometimes will list the same oil twice as recommended for the same condition. In general, it just seems like this book didn't pass through an editor before publishing it. It also seems like different parts of the book were written by different people and everyone didn't come together and align on recommendations.

This was a very good book. The author has been using essential oils since the 1970's and has very clear warnings, etc. I would have preferred listings for preventative measures aside from ailments, but the book is clear and easy to follow for the ailments discussed. Would recommend.

Just what I have been waiting for. Very easy to use and very informative. This book is perfect if you are new to oils or have been using them your entire life. Thank you for writing this!

Awesome collection of recipes! I am really looking forward to using these very creative and easy formulas. Excellent book for a beginner to more advanced essential oil practitioner. Every home apothecary will benefit by keeping a copy of this book! This book will definitely be sold in my little Herb shop!

I'm new to this essential oil life so I don't know much, yet...but I do know that this book is AWESOME! It has remedies on all ailments in alphabetical order (plus a lot of do's and don'ts) You absolutely can't go wrong with this fabulous book! Don't hesitate, grab it, you won't regret it!

My youngest son has Stevens-Johnsons Syndrome so I've been on the look out for alternative relief for his headaches, fevers, regular aches, sleeping issues, and oil combinations that can calm and soothe him (as he's also on the spectrum). I've found some really great combinations and the recipes appear to be helping him.

This is an excellent book for anyone interested in the use of essential oils. It is thoroughly researched, yet written in a style that does not require a botany degree to understand. It is well organized, so if you are looking for a specific condition which might benefit from essential oil application, it will be easily found. It is a "must have" for my library.

Just started using essential oils and this book has a lot of information. In the front of the book it explains the essential oils and their therapeutic properties. It has recipes on ailments and how to use them as a rub, spray, bath, or smelling them. Enjoying the book. Would recommend it. Thank you.

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of 50 IBS Diet Recipes for Breakfast, Lunch and Dinner.

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