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## Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty (Paperback)

By Christine Adams MD

Createspace, United States, 2014. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DISCOVER THE SECRETS TO ESSENTIAL OILS AND AROMATHERAPY FOR HEALTH, HEALING AND BEAUTY The use of essential oils for health and healing has a very long history. Oils and their aromas have been used by many ancient cultures for cosmetic and religious purposes, and have been an important part of several Western and Eastern medical traditions that have focused on the role of life energy in the maintenance of health and of replenishment and rebalancing of energy in the treatment of disease. They are natural, chemical-free alternatives to costly cosmetic, toxic fragrances and in some cases even dangerous prescription drugs. They have the potential to do much more than smell good; throughout history they have been used to heal and treat problems including acne, diabetes, digestion and much more. In contrast to many pharmaceutical preparations, essential oils have almost no adverse effects except for allergy when used properly. Essential oils are generally prepared by expression or distillation of the fragrant essences of plants, and are absorbed through the lungs and skin and work as well by direct stimulation...



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### Reviews

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