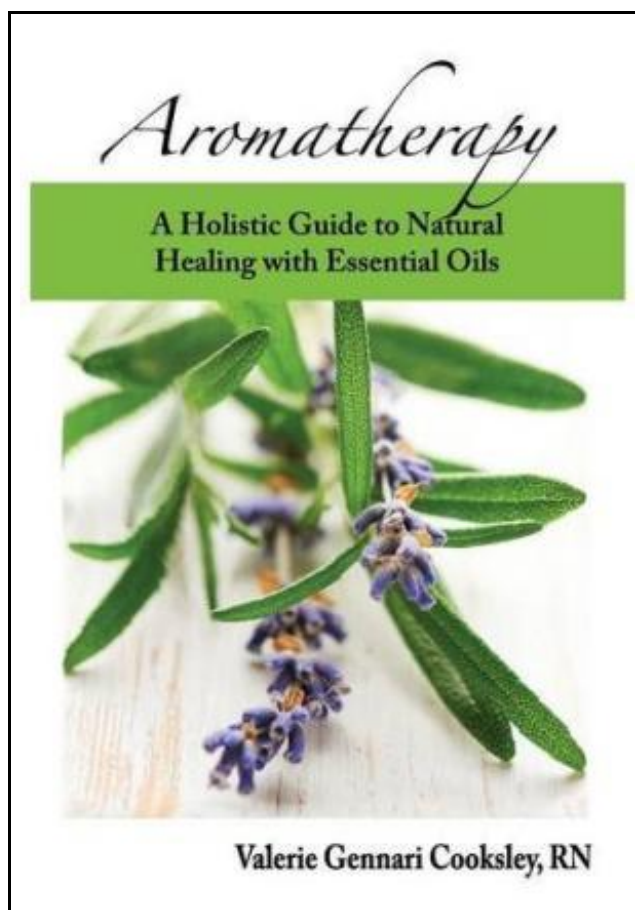


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Reviews

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(Dr. Pat Hegmann)

AROMATHERAPY: A HOLISTIC GUIDE TO NATURAL HEALING WITH ESSENTIAL OILS

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Floramed Publishing, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Aromatherapy: A Holistic Guide to Natural Healing with Essential Oils is a practical reference that features easy-to-follow recipes , close to 250 in all, plus instructions and helpful tips for the reader who wants to know how to use aromatherapy in the safest, simplest, and most straightforward manner in their home, while at work, and while travelling. Covering more than 100 common ailments, it is one of the most complete resource texts on the subject today and is utilized as a classic textbook in aromatherapy training courses in the United States. Written for those individuals interested in natural medicine: parents who want to practice only safe and natural care for their family, avid athletes who need relief from their aching muscles, the environmentally-conscious person who wants to avoid harmful chemicals, or the stressed out business executive who needs to unwind. Among the most remarkable benefits of essential oils are their positive effects on relieving contemporary stress, a major contributing factor in illness today. Aromatherapy has been around for centuries, but only in the last decade has it become recognized as a proven mainstream healing technique. And while current trends show that nearly half of the acute conditions in America are being treated without direct physician intervention, this resource is indispensable. Embraced by a growing desire to take charge of our own health and to be connected to what is real and natural, more and more people are turning to holistic self-care, and seeking simple, safe, and natural alternatives to achieve optimal wellness - which is the heart of this book. Holistic Nurse and best-selling author Valerie Cooksley has researched the healing benefits of essential oils, trained with...

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