

ESSENTIAL OILS

ANCIENT MEDICINE

50+

ESSENTIAL
OILS

125+

NATURAL
REMEDIES

70+

HEALTHY
RECIPES

DR. JOSH AXE TY BOLLINGER
JORDAN RUBIN



Dr. Josh Axe

Essential Oils: Ancient Medicine



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Old Remedies for Your Everyday Lifestyle! With this user-friendly handbook, you will learn everything you need to know about essential oils and receive practical instruction on how to use them effectively so you can start enjoying their benefits right now. with lists of dangerous unwanted effects longer than benefits—Obtain equipped to start out enjoying the multiple great things about essential oils in your everyday life: from treating cuts, scrapes and stuffy noses to providing chemical-free personal care, household cleaning and natural family pet care. Experience empowered to use necessary natural oils safely and effectively to enrich your health and your family. Three leading names in the natural health world have joined forces to enable you to get Essential Oils: Ancient Medication for today's world, your lead to a powerful form of plant-based medicine which will help take the fitness of your family to new heights. In a global where medicine cabinets are packed full of prescription medications and synthetic drugs—In case you are ready to experience more energy, better wellness, enhanced human brain function, balanced hormones, improved digestion, a boosted disease fighting capability, reduced emotional tension, and an overall top quality of life, get ready to start out using these ancient medications in your modern life! You will: Be educated on what essentials oil are and why they are therefore powerful. s time to find a superior option with thousands of years of historical backing and current scientific review. s health.it' This book can help accomplish three key objectives



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out instructions and recepies. I received the reserve today and also have already tried a few the oils on my diffuser. Perfect guide back to healthy. 162 webpages are an alphabetical list of essential oils.I've a few other books on this subject, but this is the best. Its solid brass and is actually indestructible. It is among the best I possess so far. Everything you need to know about Essential oils Great publication for information! this publication is filled with useful information about oils and here is how to create our lives better without the usage of poisons. It is broken down so well and has pertinent details in it.



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