



Gary Young

Essential Oils Pocket Reference by Gary Young (2011-05-03)



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Newly updated! This pocket-sized edition of the fundamental Oils Table Reference contains selected material from the Table Reference, including the Personal Usage Guide (which features details and recommended essential natural oils and blends for over 300 different wellness topics).-----TABLE OF CONTENTS

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The Best book if you are using Young Living oils! If you are a Living user of their products, this is your BIBLE! Since that is the just brand I will buy for natural medication purposes, that's just fine with me. Very beneficial book with an overview of each essential oil . Your description says recently updated. I look up cough in the book and they have suggestions with different natural oils and supplements. I believe it was misleading as the advertisement says it's the book written by Gary Youthful. I was under the impression that was written actually by the founder of youthful living and was rather excited about it. I acquired this and was amazed at the pre FDA information inside. I love being able to make my very own mind up about the info I read. It is also handy for those long term resolutions of issues which are difficult to find answers about. I would suggest looking into the desk reference guides since they contain more in-depth beneficial information. One Star Don't remember receiving this item. This publication is a precious metal mine of info and great to have on hand. Great condensed reference guide for all those new to oils Great condensed reference guide for those new to oils. I loved that book is in high demand and I am the go to person with the information. I enjoy being able to learn about the annals of each oil. In addition, it shares how exactly to properly use oils and which are greatest for certain issues/ailments, etc I really like essential natural oils and can't believe I lived without them for so long! Detailed Reference Book I actually was unsure of just how much I would actually utilize this book as I've the internet within my finger tips. Nevertheless, I discover myself using this book constantly. I make bath and cosmetics with essential natural oils and I am usually blending. I must reference this reserve to make sure I am not combining an essential essential oil that's used for a thing that contradicts what another can be used for. This reserve is very comprehensive and informational. I am very pleased with this purchase! Misleading I received my Essential Oils pocket reference 5th edition today. This is by far a thorough guide, highly recommend it! This publication is not compiled by Gary Young and again it's the fifth edition. For example: I've a cold with a nasty cough, what oil may i use? There's a seventh edition that is out that I paid less money for and I have completely new. Was also bought on Amazon. i got mine SUPER great pocket reference. So I'm paying almost twice as much for just two editions less. Also one picture showing is not this physical reserve that I am searching at. It is also a different color cover Etc. Was disappointed I experienced to hold back roughly 2 weeks for this to arrive and also have it be such an old Edition for so much money. Well put together Great learning tool Perfect reading to understand about my oils Five Stars Love this pocket guideline. Very disappointed in this buy. just what I needed This is an excellent little reference for using essential oils. It's a "must have" publication for YL consumer. Each person responds in a different way, and it gives me choices for when an oil does not do for me personally what it does for others. It requires each essential oil and gives an overview of it, and it discusses some essential oil blends. Like many of my friends, i will still search oil treatment/ recipe from the web, but i'd cross check with this book, ensuring the recipe online is "true" ! It shown the essential information of the one and blended YL essential oil. It has all you need in purchase to use the products wisely and effectively. I change to it whenever I have a issue regarding a ailment. need to view it up close.. As a YL user, this is an extremely handy and useful reserve, with this pocket size (only A5 size). Note however this publication was written for the Young Living essential natural oils and provides a detailed explanation and uses for all of its blends. However, young also tells you the specific natural oils within those blends as well as provides recipes for various illnesses, etc. Extremely detailed! It gives enough details to get me were only available in the right direction and in most cases, to successfully tackle a problem. Very informative book with an overview of each gas and its uses and applications. it's really a

"will need to have" reserve for a YL consumer. It should be noted that the blends discussed in this reserve are youthful living blends. there is normally another chapter about Raindrop technique. And I like most, it has a chapter listing what treatment or oil to make use of for a list of common disease. It is also indexed by condition, therefore all you have to do is look up, say, fibromyalgia, and you will flip to a full page which implies the better natural oils for that condition, along with how to use them. Gary Young You Are Great A must if you are using Young Living Essential Oils. . Though I'm sure the info is exceptional as it could only have been superior in the next two Editions, I don't believe it had been worth the amount of money I paid. Would like to present one to everyone with essential natural oils, but that is not gonna happen.. Three Stars don't use it much Five Stars great



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