

LLC Total Wellness Publishing

The Essential Life by LLC Total Wellness Publishing (2015-01-01)



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This book will give both novice oil user and the oil professional insight into using important oils not merely to address health issues, also for everyday make use of in the home through cooking, washing, blending, gardening, pets & much more. The Essential Life Publication Second Edition contains all of the new oils and blends as well as an updated Quick Reference Guide. This book may also help you understand how to make use of the oils together with your baby and through being pregnant. The book's quick reference direct is an extremely easy-to-use way to learn which oils you may use for more than 600 wellness concerns. Made to be incorporated into all areas of your life you'll see topics such as: First Aid, Body Systems, Recipes, Oils Blending, Household pets, Gardening, Supplementary Products, plus much more. From Athlete to Parent this book is crucial have.



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Useful, but with a big BUT.. I purchased this as something special for my mom after she fell deeply in love with mine. I disagree that it's only helpful to DoTerra users as mentioned by other reviewers. I've many different brand natural oils, and it's a relevant resource across the board. My reason for giving just 3 stars is because Personally i think that some critical boundaries were overstepped in this book. There aren't just suggestions give for the common cold and toe nail fungus. There are recommendations given for extremely serious conditions, such as blood clots, cirrhosis, many cancers etc. Downsides: Can't think about any, only that it is vague now and again but that I really believe is usually a legality with any materials used for house treatment. I loved the book and I did not like it. It's been such an excellent tool to have on hand always. fast delivery from Amazon. No list of authors, contributors, practitioners... And it's a nice bonus that it is a book in every color and hard back again, that way you don't feel like you're trying to read a dang dictionary. So actually any unqualified random person down the street could have written this book and there is no way to know in any event. I'm all about natural treatments when they work, but if a reserve will make recommendations for serious illnesses, I really believe the writer(s) should be willing to place their name(s) to it. So to sum it all up, this book pays to as a tool, but I absolutely would not trust it mainly because my only source of information. To be reasonable, the book doesn't declare to be always a one-stopstore of medical wisdom, which is why I provided it 3 stars instead of 2. The book itself can be an indispensable way to obtain information. This book also offers a section that tells you what each oil is wonderful for. Very educational I am new to the world of Essential Natural oils. This book is normally beyond phenomenal in understanding what oil to use for whatever distress or discomforts you may have. AN IMPORTANT Book for Essential Oils! Very educational, I really like it!!! Each treatment has multiple recommended blends or one oils which is helpful in case you have a sensitivity to a specific oil. Many recipes, and once you get used to the file format and how to get the subjects you desire, you will refer to this over and over. It has definitely made my journey in to the world of oils that much easier. I would recommend this book to anyone looking to start using oils or to expand your understanding of them. It list the essential oil and then has suggestions on how to use them. Happy Oiler This book has been very informative. I have another publication but I like that one better. Great reserve! Has enough info you understand however, not to much that you get lost. A lovely complete reference This is the bible! from steps to make your own diaper rash cream for you babe to washing your kitchen counter tops it's all there! Offers beautiful pictures aswell. This is a big book nonetheless it covers any possible thing you may wish to do with essential oils at least briefly. Many complained that the 1st edition of the book was very brand-centric. I do not find this to be the case with this reserve. I acquired it used here on Amazon and owner sent me a pristine duplicate. That is 2nd edition and I dont believe I saw DoTerra talked about anywhere that I've looked. It is very user friendly and I love how it cross references to other sources and/or natural oils. Some 'blends' are pointed out but somewhere else in the reserve you can find dishes for them. I was especially grateful for the being pregnant section and children's section. In case you are fairly new to oils, you may desire to pick up some 2oz spray bottles and some rollerball bottles along with some fractionated coconut essential oil because you will want to start blending immediately when you get this book. Maybe I have to read it an increase. Five Stars Very informative Five Stars Very helpful with knowing which oils to use for what. I really like them, but sometimes it can get mind-boggling because what oil works for my headache may not work for yours, and there's just SO much oils can do. This reserve has it divided for every oil and for each health issue you could possibly think about!nothing. So worthy of the \$25, I

expected a book like this to be closer to \$40. Recommend it. It clarifies the oils and how you an use them in multiple ways. A beautiful quantity. I also suggested a friend look it up on her behalf multiple illnesses and various ways oils might help. There is no mention of this, excellent reference for all important uses. This publication also has a section that lets you know what each oil is wonderful for. You can research ailments as well as specific natural oils/blends. I got mine directly thru Doterra, but couldn't defeat the price, delivery & What bothers me most can be that we now have no names or resources listed. If you're new to essential natural oils or natural remedies, please understand that you need to be your personal advocate and do lots of study before trusting any one book/site/person. While I really do routinely research additional resources online, that is my 1st end. The descriptions are awesome for individual natural oils and proprietary blends. I also love how many ways the book presents to find information. I use this book frequently as a reference (occasionally daily) and I do find it helpful.. After all, there is a large amount of cross referencing to ensure you can get what you would like easily. Great product Great product A beginner must have ! Love this book I'm a beginner and this had A lot of information Five Stars I'm pleased with my purchase Five Stars This is a wonderful book for any gas user - beginners or seasoned. TONS of information. Valuable tool for essential oil users In case you are into essential oils this is a fabulous book. Advantages: multiple index make topics or ailments easy to find. Great book I am new to essential oils, and this book has been invaluable. Easy to read and clear to see at any encounter level. Well, okay, there is some evidence recently that frankincense is helpful in the treatment of some cancers. Must buy if you value oils This is essential if you are starting oils or if you already have oils and want to know more ways to have the ability to use it. I am dabbling with and studying the essential oils for a yr. Kind of a good to read Kind of a good to learn. However (which is kind of a big offer), frankincense can also hinder chemotherapy and must be avoided for a certain time period before and after treatment. Holy Grail This is the holy grail of essential oil books, I'm not even kidding. I want to give it good rating.



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