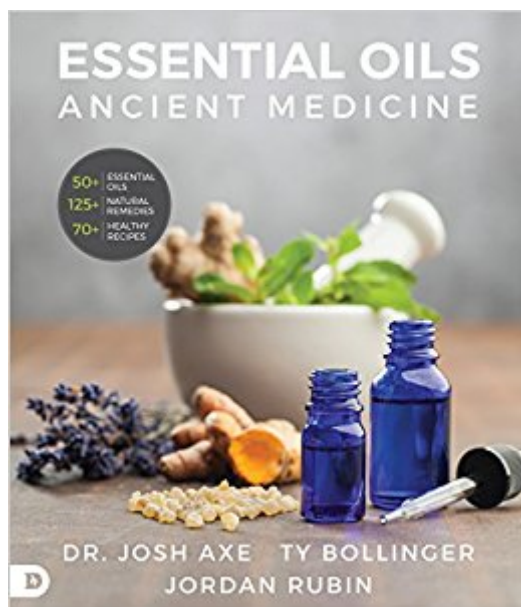


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# Essential Oils: Ancient Medicine



## Synopsis

Ancient Remedies for Your Everyday Life! In a world where medicine cabinets are packed full of prescription medications and synthetic drugs with lists of dangerous side effects longer than benefits, it's time to discover a superior alternative with thousands of years of historical backing and current scientific review. Three leading names in the natural health world have joined forces to bring you *Essential Oils: Ancient Medicine for the Modern World*, your guide to a powerful form of plant-based medicine that can help take the health of your family to new heights. 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 now. This book will help accomplish three key objectives: You will: Be educated on what essential oils are and why they are so powerful. Feel empowered to use essential oils safely and effectively to enrich your health and your family's health. Get equipped to start enjoying the multiple benefits of essential oils in your everyday life: from treating cuts, scratches and stuffy noses to providing chemical-free personal care, household cleaning and natural pet care. If you are ready to experience more energy, better health, enhanced brain function, balanced hormones, improved digestion, a boosted immune system, reduced emotional stress, and an overall higher quality of life, get ready to start using these ancient medicines in your modern life!

## Book Information

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## Customer Reviews

Known as America's Biblical Health Coach, Jordan Rubin is a New York Times best-selling author of *The Maker's Diet*, TV personality, motivational speaker, organic farmer and

founder of Garden of Life, Beyond Organic and Get REAL Nutrition. Jordan has spent nearly 20 years studying naturopathic medicine, nutrition and permaculture science. Jordan and his wife Nicki have six amazing children. Dr. Josh Axe, DNM, DC, CNS, is a doctor of natural medicine, doctor of chiropractic and clinical nutritionist with a passion to help people get well using food as medicine and operates one of the worlds largest natural health websites: [www.DrAxe.com](http://www.DrAxe.com). Dr. Axe is the bestselling author of the groundbreaking health book, Eat Dirt. Ty Bollinger is a happily married husband, the father of four wonderful children, devoted Christian, best-selling author, radio show host, and former competitive bodybuilder. After losing several family members to cancer, Ty began a quest to learn all he possibly could about cancer treatments and the medical industry. In 2014, he co-founded "The Truth About Cancer" and speaks frequently at seminars, expos, and conferences.

I have a ton of essential oils books and what a great essential oils book this is. Most books are just repeats of what we already know. this book is full of useful information about oils and information on how to make our lives better without the use of toxins. There is a wonderful section on the history and usage of essential oils, individual oil information, health and healing, foods, great DIY information. This is exactly what I thought it would be. This is my main go-to book for essential oil information.

Wonderful book, a little expensive but very informative

Great information all at your fingertips!

The book is full of great information but I was disappointed when it arrived with the first page torn since I had purchased this book for a gift for our daughter who loves Dr Axe's essential oils

I absolutely love this book, it very informative and has taught me things about essential oils that I have wanted to know. Thank you very much!!!

This is a very thorough and easy to follow guide to using essential oils. I highly recommend it for its content and easy to follow format.

I cannot say how handy this is for any one who is a beginner with essential oils! Oils are powerful

and should be used cautiously but because of their healing power, I want to add them to my wellness plan. I don't have the desire to pay a functional medicine doctor or an aromatherapist for advice when I am not an idiot and can read! I needed someone like Dr Axe to realize this and with his book, I feel as though I am getting the guidance I need without paying a functional medicine provider or an aromatherapist--

good book needed for my essential oils to help me use them right even though I am a young living consultant who sees them

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