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The Essential Oil Truth: The Facts Without The Hype



Synopsis

When it comes to essential oils, it seems that everything is always one-sided, usually with a major slant toward one specific brand. There is a lot of misinformation, speculation, and assumption going around, as well as a lot of bad advice given by people who never did their research. This book comes at it from a neutral perspective, without all the hype, in hopes to dispel some of the myths and rumors about essential oils. The Essential Oil Truth will help you gain a greater understanding of the true nature and beauty of essential oils and their proper use for your everyday life.

Book Information

File Size: 3157 KB

Print Length: 114 pages

Publisher: Create Space Publishing; (Beta) edition (September 2, 2015)

Publication Date: September 2, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B014VK21XS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #32,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #41 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #65 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

I have really mixed feelings about this book. That said, I don't regret buying it and I'm glad I read it. The best of this book is in the beginning where the "researcher/author" explains what exactly essential oils are and how they work on the body. I believe this knowledge is absolutely vital to anyone who wants to use essential oils. Understand how powerful these oils are and how they get into your bloodstream before you start using them! She also does a very good job explaining how less than reputable companies can easily make false or misleading claims on therapeutic grade oils and tells you exactly what to look for to make sure you are using an oil that is safe. I also

appreciated other "chapters" (or what the author calls "lessons") in the middle of the book that explained how and why essential oils work on various systems in our bodies. For that first 2/3 of the book I would purchase and read again. Ok....so all that said, the down side of this book for me was that the author, in my opinion, goes far far overboard with the concern of using perfectly organic and perfectly pure oils. It is repeated very often throughout the entire book and the last 1/3 or so of the book is dedicated to delving in even deeper to what she stresses throughout the book. Yes, I agree with her up to a certain extent, but believe me when I say she goes to a major extreme. I would go so far as to say that this author is a "purist" in the purest sense of the word!! 99.99% on any step of the process of making her EO will simply not be acceptable.

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