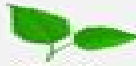


Essential Oil

Properties & Uses (A-C)

Oil	Properties	Uses
 Anise	- anti-rheumatic - antiseptic - antispasmodic - decongestant	- digestive - expectorant - sedative Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.
 Basil	- antiseptic - antispasmodic - antibacterial	- antiviral - anti-inflammatory - antidepressant Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache
 Bergamot	- antiseptic - antispasmodic - sedative	- analgesic - antidepressant - digestive Stress, depression, anxiety, lack of focus and confidence, constipation, immune health, chest congestion, psoriasis, acne, eczema, premature skin aging, sallow complexion, muscle fatigue and pain.
 Birch	- analgesic - anti-inflammatory - anti-rheumatic	- antiseptic - antispasmodic Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.
 Black pepper	- anti-inflammatory - expectorant	- analgesic - good for blood circulation Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.
 Camphor	- anti-inflammatory - antispasmodic - antiseptic	- decongestant - anaesthetic - sedative Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.
 Carrot seed	- antiseptic - anti-oxidant - stimulant - tonic	Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.
 Cedarwood	- antiseptic - antispasmodic - tonic	- astringent - expectorant - sedative Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.
 Cinnamon	- antibacterial - antifungal - antimicrobial	- astringent - stimulant Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.
 Citronella	- antibacterial - antidepressant - antiseptic - antispasmodic	- anti-inflammatory - a very effective insect repellent Muscle soreness, menstrual cramps, abdominal pain due to gas, respiratory congestion and cough, neuralgia, insect repellent, insect bites, viral and fungal skin infections, fatigue and depression.

Essential Guide To Tabla

RJ Alexander



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Table of Contents Essential Guide To Tabla

1. Understanding the eBook Essential Guide To Tabla
 - The Rise of Digital Reading Essential Guide To Tabla
 - Advantages of eBooks Over Traditional Books
2. Identifying Essential Guide To Tabla
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Essential Guide To Tabla
 - User-Friendly Interface
4. Exploring eBook Recommendations from Essential Guide To Tabla
 - Personalized Recommendations
 - Essential Guide To Tabla User Reviews and Ratings
 - Essential Guide To Tabla and Bestseller Lists
5. Accessing Essential Guide To Tabla Free and Paid eBooks
 - Essential Guide To Tabla Public Domain eBooks
 - Essential Guide To Tabla eBook Subscription Services
 - Essential Guide To Tabla Budget-Friendly Options

6. Navigating Essential Guide To Tabla eBook Formats
 - ePub, PDF, MOBI, and More
 - Essential Guide To Tabla Compatibility with Devices
 - Essential Guide To Tabla Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Essential Guide To Tabla
 - Highlighting and Note-Taking Essential Guide To Tabla
 - Interactive Elements Essential Guide To Tabla
8. Staying Engaged with Essential Guide To Tabla
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Essential Guide To Tabla
9. Balancing eBooks and Physical Books Essential Guide To Tabla
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Essential Guide To Tabla
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Essential Guide To Tabla
 - Setting Reading Goals Essential Guide To Tabla
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Essential Guide To Tabla
 - Fact-Checking eBook Content of Essential Guide To Tabla
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram
of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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