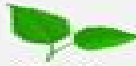


Essential Oil

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

Anthony S. Fauci



Essential Guide To Tabla:

Adopting the Tune of Phrase: An Psychological Symphony within **Essential Guide To Tabla**

In some sort of consumed by screens and the ceaseless chatter of immediate interaction, the melodic elegance and psychological symphony created by the prepared word frequently fade into the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. However, nestled within the pages of **Essential Guide To Tabla** a wonderful fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, that fascinating masterpiece conducts visitors on a mental trip, skillfully unraveling the concealed melodies and profound affect resonating within each cautiously crafted phrase. Within the depths of the poignant assessment, we will discover the book is main harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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