

MODERN ESSENTIALS USAGE GUIDE

A Quick Guide to the Therapeutic Use of Essential Oils



Sixth Edition

Modern Essentials Usage Guide

Nikki Darrell



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Healing in God's Backyard Jessica M. Linhart, 2018-07-24 Searching for Healing in God's Backyard invites you to discover the context in which the Bible was written Through the Holy Spirit this book connects the dots that are often not reported in scripture Once we understand how the Jews Hebrews Greeks and Romans survived over three thousand years ago we understand more than just the surface meaning of scripture Grab this book to learn the nitty gritty of scripture and you'll have great insights to reveal to others

The Essential Oil Hormone Solution Dr. Mariza Snyder, 2019-02-12 If you're feeling energy depleted and irritable unable to sleep stay focused or lose weight you may have attributed these symptoms hormonal fluctuations or aging Snyder helps you identify stressors that wreak havoc on your hormonal health such as air pollution chemical laden foods and cleaning supplies synthetic estrogens in personal care products She shows how to heal hormonal chaos and revitalize the body from the inside out with the support of high quality essential oils Discover how to reset your body without taking synthetic hormones

Modern Essentials , F*ck You PTSD! Angela Davey, 2024-09-12 Tired of suffering in silence Yearning to take charge of your life Ready to say f ck you to PTSD or whatever it is you're struggling with and try something radically different In F ck You PTSD trauma informed wellness expert Angela Davey takes the woo woo out of alternative healing practices to help readers move through mental health challenges heal invisible wounds and achieve a greater state of well being With remarkable candor and refreshing pragmatism Davey details her own mental health struggles as well as the wellness journey of her husband a police officer with PTSD Clarity accessibility and reader autonomy are top priorities in the presentation of these thirty recommended healing practices which include reiki grounding breathwork sleep mindfulness and more Davey refuses to sugarcoat Some of this stuff is going to sound strange or hokey Some of it you will scoff at Some of it you will decide to try because why not ALL of it has the potential to help you get better You're in charge And with that first acknowledgement you've already begun Read on for some necessary real talk entertaining profanity and the tools and encouragement you need to reclaim your power and kick PTSD to the curb

Oil-Pulling Revolution Dr. Michelle Coleman, 2015-04-28 A NEW UP TO DATE GUIDE TO THE REDISCOVERED TRICK THAT'S BEEN A DENTAL HEALTH SOLUTION FOR THOUSANDS OF YEARS Holding and swishing organic oil in your mouth is an amazingly simple yet powerful technique for cleaning your teeth and detoxing the entire body The Oil Pulling Revolution combines ancient teachings and modern techniques to incorporate this healthy habit into your daily routine Using the tips and instructions provided here you can Remove harmful bacteria Eliminate cavities Reduce plaque Whiten teeth Freshen breath Beyond dental care this book details how oil pulling benefits your entire body for glowing skin more energy improved heart health fewer migraines and a healthier overall lifestyle

Energy Medicine - E-Book James L. Oschman, 2015-09-04 See how energy therapies can normalize physiology and restore your patient's health Energy Medicine The Scientific Basis 2nd Edition provides a deeper understanding of energy and energy flow in the human body Using well established scientific research this book documents the presence of energy fields discerns how those fields are generated and determines how they

are altered by disease disorder or injury It then describes how therapeutic applications can restore natural energy flows within the body Written by recognized energy medicine expert Dr James Oschman who is also a physiologist cellular biologist and biophysicist this resource shows how the science of energetics may be used in healing diseases that conventional medicine has difficulty treating Easy to understand coverage simplifies the theory of energy medicine and the science behind it providing detailed coherent explanations for a complex subject Well established scientific research shows why and how energy medicine works Multi disciplinary approach covers energy medicine as it applies to various healthcare disciplines from acupuncture to osteopathy to therapeutic touch and energy psychology

Natural Solutions for Cleaning & Wellness Halle Cottis,2017-02-07 The Ultimate Guide for a Naturally Clean Home and Healthy Body Transform your house into a toxin free home with this valuable and practical guide Halle Cottis goes beyond using vinegar and baking soda and provides powerful recipes to clean your entire house from the inside out With ingredients such as salt rubbing alcohol and castile soap you can create indoor cleaners like the All Purpose Disinfectant Cleaner Powder and Liquid Laundry Detergent and Streak Free Window Cleaner and outdoor solutions like Natural Garden Pesticide Heavy Duty Grill Cleaner and Screen Cleaner Halle uses turmeric coconut oil and epsom salt to create concoctions that alleviate common ailments such as headaches and migraines swimmer s ear cough and sore throat and ease even the more difficult to treat health conditions such as eczema poison ivy and poison oak digestive system troubles and emotional issues like PMS anxiety and seasonal depression Aside from reducing the amount of harsh and toxic cleaners and medicines in your home you can rest easier knowing you re saving both time and money with this wide range of 140 natural solutions

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