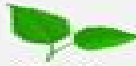


Essential Oil

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

JG Myers



Essential Guide To Tabla:

Enjoying the Track of Appearance: An Psychological Symphony within **Essential Guide To Tabla**

In some sort of used by screens and the ceaseless chatter of quick conversation, the melodic beauty and mental symphony developed by the written word often disappear in to the back ground, eclipsed by the relentless noise and disturbances that permeate our lives. But, located within the pages of **Essential Guide To Tabla** a wonderful fictional prize filled with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this charming masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths of this touching examination, we can discover the book is key harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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