

Reference Guide for Essential Oils

MINI REFERENCE CARD



CONDITION	ESSENTIAL OILS	APPLICATION
Acne	†Melaleuca	T: Apply on location. Add 1-2 drops to 1 oz. distilled water, and mist on face.
Allergies	†Melaleuca, †Lavender	T: Apply on sinuses and bottoms of feet.
Anxiety	†Lavender, †Orange, †Lemon, †Peace & Calming	A: Diffuse or inhale. T: Massage into the skin. Apply to back of neck or temples.
Arthritis	†Frankincense, †Rosemary, †Marjoram, †Fenugreek	T: Apply on location. Warm compress. Massage. Warm bath. A: Diffuse.
Asthma	†Eucalyptus, †Frankincense, †Peppermint, †Euc	A: Diffuse. Inhale directly. T: Apply to chest, throat, or back.
Bacterial Infection	†Melaleuca, †Thyme, †Cinnamon, †Peppermint, †Thieves	T: Apply on location or to liver area or bottoms of feet. A: Diffuse.
Bee Sting	†Roman chamomile, †Basil, †Purification	T: Apply on location. Cool compress on location.
Bleeding	†Helichrysum, †Geranium	T: Apply on location.
Blisters	†Lavender	T: Apply on location.
Bronchitis	†Eucalyptus, †Thyme, †White fir, †Basil, †Euc	A: Diffuse, or inhale directly. T: Apply to chest, sinuses, neck, or feet.
Bruises	†Helichrysum, †Geranium, †Neroli, †Fenugreek	T: Apply on location.
Burns	†Lavender, †Geranium	T: Apply on location.
Colds	†Thyme, †Lemon, †Thieves, †Melaleuca	A: Diffuse. Inhale from water vapor. T: Apply to throat, temples, forehead, or sinuses. T: Apply on location.
Cones	†Clove	T: Apply on location.
Congestion	†Eucalyptus, †Peppermint, †Euc	T: Apply to chest, neck, back, feet. A: Diffuse. Inhale directly or from water vapor.
Cooling Oils	†Peppermint, †Eucalyptus, †Melaleuca	T: Apply on location. Add to bathwater. A: Diffuse.
Coughs	†Euc, †Melaleuca, †Eucalyptus, †Thieves	A: Diffuse. T: Apply on throat and chest.
Cuts/Wounds	†Helichrysum, †Lavender, †Melaleuca, †Basil, †Thieves	T: Apply on location.
Dandruff	†Lavender, †Wintergreen	T: Massage 1-2 drops into hair before shower; then shampoo as normal.
Depression	†Lemon, †Frankincense, †Lavender, †Joy, †Ylang	A: Diffuse. Inhale directly. T: Apply to forehead. Massage. Bath. I: 1-2 drops in capsule. 1-2 drops in 1-oz. distilled water.
Diarrhea	†Peppermint, †Ginger, †Geranium, †Di-Gize	I: 1-2 drops in capsule. T: Apply to abdomen. Warm compress.
Eareache	†Basil, †Melaleuca, †Helichrysum	T: Apply to surface of ear (not in ear canal), behind ear, or swirl around ear canal.
Energy	†White fir, †Joy, †Ylang	A: Inhale directly, or diffuse. T: Massage. Bath. Apply to temples or back of neck.
Fever	†Peppermint, †Lemon, †Eucalyptus, †Clove	I: Swallow in capsule. T: Apply to back or to bottoms of feet. A: Diffuse.
Fungal Infection	†Melaleuca, †Oregano, †Thyme, †Clove, †Thieves	T: Apply on location. Warm compress.
Gas/Flatulence	†Lavender, †Ginger	T: Apply on stomach, abdomen, or feet.
Headaches	†Peppermint, †Rosemary, †Fenugreek, †Aroma Strong	T: Apply to temples, back of neck, forehead. A: Diffuse, or inhale directly.
High Blood Pressure	†Ylang-ylang, †Marjoram	T: Apply on location or on feet and hands. A: Diffuse. Inhale.
Hives	†Melaleuca, †Peppermint	T: Apply on location. Massage on location.
Indigestion	†Peppermint, †Ginger	I: Take in capsule. T: Apply on stomach or feet. A: Diffuse.

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T=TOPICAL

Topical application is the process of placing an essential oil directly on the area of concern. This may include applying or massaging the oil, either diluted or neat (undiluted), on location, adding a few drops of it to warm bathwater before bathing, or using essential oils in a warm compress.

I=INTERNAL

Internal use is the process of consuming or otherwise internalizing the essential oil into the body. Internal use often includes swallowing 1-2 drops of essential oil inside a capsule or adding 1 drop of essential oil to 1-2 cups of rice milk, almond milk, or water before drinking.

A=AROMATIC

Aromatic use is the process of breathing in the oil through the nasal passage. This can be done by using an essential oil diffuser to disperse it into the air, by inhaling the essential oil directly from the bottle, or by adding 1-3 drops of essential oil to a humidifier and inhaling the water vapor.

CONDITION	ESSENTIAL OILS	APPLICATION
Inflammation	†Frankincense, †Melaleuca, †Eucalyptus, †Fenugreek	T: Apply on location or back of neck. Massage. A: Diffuse. Inhale water vapor.
Influenza (Flu)	†Euc, †Melaleuca, †Peppermint, †Rosemary, †Thieves	A: Diffuse. T: Apply to thymus, chest, back, sinuses. I: Take in capsule.
Insect Repellent	†Citronella, †Purification, †Patchouli, †Lavender	T: Apply to feet or exposed skin. Massage. Mist onto skin. A: Diffuse.
Insomnia	†Lavender, †Orange, †Peace & Calming, †Roman chamomile	A: Diffuse. Mist on linens, or place on pillow. T: Apply on feet or neck. Massage.
Low Blood Pressure	†Rosemary	A: Diffuse. Inhale. T: Apply on location, feet, hands, and over heart.
Memory	†Rosemary, †Peppermint, †Frankincense	A: Diffuse. Inhale directly. T: Apply to temples or back of neck.
Muscle Cramps	†Lemongrass with peppermint, †Marjoram, †Fenugreek	T: Apply on location. Massage. Bath.
Nausea	†Ginger, †Peppermint	A: Inhale directly. Diffuse. I: Take in capsule. T: Apply to feet, temples, or wrists.
Neuralgia	†Marjoram, †Eucalyptus, †Roman chamomile	T: Apply on location. Massage. Bath.
Pain	†Lavender, †Eucalyptus, †Fenugreek	T: Apply on location. Massage. Warm compress. A: Diffuse. Inhale.
Parasites	†Oregano, †Thyme, †Neroli, †Roman chamomile	I: Take in capsule or with beverage. T: Warm compress. Apply to abdomen and feet.
PMS	†Clary sage	T: Apply on abdomen, lower back, shoulders, or feet. Massage. Warm compress.
Pneumonia	†Euc, †Thieves, †Thyme, †Cinnamon, †Oregano	A: Diffuse. Inhale water vapor. T: Apply to chest, back, and feet. Warm compress.
Poison Oak/Ivy	†Lavender, †Joy	T: Apply on location. Massage on location.
Shock	†Peppermint, †Helichrysum, †Melaleuca, †Joy	T: Apply on neck, feet, or over heart. A: Inhale aroma. Diffuse.
Sore Throat	†Melaleuca, †Thieves	T: Apply on throat or feet. Gargle. A: Diffuse. Inhale. I: Drink with beverage.
Stress	†Lavender, †Lemon, †Ylang-ylang	A: Diffuse. Inhale. T: Massage. Bath salts. Apply to neck, back, or bottoms of feet.
Toothache	†Clove, †Purification	T: Apply on location or along jawbone. Warm compress on jaw.
Viral Infection	†Helichrysum, †Melaleuca, †Clove, †Thieves, †Euc	T: Apply on location or on bottoms of feet. A: Diffuse. Inhale directly.
Warts	†Frankincense, †Thieves, †Melaleuca, †Oregano, †Clove	T: Apply on location daily.



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Fragrance Oils Reference Guide

Daniel F McAuley



Fragrance Oils Reference Guide:

The Essential Oils Complete Reference Guide KG Stiles,2017-01-31 Everything You Need to Know About Essential Oils for Pure Healing Wellness Explore the world of natural nontoxic essential oils for all aspects of your life Stimulate your senses and soothe your body and soul with the popular practice that has become a respected safe alternative to modern medicine Learn all about essential oils to use for bettering your life and the lives of your family and friends Included are Profiles of the most widely used essential oils Formulas and blending guides with the most effective techniques for using them Accurate application methods from time honored poultices to modern day steam inhalation Remedies for a wide range of ailments including muscle strain headaches and skin problems DIY personal care from beauty treatments massage and cooking to moms new babies pets and spiritual healing Over 300 stunning images This comprehensive guide is a must have resource and welcome addition to the libraries of experienced and novice aromatherapists alike **The Element**

Encyclopedia of 5000 Spells: The Ultimate Reference Book for the Magical Arts Judika Illes,2024-03-14 Updated Anniversary Edition features an inspiring new preface from Judika to celebrate 20 years of this magical reference book

Authentic Aromatherapy Sharon Falsetto,2014-01-07 Essential oils are becoming increasingly popular but how do you identify quality oils from the myriad of inferior ones to choose from And what can you actually do with these little vials of oils In fact there are countless things you can use them for things that will improve your life and home and it s so easy Sharon Falsetto features forty essential oils and recommends which ones you can use to improve specific ailments ways they can benefit women babies and children how to utilize them in the home and seasonally and how to use them when you are traveling She also provides information on bases for different essential oil uses and lists cautions and tips This complete handbook is a great tool for anyone just starting to use essential oils as a holistic approach or those who have been using them for a long time and includes chapters on The history of scents Essential oils vs fragrance oils Organic and non organic essential oils Hydrosols resins absolutes and carrier oils Extraction of essential oils and home distillation Basic chemistry of essential oils Species and chemotypes Endangered essential oils And much more You ll learn how to use common essential oils like grapefruit eucalyptus cedarwood lavender rosemary tea tree and thyme but also more rare ones like benzoin helichrysum petigrain vetiver and yarrow Essential oils can improve your life and well being if you know how to use them correctly The Aromatherapy Handbook will show you how **Essential Oils Reference Guide Library** KG. Stiles,2016

ESSENTIAL OILS REFERENCE GUIDE LIBRARY 6 BOOK HEALING BUNDLE Quick and helpful reference guides to healing with essential oils 1 **ESSENTIAL OILS QUICK REFERENCE GUIDE** For Over 100 Common Ailments Use this comprehensive quick reference guide to explore a wide variety of essential oils to use for over 100 ailments for your body mind spirit and emotions **CHEMISTRY Books 2 3 4** Chemistry is the science of aromatherapy These three **Essential Oil Chemistry Reference Guides** gives a brief and general overview of 12 chemical families and includes a list of essential oils by their chemical

properties actions and effects as well as aromatic qualities 2 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Alcohol Sesquiterpene Ester Ether3 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Aldehyde Ketone Lactone4 ESSENTIAL OIL CHEMISTRY Formulating Essential Oil Blends that Heal Monoterpene Oxide Phenol5 AROMATHERAPY HEALING POWER OF SCENT Blending Secrets Guide Plus 18 Classifications of Aroma6 CHEMISTRY ESSENTIAL OILS Quick Reference Guide Summary of Chemical Families Properties Actions Effects I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience combined with her compassionate passion to assist and facilitate the personal growth and wellness of all is unsurpassed Eldon Taylor Ph D FAPA New York Times Best selling Author Choices and Illusions I highly recommend this to all who are interested in holistic curing and the way that aromatherapy can be applied as an effective Mind Body technique John L Turner MD It has been a pleasure working with KG Stiles She has been a key resource in creating a hospital based Aromatherapy program and educating the staff about the therapeutic principals and applications of essential oils Thank you KG Linda McGwire RN BSN HNC BAbout the LoveNotes brand LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what s most important to you quickly Hope you love your LoveNotes as much as I enjoy creating them for you Aromatically yours KG Stiles AuthorMetaphysician CoachCertified Clinical Aromatherapist Founder PurePlant Essentials Aromatherapy Essential Oils: Discover the Drug-Free, Safe & Inexpensive Way to Combat Anxiety & Stress with 20 DIY Recipes Lauren Marshall,2018-06-06 If you re looking for a natural solution to anxiety and stress then keep reading America is currently at the cornerstone of a healthcare crisis The combination of soaring healthcare bills and harmful side effects of over the counter medications are causing more problems than they re solving So what s the alternative Well there s a natural safe and inexpensive solution for many health issues One used for thousands of years dating back to Ancient Greece Much more than just a perfume essential oils are powerful healing compounds distilled from various plants And by using these you too can benefit from their health giving properties Essential oils are more than just scent They are herbal medicine in its most concentrated form For example a study in the Journal of the International Society of Sports Nutrition found that Peppermint Oil increased athletic performance and reduced the effects of exhaustion in healthy males Or for a topic which may hit home harder for some you a review in Frontiers in Aging Neuroscience showed that essentials oils prevent free radical damage which reduces brain inflammation this may have positive effects for Alzheimer s patients These scents can also alter your nervous system and promote calming effects which almost instantly relieves your stress and acts as a mood booster In this book you ll discover How to use essential oils in your Reiki practice The surprising sexual benefits of essential oils Which oil to use to increase focus and concentration The natural way to fight mosquitoes Which essential oil brings prosperity to your home just a few drops of this could lead to positive changes in your life Use this 2000

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The Herbal Handbook David Hoffmann,1998-02 In this comprehensive guide Hoffmann explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions It includes a practical reference section listing the effects of various herbs with prescriptions on how to use them for a wide range of illnesses [Reference Guide for Essential Oils](#) Connie Higley,Alan Higley,2014 Reference guide for Essential Oils detailed information on over 100 essential oils and 150 commercially available oil blends supplements and personal care products Essential oils the volatile aromatic liquids created by plants to help them maintain their own health and vitality have been used by mankind for thousands of years to help enhance physical mental emotional and spiritual health *Reference-book of Practical Therapeutics* Frank Pierce Foster,1897

A Basic How to Use Essential Oils Reference Guide Nancy Connor,2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in

essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the tenth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils to relieve stress and other stress related issues How to use essential oils to relax the mind ease anxiety and tension How to use essential oils to combat depression and mood swings How to use essential oils to deal with sleep disorders and have a deep and refreshing night rest every single day How to use essential oils to re invigorate the body and be more productive by releasing more energy How to use essential oils to combat colds cough and catarrh especially during the flu season How to use essential oils to shore up the body s immune system so that it is better able to resist and fight against infections How to use essential oils to ameliorate the symptoms of various kinds of allergies How to use essential oils for headaches migraines pain in the back and work related stress How to use essential oils to re invigorate the mind sharpen your focus and for mental clarity Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life P S This is a second edition of the book A Basic How to Use Essential Oils Reference Guide 250 Aromatherapy Oil Diffuser Recipes Healing Solutions for Stress Anxiety Depression Sleep Colds Allergies Headaches Sinus Problems [Product Marketing for Beauty Industry Retailers & Manufacturers](#) ,1984 **A Complete Essential Oils Reference Guide** Nancy Connor,2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc

Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

Complete Essential Oils Reference Guide Nancy Connor,2019-12-18 This is a 6 in 1 book on essential oils comprising of The Complete Essential Oils Reference Book for Beginners A Basic How to Use Essential Oils Guide for Stress Depression A Basic How to Use Essential Oils Guide for Colds Allergies A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Complete Essential Oils Reference Guide is the ninth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc

Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies Over 500 Essential Oil and Aromatherapy Oil Remedies Diffuser Recipes and Healing Solutions Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life

Soap, Cosmetics, Chemical Specialties ,1983 **Mindfulness for Beginners: Declutter your home, body and mind with Essential oils, Hemp Oil and CBD for Pain Management, Natural Remedies and Everyday Meditation Techniques for Anxiety** Lauren Marshall ,2018-11-13 If you plan on clearing your home mind and want to get the highest possible satisfaction in your daily life then keep reading Time magazine recently discovered that over 40 million Americans are suffering from stress and anxiety And while doctors love to prescribe potentially dangerous drugs to treat these disorders Many people are missing out on the easiest way to alleviate stress and anxiety without even realizing Could you be one of them You see most people make the same mistakes in renovating their mind and body You may even make more costly errors which causes you to lose mental and even physical well being But now you can stay informed with easy to apply tips which won t cost you a penny and you can do from the comfort of your home How decluttering and minimalism can greatly improve your life While the urge to collect clutter is certainly common it is also ultimately detrimental to your well being The constant accumulation of possessions can make the entire vibe of your home

chaotic and unorganized As the late comedian George Carlin famously quoted in his standup routine a house is just a place to keep your stuff while you go out and get more stuff Decluttering and minimalism emphasize finding happiness via exploring life interacting with your loved ones and most of all by focusing upon creating a state of mind that makes you happy Inside this book you ll discover Why society programs us to accumulate clutter Page 13 How clutter affects your health physical health Page 17 Why freeing yourself from clutter may be the most important decision you make this year Page 26 The surprising benefits of meditation for your sleeping habits Page 35 How to use decluttering to get over a bad relationship Page 23 The three types of meditation and which one is right for you Page 40 How to use decluttering to boost your confidence Page 12 Simple exercises for everyday mindfulness you can do at home with no extra cost Page 57 How to meditate even if you ve never done it before in your life Page 49 How to prevent your mind from wandering during meditation Page 50 Hidden benefits of meditation you never knew about Page 43 And much much more Much of this advice goes against conventional wisdom In fact some of the advice sounds downright ridiculous to a non professional but time and again the data shows that it works Even applying one or two things inside could result in increase in your confidence self esteem mood sleeping patterns So if you want to uncover the incredible life affirming benefits of decluttering Click Add to Cart to receive your book instantly

Reference-book of practical therapeutics v. 1, 1896 Frank Pierce Foster,1896
Reference-book of practical therapeutics v. 2, 1897 Frank Pierce Foster,1897 **A Basic How to Use Essential Oils Reference Guide** Nancy Connor,2020-02-29 This is a COLOR EDITION of the paperback version of this book This is a 3 in 1 book on essential oils comprising of A Basic How to Use Essential Oils Guide to Natural Home Remedies A Basic How to Use Essential Oils Guide for Skin Care Massage A Basic How to Use Essential Oils Guide for Hair Care Perfume This book is for you if You are seeking natural ways and home made remedies to deal with minor ailments like colds headaches and pains like back pain caused by stress and how to start using essential oils in the home You are interested in learning how to harness nature s healing powers contained in essential oils through the process of aromatherapy and how to use aromatherapy oils You want to learn the many benefits and uses of aromatherapy oils how to use essential oils for hair using essential oils on skin various essential oil blends for your diffuser and perfume recipes using essential oils This book A Basic How to Use Essential Oils Reference Guide is the eighth book in the Essential Oil Recipes and Natural Home Remedies Series This is a basic essential oils guide on how to blend and mix aromatherapy oils for the various methods of application like using in a diffuser direct inhalation etc Aromatherapy which is a form of alternative medicine takes a more wholistic approach to healing That is it is more concerned with the total healing of not just the body but also of the mind In this book you will learn Natural essential oil recipes and home made remedies How to use essential oils in the home as a cleaning agent disinfectant hand sanitizer and air freshener How to use essential oils to chase mosquitos and fleas when outdoors especially during summer How to use essential oils to make pet friendly blends shampoos and conditioners and also blends to

calm excited pets and to deal with ticks and fleas How to use essential oils for making bath bombs and bath salts which pampers the skin for refreshing and reinvigorating bath times How to mix and blend essential oils to make creams and body lotions that are healthy for the skin and good for clearing scars wrinkles and eczema How to use essential oils to make moisturising and anti aging lotions and creams and even after shave ointments How to mix and blend essential oils to make creams and body lotions that clear acne and acne scars How to use essential oils for making massage oils for both men and women to relax and recharge the muscles How to mix and blend essential oils to make alluring and mesmerising perfumes including oil perfumes spray perfumes and solid perfumes How to mix and blend essential oils to make hair conditioners and shampoos for both oily and dry hair How to mix and blend essential oils to make hair thickening and hair growth creams and also anti dandruff and dandruff preventing shampoos Scroll back up and click the BUY NOW button to begin a journey to a Healthier Revitalized and Energized life [CBD Oil for Pain Relief: 2 Manuscripts - How to Remedy Physical Pain & Anxiety Naturally in a Safe, Natural Way](#) Lauren Marshall ,2018-06-06 Unlock the thousand year old secret of natural non toxic pain relief 60 000 Americans will die from opioid overdoses this year So it s no wonder that more and more people are searching for a non toxic alternative to these nasty drugs A natural solution to physical and mental pain without side effects That s where CBD Oil comes in Unlike marijuana CBD Oil does not contain any THC the psychoactive compound of the cannabis plant So you won t get high while using it Or if you re suffering from ailments like arthritis chronic pain or anxiety and are looking for an alternative solution then CBD Oil could well be your answer Just look at some recent research results from reputed scientific journals Arthritis researchers for the European Journal of Pain found that CBD gel helped reduce inflammation Chronic Pain Researchers in the Journal of Experimental Medicine noted that CBD could be a useful treatment for chronic pain sufferers Insomnia A review in Current Psychiatry found that CBD has therapeutic potential for treating insomnia Anxiety CBD Oil also has benefits for relieving stress and anxiety If you re worried about the legality you needn t be CBD Oil is now legal for medical use in 46 states all except Idaho Kansas Nebraska and South Dakota In this book you wil discover The real reason why Big Pharma hates Hemp Oil CBD How Bill Clinton set the alternative medicine industry back 15 years Hemp s relationship with the US public it didn t always used to have this stigma The fundamental differences between Marijuana and Hemp the pharmaceutical industry spend millions every year trying to keep this a secret The real answer to the question Will I get high from Hemp or CBD oil How this Michigan Mom used CBD oil to curb her son s anxiety attacks she too used to mistakingly believe CBD was the same as marijuana Why Rick Simpson isn t the only person to use CBD oil to cure their cancer How this retired NFL player uses CBD oil to improve his quality of life How you can legally make your own CBD oil at home saving big bucks in the process Plus a free bonus book detailing the health benefits of essential oils including How to use essential oils in your Reiki practice The startling sexual benefits of essential oils Which oil to use to increase focus and concentration and much much more The book also includes a list of appropriate CBD doses for various

ailments Plus CBD success stories from those who have used the oil to cure ailments for themselves and their families
Leading to a marked improvement in their quality of life So if you re intrigued and want to discover more about the
incredible benefits everyone from professional athletes to 80 year old grandmothers are getting from CBD Oil Then scroll up
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