



Modern Essentials 5th Edition [Old] - A Contemporary Guide to the Therapeutic Use of Essential Oils

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Features : Stunning new design with enhanced Single Essential Oils and Blends sections featuring a new "Quick Facts" box to make it simple to discover the basics about any oil. A new section on emotions and essential oils. New research on even more amazing benefits of essential oils and their constituents. The old dilution chart has been added back by popular demand. QR codes and URLs pointing to exclusive online video content with information on what essential oils are and great tips on how they can be used and applied. These videos are especially great for new oil users who may be uncertain how they can safely use essential oils to benefit their own and their family's health. Easy-to-understand definitions for each medical condition listed in the Personal Usage Guide section. References to hundreds of documented research studies. Listings of all of the essential oils and essential oil blends with their chemical constituents, historical uses, application suggestions, safety data, and much more. Essential oil solutions for helping with everything from common disorders such as acne to more serious illnesses such as diabetes. An introduction to essential oils, including their benefits and historical background. Reflexology charts. Illustrated instructions explaining how to perform the Aroma Touch™ Technique. CONTENTS The Science and Application of Essential Oils An Introduction to Essential Oils A Brief History Constituents Topical Application Auricular Internal Body Points Reflexology Hand and Foot Charts Aroma Touch™ Technique Autonomic Nervous System Aromatic Application Nose and Olfactory System Blending Internal Application Daily Tips Personal Usage Guide Notes and Explanations Dilution Chart Personal Usage Guide Body Systems Chart Single Essential Oils Property Chart Taxonomical Information Research Index Quick Usage Chart

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