

# Jeffrey Yuen Aromatherapy And S

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*Jeffrey Yuen Aromatherapy And S*

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## SONNY WILLIAMSON

The Australian Official Journal of Trademarks HarperCollins

From Hope Gillerman, founder of the aromatherapy line H. Gillerman Organics, an indispensable guide to the fundamentals of one of our most ancient and aromatic healing tools, essential oils—nature's most concentrated plant medicines. Fragrant and wonderfully sensual, one hundred times more concentrated than dried herbs, essential oils are the ultimate in luxurious natural self-care. Pairing pleasure with potent healing, essential oils have been a therapeutic treatment of choice for thousands of years, from ancient Egyptian rituals to Chinese medicine, Ayurvedic treatments, and Aromatherapy. But while essential oils are accessible, versatile, and beautiful, few of us know how simple it is to harness their power. Enter Hope Gillerman, founder of H. Gillerman Organics, a line of essential oil remedies beloved by celebrities, the fashion elite, and leaders of holistic healing. With passion and unparalleled expertise, Hope takes readers on a lively tour through the science and history of essential oils. Carefully culling the hundreds of oils out there to introduce readers to the forty truly must-have oils for home use, from lavender to jasmine and eucalyptus, she provides clear, quick, and easy-to-follow techniques for integrating them into daily life—as simple as breathing. From topical applications for aromatic healing to crafting homemade blends, *Essential Oils Every Day* is a practical, beautiful guide to all the ways the power of essential oils will transform your every day: better breathing; improved relaxation and focus; sounder sleep; healthier travel; natural beauty; and spiritual uplift.

*Materia Medica of Essential Oils* Univ of California Press

Essential Oils are very popular in the world right now, both with the general public and healers in general such as massage therapists, acupuncturists, chiropractors and naturopaths. In this book detailed information is given about the nature, production, purity, contraindications, safety issues and therapeutic use of essential oils from both a Western and Chinese Medicine perspective. This book can be used as a reference for those who already have general knowledge regarding essential oils or as a starting point for anyone wishing to begin the journey of using essential oils in their lives generally and in a safe practical way. Information regarding the Chinese Medicine perspective of using essential oils with acu-points and Channels adds another dimension to the healing abilities and resonance of essential oils.

*The Divine Farmer's Materia Medica* Vivid Publishing

From the bestselling author of *The Ascent of Money* and *The Square and the Tower* "A dazzling history of Western ideas." —The Economist "Mr. Ferguson tells his story with characteristic verve and an eye for the felicitous phrase." —Wall Street Journal "[W]ritten with vitality and verve . . . a tour de force." —Boston Globe Western civilization's rise to global dominance is the single most important historical phenomenon of the past five centuries. How did the West overtake its Eastern rivals? And has the zenith of Western power now passed? Acclaimed historian Niall Ferguson argues that beginning in the fifteenth century, the West developed six powerful new concepts, or "killer applications"—competition, science, the rule of law, modern medicine, consumerism, and the work ethic—that the Rest lacked, allowing it to surge past all other competitors. Yet now, Ferguson shows how the Rest have downloaded the killer apps the West once monopolized, while the West has literally lost faith in itself. Chronicling the rise and fall of empires alongside clashes (and fusions) of civilizations, *Civilization: The West and the Rest* recasts world history with force and wit. Boldly argued and teeming with memorable characters, this is Ferguson at his very best.

*Zheng Gu Tui Na* Vivid Publishing

*Harmony in Chakras: Volume One*, demonstrates many simple yet effective options to the ancient wisdom of balancing the seven main energy centers essential for physical, mental and spiritual

health. According to the book's main editor, Olivia Whiteman, "The knowledge shared goes beyond just describing the chakras and offers first hand experiences and results. The information and examples provided are from the perspective of individuals practicing balancing the chakras of their clients. It shares how balancing the chakras is done by doctors, energy healers, psychics, coaches, dancers, yoga and meditation teachers and creative artists in releasing blocked energy centers of their patients, clients and students." The book reveals: Ways to balance the chakras using essential oils, flower essences, crystals and sound healing The importance of aligning the chakras for career development, goal setting and all forms of communication such as writing, speaking, listening, storytelling, painting, singing, dreaming, grieving and loving The direct impact food, meditation and Reiki have in balancing one or more of the seven energy centers Insights and knowledge on soul journeys, archetypes, hypnosis, muscle-testing, pendulums and much more. This book is a must for anyone seeking transformation, healing, greater success, harmony and well-being ABOUT THE EDITOR AND CONTRIBUTING AUTHORS Olivia Whiteman, the main editor of this book, for many decades has been on an inquisitive journey to learn all she could about the colorful and subtle chakra system. She is sensitive to feeling the activity of people's chakras, what energy they emit and are they opened or closed. Olivia is both a meditation guide and certified life coach. In her work, she incorporates techniques that offer her clients ways to balance their chakras, allowing for greater well being in their mind and body and to realize that very often they have the ability to be their own best healer. In Olivia's journey, she was inspired by many and invited a few to contribute to this book. Their chapter focus on how their practice assists in balancing the chakras. The contributing authors are known as The Chakra Collective and include the following professions and people: Psychics, Mediums, Feng Shui, Chi Readers and Dream Decoders: Psychic Joan Carra, Psychic Erolina, Yaffa Regev, and Ivy Black Creatrix, Priestess, Grief Coach, Sound Healer, Dancer and Painter: Deirdre (Dee) Savoie, Tizianna Rinaldi Castro, Carlos Cuellar Brown, Maria Gutierrez, Jo Jayson Chiropractor, Doctors, Holistic Practitioner and Career Coach: Alicia Armitstead, Munira Merchant, Kaz Mirza, Monica Bennett, Trent Rhodes Crystal and Essential Oil Healers: Laurelle Rethke, Shanna Marie, Martha Vallejo Therapists, Energy Workers, Yoga & Meditation Teachers, Nutritionists and Flower Essence Practitioners: Nanci Deutsch, Heidi Elias, Leah DeSanto, Noelle Lauren, Brenda Yarnold, Lakshmi Voelker, Denise Galon, Rita London, Carmela Villaroman Velarde, Ashley Sperber, Stella Preston, Elizabeth M. Tripp, Ashni Tantra Practitioner, Storyteller and Cantor: Desiree Mwalimu-Banks, Anthony James Canelo, David Presler

*Chinese Medicine Guidebook Balance the 5 Elements & Organ Meridians with Essential Oils (Summary Book Version)* Paradigm Publications

Active botanical ingredients are a prime requirement for herbal formulations and discovering a drug is all about integration of science disciplines. In recent decades there has been a growing interest in treating wounds and diseases using traditional remedies based on local herbs, combined with chemical advances. Although this has led to the development of new bioactive ingredients from plants, there has been little success in terms of clinical trials and post-marketing studies to comply with FDA guidelines. Plants have been used as a source of medicine throughout history and continue to serve as the basis for many pharmaceuticals used today. However, despite the modern pharmaceutical industry being founded on botanical medicine, synthetic approaches to drug discovery have now become standard. Science-driven translational discovery and botanical development has created a new reality, leading to enormous changes in strategies, technologies and the disciplines involved, which have been embraced by the pharmaceutical and biotech industries. This book gathers scientific expertise and traditional knowledge to promote the discovery and development of new formulations and drugs based on active ingredients and to provide guidance on taking these to clinical trials. It discusses major topics, such as how the phytochemical composition of many plants has changed over time due to factors like cultivation, which can have

both positive and negative effects on the levels of bioactive compounds. It also explores the importance of plants as a valuable source of therapeutic compounds as a result of their vast biosynthetic capacity, and classifies them according to their intended use, safety and regulatory status. Further, the book offers insights into the regulatory aspects of botanical products, which is an important issue when considering standardization and quality assessment, and also examines the commercial aspects of plant-derived medications and their proven role in the treatment of chronic diseases such as heart disease, high blood pressure, pain, asthma, and other associated conditions. Given its scope, this book is a valuable tool for botanists, natural product chemists, pharmacologists and microbiologists involved in the study of phytochemicals for drug discovery.

*Heavenly Streams* Springer Science & Business Media

Overview In classic Oriental, or Traditional Chinese Medicine, all disease is seen as disordered elements. Restoring balance to the five (5) elements and the harmonious flow of Chi is at the heart of Chinese medicine. Find out essential oils to use and how to use them to balance the 5 elements and to restore the flow of chi through the organ meridians. What you will learn: The key powers for each of the 5 elements Properties of each of the 5 elements Associated Body parts Associated chakras Actions associated with each of the 5 elements Signs of balance and imbalance Keywords associated with each element Related physical and emotional symptoms of stagnation and blockage. Essential oils to use to balance each of the 5 elements and organ meridians with complete profile for each oil. How to use essential oils - the best methods of application to use for balancing the 5 elements and organ meridians. How to select your oils for getting desired therapeutic oils.

Adaptogenic Oils The 'super' essential oils to use for each of the 5 elements and organ meridians. These essential oils are adaptogenic, meaning they have a regulating effect and will help increase or decrease the action of an element and the flow of chi in an organ meridian as needed. ABOUT KG STILES With more than four decades of training and experience as a professional holistic health practitioner, KG Stiles has helped tens of thousands of people to overcome health challenges and realize their goals and dreams. KG has worked with many celebrities and has been referred to as the, "Aromatherapist to the Stars!" Her clients have included entrepreneurs and top executives, and her services have been used not only by internationally famous celebrities and athletes, but also by individuals, small business owners, spa therapists and hospitals. KG has formulated aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as routinely blends custom formulas for clients in her consulting practice. She is the best-selling author of the award-winning book, *The Essential Oils Complete Reference Guide: Over 250 Recipes for Natural Wholesome Aromatherapy*, now in its 5th printing, and winner of a Living Now Gold Medal and Nautilus and Indie Next Generation book awards. She is the National Association of Holistic Aromatherapy (NAHA) Oregon (South) Director. ENDORSEMENTS "I can think of no one better to teach aromatherapy than KG Stiles. Her years of experience combined with her passion to facilitate the personal growth and wellness of all is unsurpassed!" -Eldon Taylor, Ph.D., New York Times Best-selling Author, 'Choices and Illusions.' "I highly recommend this book 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, Neurosurgeon, Author, 'Medicine, Miracles & Manifestations.' "I highly recommend anyone interested in aromatherapy and holistic healing to check out KG Stiles' books. Her information goes way beyond most other authorities. -Steven Farmer, Ph.D. Best-selling author, 'Earth Magic.' KG Stiles' books and courses are written from years of experience and investigation. Highly recommended! -Jonathan Goldman, award-winning and best-selling author and Grammy nominee, 'Healing Sounds.'

*Clinical Aromatherapy: Using Essential Oils with Acu-Points and Channels* University of Hawaii Press LEARN THE ESSENTIAL OILS to use to balance each of the five elements and organ meridian energy channels, including the Conception Vessel (Brain), Governing Vessel (Nervous System) and the 12 Organ Meridians. Your meridians are the channels through which your emotions flow. The natural and free flow of life force energy (your e-motions - energy in motion) coursing through your meridians ensures your health and longevity. While blocked or suppressed emotions result in clogged meridian channels and imbalances of health. In classic, Oriental, or Chinese Medicine all disease is seen as disordered elements. Restoring balance of the five elements and the harmonious flow of Chi through the meridians is at the heart of Chinese medicine. Essential oils can be used to balance the 5 elements and help restore the flow of chi through your meridians. You do NOT have to know Chinese Medicine or Acupuncture to use the recommended essential oil with good results. In this summary guidebook you will also learn the power and properties associated with each of the 5 elements, signs of balance and imbalance, keywords associated with each element, and the related physical and emotional symptoms of stagnation or blockage for each of the 5 elements. "I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience combined with her 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.' "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-B "I highly recommend this course 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, Neuro-surgeon, Author - Medicine, Miracles & Manifestations About 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, Author Certified Clinical Aromatherapist Founder PurePlant Essentials Aromatherapy

**The Foundations of Balance Acupuncture** Singing Dragon

A concise practical guide to treatment and diagnosis of skin related disorders for skin of color patients.

**Chinese Medicine Guidebook Essential Oils to Balance the Fire Element & Organ Meridians** American Psychiatric Pub

A beautiful full-color guide to 250 healing crystals Crystals have been used for millennia for physical and psychic healing, and this book shows you how to harness their energy and power in your everyday life. With a simple, easy-to-understand description and a full-color photo for each crystal, Laurelle Rethke's *Connecting with Crystals* is a handy reference and a beautiful object for anyone interested in the ancient art of crystal healing.

**Stone Medicine** Springer Nature

Essential Oils are very popular in the world right now, both with the general public and healers in general such as massage therapists, acupuncturists, chiropractors and naturopaths. In this book detailed information is given about the nature, production, purity, contraindications, safety issues and therapeutic use of essential oils from both a Western and Chinese Medicine perspective. This book can be used as a reference for those who already have general knowledge regarding essential oils or as a starting point for anyone wishing to begin the journey of using essential oils in their lives generally and in a safe practical way. Information regarding the Chinese Medicine perspective of using essential oils with acu-points and Channels adds another dimension to the healing abilities and

resonance of essential oils.

*Chinese Medicine Guidebook Essential Oils to Balance the Metal Element & Organ Meridians* Createspace Independent Publishing Platform

YOU'LL LEARN ABOUT: How to restore balance to your organ meridians and your emotions using essential oils, crystals and gemstones, healing meditations and more with the simple to follow guidance outlined in this book. Chinese medicine has been practiced for more than 2,000 years and offers you the single most powerful tool for accessing healing through the gateway of your own emotions. Dr. Candace Pert, a neuroscientist and pharmacologist, published her ground-breaking studies on the 'molecules of emotion' in her book by the same name. Pert's discoveries outlined how your emotions are responsible for generating the electro-chemicals that can either act to bring you a sense of peace and calm, or act as disruptive agents. The disruption to the flow of Qi (life force energy) in your body can wreak havoc on the balance of your five elements and the organ meridians, and consequently the entire state of your health for body, mind, spirit and emotions. When you balance your emotions, you effectively bring balance to your entire being, at all levels. According to the principles of Chinese medicine, by simply addressing the predominant emotion that is causing you the greatest discomfort, you can easily get to the root cause of all disease. Keeping your emotions balanced and healthy is the surest way to creating a lifetime of good health and well-being. While ignoring your emotions sets you up for a weakened state of health and possibly causing undue misery for your entire being. This guide will give you the basic principles and tools you need to discover which emotions you need to address. Physical and emotional signs of balance and imbalance which will further point you in the right direction to restore balance to your body, mind, spirit and emotions. Essential oils, gemstones and crystals to use, and how use them, to restore balance. ENDORSEMENTS "I can think of no one better to teach aromatherapy than KG Stiles. Her years of experience combined with her passion to facilitate the personal growth and wellness of all is unsurpassed!" - Eldon Taylor, Ph.D., New York Times Best-selling Author, 'Choices and Illusions.' "I highly recommend this book 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, author, 'Medicine, Miracles & Manifestations.' "I highly recommend anyone interested in aromatherapy and holistic healing to check out KG Stiles' books. Her information goes way beyond most other authorities." - Steven Farmer, Ph.D. Best-selling author, 'Earth Magic.' "KG Stiles' books are written from years of experience and investigation. Highly recommended!" - Jonathan Goldman, best-selling author and Grammy nominee, 'Healing Sounds.'

*Skin of Color* Llewellyn Worldwide

The book compiles the results of several research studies on this subject. It discusses important developments in interpersonal psychotherapy research and its translation into clinical practice. It describes typical phases of treatments and highlights applications for patient populations, which have seen results from interpersonal psychotherapy.

*The Healing Intelligence of Essential Oils* CreateSpace

*The Art of Perfumery And Methods of Obtaining the Odors of Plants* by G.W. Septimus Piesse s.

Among the nations of antiquity, an offering of perfumes was regarded as a token of the most profound respect and homage. Incense, or Frankincense, which exudes by incision and dries as a gum, from *Arbor-thurifera*, was formerly burnt in the temples of all religions, in honor of the divinities that were there adored. Many of the primitive Christians were put to death because they would not offer incense to idols. "Of the use of these luxuries by the Greeks, and afterwards by the Romans, Pliny and Seneca gives much information respecting perfume drugs, the method of collecting them, and the prices at which they sold. Oils and powder perfumery were most lavishly used, for even three times a day did some of the luxurious people anoint and scent themselves, carrying their precious perfumes with them to the baths in costly and elegant boxes called NARTHECIA." In the Romish Church incense is used in many ceremonies, and particularly at the solemn funerals of the hierarchy, and o We are delighted to publish this classic book as part of our extensive Classic Library collection. Many of the books in our collection have been out of print for decades, and therefore have not been accessible to the general public. The aim of our publishing program is to facilitate rapid access to this vast reservoir of literature, and our view is that this is a significant literary work, which deserves to be brought back into print after many decades. The contents of the vast majority of titles in the Classic Library have been scanned from the original works. To ensure a high quality product, each title has been meticulously hand curated by our staff. Our philosophy has been guided by a desire to provide the reader with a book that is as close as possible to ownership of the original work. We hope that you will enjoy this wonderful classic work, and that for you it becomes an enriching experience.

*Clinical Aromatherapy* Macmillan

Cosmetics are the most widely applied products to the skin and include creams, lotions, gels and sprays. Their formulation, design and manufacturing ranges from large cosmetic houses to small private companies. This book covers the current science in the formulations of cosmetics applied to the skin. It includes basic formulation, skin science, advanced formulation, and cosmetic product development, including both descriptive and mechanistic content with an emphasis on practical aspects. Key Features: Covers cosmetic products/formulation from theory to practice Includes case studies to illustrate real-life formulation development and problem solving Offers a practical, user-friendly approach, relying on the work of recognized experts in the field Provides insights into the future directions in cosmetic product development Presents basic formulation, skin science, advanced formulation and cosmetic product development

**Essential Oils Every Day** Blue Poppy Enterprises, Inc.

"What corporations fear most are consumers who ask questions. Naomi Klein offers us the arguments with which to take on the superbrands." Billy Bragg from the bookjacket.

*Chinese Medicine Organ Meridians & Emotions* CRC Press

Overview In classic Oriental, or Traditional Chinese Medicine, all disease is seen as disordered elements. Restoring balance to the five (5) elements and the harmonious flow of Chi is at the heart of Chinese medicine. Find out essential oils to use and how to use them to balance the 5 elements and to restore the flow of chi through the organ meridians. What you will learn: The key powers for each of the 5 elements Properties of each of the 5 elements Associated Body parts Associated chakras Actions associated with each of the 5 elements Signs of balance and imbalance Keywords associated with each element Related physical and emotional symptoms of stagnation and blockage. Essential oils to use to balance each of the 5 elements and organ meridians. Any safety cautions for each essential oil. How to use essential oils - the best methods of application to use for balancing the 5 elements and organ meridians. How to select your oils for getting desired therapeutic oils. Adaptogenic Oils The 'super' essential oils to use for each of the 5 elements and organ meridians. These essential oils are adaptogenic, meaning they have a regulating effect and will help increase or decrease the action of an element and the flow of chi in an organ meridian as needed. "I can think of no one better to teach aromatherapy than KG Stiles. Her 30 years of experience and passion to 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 book 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, Neuro-surgeon, Author - Medicine,

Miracles & Manifestations "I highly recommend anyone interested in aromatherapy and holistic healing to check out KG Stiles' books. Her information goes way beyond most other authorities. - Steven Farmer, Ph.D. Best-selling author, 'Earth Magic.' KG Stiles' books and courses are written from years of experience and investigation. Highly recommended! -Jonathan Goldman, award-winning and best-selling author and Grammy nominee, 'Healing Sounds.' ABOUT KG STILES With more than four decades of training and experience as a professional holistic health practitioner, KG Stiles has helped tens of thousands of people to overcome health challenges and realize their goals and dreams. KG has worked with many celebrities and has been referred to as the, "Aromatherapist to the Stars!" Her clients have included entrepreneurs and top executives, and her services have been used not only by internationally famous celebrities and athletes, but also by individuals, small business owners, spa therapists and hospitals. KG has formulated aromatherapy products for a variety of health and beauty related treatments for the global marketplace, as well as routinely blends custom formulas for clients in her consulting practice. She is the best-selling author of the award-winning book, The Essential Oils Complete Reference Guide: Over 250 Recipes for Natural Wholesome Aromatherapy, now in its 5th printing, and winner of a Living Now Gold Medal and Nautilus and Indie Next Generation book awards. She is the National Association of Holistic Aromatherapy (NAHA) Oregon (South) Director.

[Ancient Einkorn](#) Simon and Schuster

The most detailed exposition of the vessels in the English language.

[Connecting with Crystals](#) Simon and Schuster

Chinese Literature: Lydia H. Liu

[Chinese Medicine Guidebook to Balance the 5 Elements & Organ Meridians with Essential Oils Master List Essential Oil "Fire, Earth, Metal, Water, Wood Elements" \(Summary Book Version\)](#) Castle Point Books

Number #1 best seller in US Kindle Philosophy category Dec '14 Essential Oils for Mind Body Spirit The Holistic Medicine of Clinical Aromatherapy Healing the skin, easing the tummy ache or getting someone to sleep is easy with essential oils. Anyone can do it. The joy of healing, though, comes from peeling back the layers of the disease, almost like a detective to find out exactly what caused it in the first place. Consider this book to be lesson 2 in The Secret Healer Series. You have mastered which oil to use for what and why...this book takes you step by step though the ancient healing mechanisms of the aura, the chakras and meridians but also explores how that ties in with the latest scientific discoveries into how the emotions affect our health. Using Candace Pert's remarkable "Molecules of Emotion" research, The Secret Healer shows you where to look for healing links and why. Uncover how a certain recurrent negative emotion can be the trigger to make you ill?

Understand internal processes that mean that psychology, neurology and immunology are quintessentially, and inextricably linked. Learn how to use essential oils control your emotions and in turn bring about a far greater standard of wellness. Discover mind-blowing research that shows the emotions we experience are actually the sensations of neuropeptides triggering our organs to do their jobs Reflect on the wonder of Chinese medicine and ancient healing being completely accurate in their healing mechanisms for thousands of years...now that science proves it to be so. Essential Oils for The Mind Body Spirit couples ancient wisdom with cutting edge science. This is the knowledge the drug companies hope you never find out and our doctors pray we all will. A short write up, for a book that will change your life. I promise you, when you read the latest findings of psychoneuroimmunology, you will never waster another day being angry again.

**Pathways of Qi** North Atlantic Books

Explores science's new biological understanding of essential oils for improved immunity and treatment of degenerative diseases • Explains how essential oils convey the complex natural healing powers of plants, offering scientifically proven advantages over synthetic drugs • Offers revolutionary essential oil treatments to ameliorate the side effects of chemotherapy and other cancer treatments as well as for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma • Presents simple recipes and protocols for strengthening the immune system; for treatment of common ailments, such as colds, flu, herpes, and candida; and for pain management Exploring science's new biological understanding of essential oils and their advantages over synthetic drugs, renowned aromatherapist Kurt Schnaubelt reveals how the effectiveness of essential oil treatments stems from our common biochemical and cellular heritage with plants. He explains how essential oils preserve a plant's complex natural life-supporting and immune-building qualities, developed through millions of years of interaction with animals and humans. Reviewing recent research in molecular, cellular, and evolutionary biology, he shows how the multilayered activity of plant essences helps maintain the integrity of our genetic code--the reason why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals--making essential oils a more effective and sustainable form of treatment for a variety of health problems. Laying to rest old arguments over essential oils' alleged toxicity and whether they can be ingested or used undiluted, Schnaubelt presents simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management. Offering new essential oil treatment opportunities for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma, he shows how essential oils can also ameliorate the debilitating side effects of chemotherapy and other cancer treatments as well as how even home use of essential oils for relaxation or skin care can help build one's immunity and overall well-being.

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