



Essential Oils: Ancient Medicine

Josh Axe , Jordan Rubin , Ty M. Bollinger

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Transform Your Health with the Power of Essential Oils

Instead of relying on prescription medications with numerous dangerous side effects, what if you could opt for a safer, natural alternative to address your health concerns? And instead of using common household cleaners and personal care products that contain toxic ingredients, what if you had access to superior alternatives that could achieve the same—or even better—results without the risk of damaging your body?

In the quest to help people around the world achieve health and vibrant living, health experts and bestselling authors Dr. Josh Axe, Jordan Rubin, and Ty Bollinger have joined forces to share this important message: Essential oils are one of the most powerful forms of plant-based medicine in the world, and they may be the crucial missing piece of your wellness program.

Essential oils can serve many different functions in your life—from fostering relaxation and caring for minor cuts and scrapes to helping fight disease and promoting healing. In fact, essential oils have been proven to:

- Reduce toxicity
- Balance hormones
- Improve digestion
- Boost energy
- Alleviate aches and pains
- Improve brain function
- Reduce emotional stress
- Promote radiant skin
- Boost immunity and fight infections
- And much, much more!

Join Dr. Josh, Jordan, and Ty as they show you the proven health benefits of the top 50 essential oils, how to use these oils to help heal more than 125 of today's most pressing health concerns, and over 70 quick, easy DIY recipes to help you care for your body, your family, your home, and even your pets!

Essential Oils: Ancient Medicine Details

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From Reader Review Essential Oils: Ancient Medicine for online ebook

Karen says

very informative for a beginner of Essential Oils.

Ebony says

I've been using essential oils for five years almost to the date, but I didn't realize how much I was underutilizing them until I read this wonderful book. I learned so much about the power of natural remedies, I want to replace the entire medicine cabinet as well as all the cleaning supplies in the pantry. The only problem is I'm going to have to do some legit saving before I can afford it! Quality essential oils are not cheap, but I've made my priority list and will slowly work my way through it. I was describing the book to a friend and said, it's like Louise Hay's You Can Heal Your Life with oils. Between the two, I really feel ready to prevent and face (when necessary) any ailments without first turning to a synthetic drug.

Angelica says

I actually have a ton of books on essential oils, but this one is my new favorite and it's filled with great information. The oil profiles give exactly what you need to know to confidently use EOs to help yourself heal. I had initially bought the ebook version first, but was so impressed with the content, I bought the physical book when I finished the digital. I'm glad I did! They didn't have the spiral-bound version available in the EU, so I have the regular version. I do see how the spiral version would be even better, as to keeping the book flat when referencing it for a blend.
