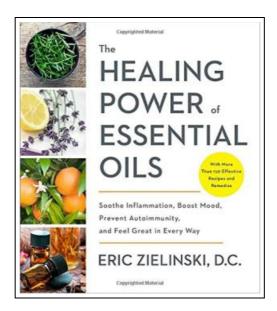
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Harmony. Paperback. Condition: New. 304 pages. Eric Zielinski, D. C., host of the Essential Oils Revolution summits, offers a soup-to-nuts guide to mastering essential oils for vibrant health and well-being, featuring more than 150 recipes and formulations for restful sleep, reduced inflammation, balanced hormones, and more. In The Healing Power of Essential Oils, Eric Zielinski, D. C. (Dr. Z) offers an indispensable resource for anyone who is interested in unlocking the health benefits of essential oils. For beginners, Dr. Z teaches everything you need to get started, including the top seven oils you should stock from Day 1 and the first techniques and tools in order to learn. Dr. Z also offers a daily practice to enjoy the properties of essential oils, including a five-minute morning devotional designed to set you up for a productive and stress-free day, and a simple evening bedtime routine, harnessing the power of lavender to ensure you get seven good hours of sleep. He explains the incredible research showing how essential oils unlock so many health benefits, including hormone balance, reduced inflammation, improved digestion, increased immunity, and so much more. Youll be armed with recipes for every health need, plus a special section focused on womens health, including dozens of formulations for PMS, fertility, pregnancy, candida, and menopause. With Dr. Zs guidance, you can begin tailoring an essential oils practice to your unique pain points and lifestyle right away--and start experiencing amazing results. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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