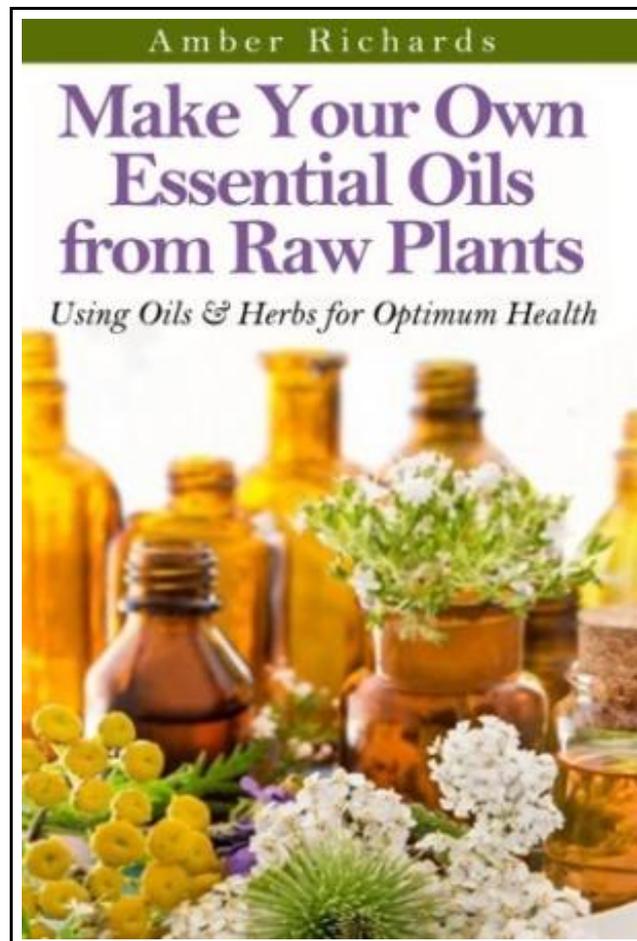


## Make Your Own Essential Oils from Raw Plants: Using Oils Herbs for Optimum Health



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## MAKE YOUR OWN ESSENTIAL OILS FROM RAW PLANTS: USING OILS HERBS FOR OPTIMUM HEALTH



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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Description for How To Make Your Own Essential Oils From Raw Plants Using Oils Herbs For Optimum Health Learn about the health benefits that using essential oils can provide you and your family. By making own from the raw plants and herbs nearby, you can save money, and ensure that your oils are fresh. Discover unique recipes and blends to address a variety of health concerns naturally. Essential oils, volatile oils, or ethereal oils are concentrated liquids that contain a combination of plant chemicals that are valuable for many uses, which you ll learn more about. They can be utilized for the production of perfumes, soaps, cosmetics, and many other products. They also have their place in medicine. Throughout history essential oils have, and continue to play huge roles in the treatment of ailments like: Colds Flu Arthritis Insomnia Strengthen Immune System Bronchitis Acne Minor Cuts Scrapes Flu and Colds Fatigue Digestion Problems High Blood Pressure MANY MORE! In this book, simple ways are revealed to make your own essential oils from raw plants and herbs, along with many recipes to help address these health concerns and many other applications. This guide gives you an overview history of essential oils, and ends showing very simple ways you can distill, combine and use essential oils for many situations. Experience the improved health and energy that using essential oils can provide.

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