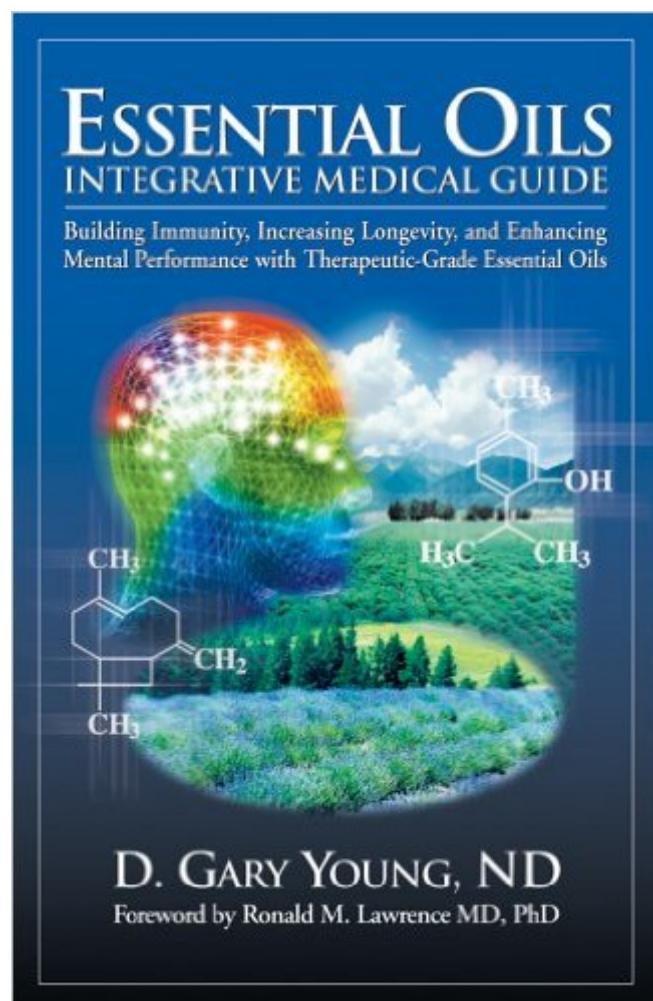


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Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, And Enhancing Mental Performance With Therapeutic-Grade Essential Oils



Synopsis

AUTHOR INFORMATION D. Gary Young, ND, has made tremendous contributions to the rebirth of essential oils in North America. One of the pioneers in researching, cultivating, and distilling essential oils, he has spent decades conducting clinical research on the ability of therapeutic essential oils to combat disease and improve health. He has developed his own methods of application from which thousands of people have benefited.

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Customer Reviews

Dr. Young presents a thorough overview of research on a wide variety of essential oils. He also presents a good bit of practical information on using these powerhouses of healing. This is a reference anyone serious about alternative medicine should have in their library. The first chapter

concentrates on essential oils as the missing link in modern medicine. This is a theme that Dr. Young returns to again and again in his writings. He feels that the integration of essential oils in any mode of medicine stands to bring deeper levels of healing than we currently see. He speaks of the ancient secrets which are being rediscovered by modern science. At the end of this chapter, he chronicles his own search for this information. The nitty gritty of how these oils affect the human body is the subject of the second and third chapters. He covers topics ranging from the chemistry involved to the actual physiological and emotional effects of the oils. The chapter also includes a great deal of information on different grades of oils and their proper uses. Chapters 4 and 5 detail production and safe use of essential oils. The next three chapters give details on individual and blends of essential oils and their products. This is one of the real strengths of this book due to the care and detail Dr. Young provides. The rest of the book is the part that makes it worth what we pay for it. There is a wealth of practical information on techniques for the use of these oils. He winds up this impressive work with an extensive list of references backing up the information provided in the rest of the book. This is followed by more than a dozen appendices containing specific details analyzing many aspects of the issues he has raised throughout the book.

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