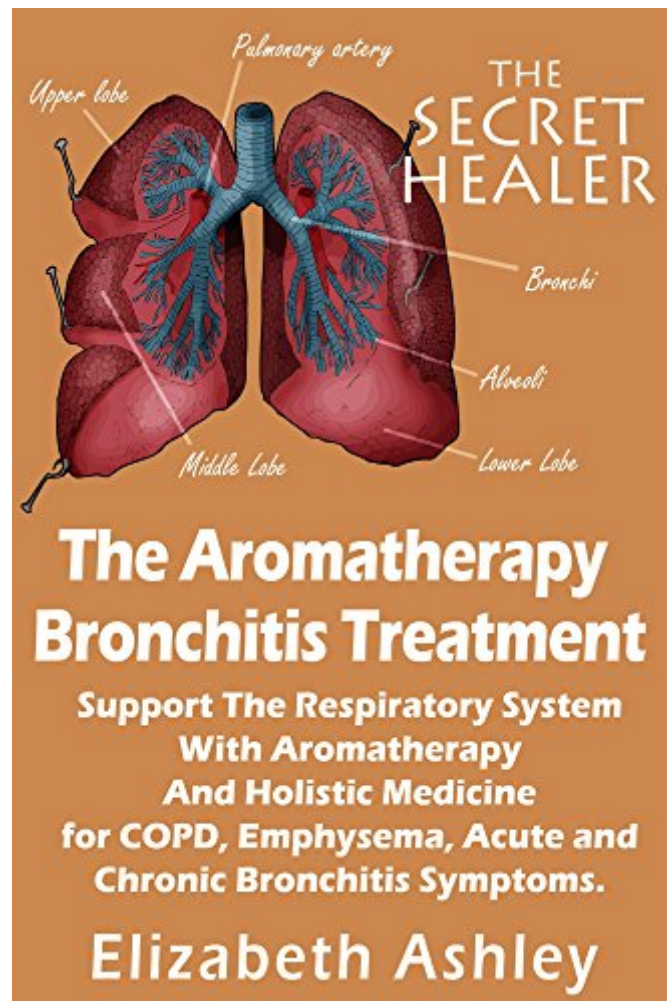


The book was found

The Aromatherapy Bronchitis Treatment: Support The Respiratory System With Essential Oils And Holistic Medicine For COPD, Emphysema, Acute And Chronic Bronchitis Symptoms (The Secret Healer Book 6)





Synopsis

Breathing is the most natural thing in the world. It should be effortless, free and easy. But if you are reading this...the chances are your breathing is not. You are not alone. In fact COPD is now the second biggest cause of death in the UK and the third in the United States. Respiratory disease is seriously bad news. Placing a massive burden on healthcare provision, doctors place self care for respiratory disorders as one of their highest priorities. The question is...where on earth does one start? Well, interestingly in these days of drug resistant bugs and infections, scientists are exploring respiratory medicine through a whole new realm...that of the plant kingdom. Over and over again they are finding that essential oils offer some of the best effects for bronchitis, emphysema and COPD. Moreover, the scholars of psychoneuroimmunology have now concluded that the emotions (particularly from the past) play a vital role in the body's propensity to develop COPD, and that stress and hostility will assuredly make symptoms worse. Together with detailed investigations into the essential oils to help maintain and support a healthy respiratory system, we look at how diet, emotional wellness and lifestyle changes can break the cycle of respiratory disease. Some oils you may be able to guess; others are so unexpected they are like a bolt from the blue! Discover: The essential oils found to be the most effective in reducing inflammation, mucous and pain. The hazardous oil able to positively affect Nitric Oxide, the gas considered vital to cardio vascular health and successful respiratory health. The foods suggested by doctors and nutritionists to break the cycle of disease and support a healthier respiratory system. Safe and clear instructions on how to use which oil and when. Aromatherapy recipes to clear infection, reduce pain, ease breathing and calm coughing. Sick of being sick...? Relax...breathe....we've got this covered. Improve your breathing, your sleep, even your emotional state and take the first steps on the road to getting your life back. Clear, simple to follow advice and insights into your illness I'll bet you never even considered before! Elizabeth Ashley has 21 years professional aromatherapy experience and is the best selling author of The Secret Healer series.

Book Information

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Customer Reviews

Tired of getting chronic bronchitis, taking the same medications with not-so-great side effects, that work only for the moment, I started looking into other alternatives. After all, the holistic approach I have used with my miniature schnauzer that had metastasized liver cancer has kept him alive two years longer than the vet predicted, and has converted me from a skeptic to a believer in alternative therapies. I was very sick and depressed with my last bout of bronchitis when I discovered this book, ordered a diffuser and the recommended essential oils, and tried some of the recommended breathing exercises. I love that the diffuser and Essential Oils help me breathe and sleep easier and have helped lift me out of the funk that tells you it may be your last breath! Hopefully this will help keep the bronchitis at bay - it's nice to be able to breathe, and function like a real person. Thanks Ms Ashley!

Excellent!!!! An easy read and extremely helpful !!!! I am collecting and ready every book by this author - EXCELLENT!!! Breathe easy and rest assured your money be well spent when you buy this book...

It's great information, with lots of suggestions. I am looking forward to trying a couple of the mixes she recommends. Needs a little bit more editing, but nothing major. I like that she is holistic about her views and practices, and treats wellness like the whole package combined, which it truly is.

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