

The book was found

# The Essential Oil Truth: The Facts Without The Hype



## **Synopsis**

When it comes to essential oils, it seems that everything is always one-sided, usually with a major slant toward one specific brand. There is a lot of misinformation, speculation, and assumption going around, as well as a lot of bad advice given by people who never did their research. This book comes at it from a neutral perspective, without all the hype, in hopes to dispel some of the myths and rumors about essential oils. The Essential Oil Truth will help you gain a greater understanding of the true nature and beauty of essential oils and their proper use for your everyday life.

## **Book Information**

File Size: 3157 KB

Print Length: 114 pages

Publisher: Create Space Publishing; (Beta) edition (September 2, 2015)

Publication Date: September 2, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B014VK21XS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #32,320 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #41 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #65 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## **Customer Reviews**

I have really mixed feelings about this book. That said, I don't regret buying it and I'm glad I read it. The best of this book is in the beginning where the "researcher/author" explains what exactly essential oils are and how they work on the body. I believe this knowledge is absolutely vital to anyone who wants to use essential oils. Understand how powerful these oils are and how they get into your bloodstream before you start using them! She also does a very good job explaining how less than reputable companies can easily make false or misleading claims on therapeutic grade oils and tells you exactly what to look for to make sure you are using an oil that is safe. I also

appreciated other "chapters" (or what the author calls "lessons") in the middle of the book that explained how and why essential oils work on various systems in our bodies. For that first 2/3 of the book I would purchase and read again. Ok....so all that said, the down side of this book for me was that the author, in my opinion, goes far far overboard with the concern of using perfectly organic and perfectly pure oils. It is repeated very often throughout the entire book and the last 1/3 or so of the book is dedicated to delving in even deeper to what she stresses throughout the book. Yes, I agree with her up to a certain extent, but believe me when I say she goes to a major extreme. I would go so far as to say that this author is a "purist" in the purest sense of the word!! 99.99% on any step of the process of making her EO will simply not be acceptable.

[Download to continue reading...](#)

Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) The Essential Oil Truth: The Facts Without the Hype Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Coconut Oil and Apple Cider Vinegar: 28 Mind Blowing Uses for Coconut Oil and Apple Cider Vinegar (The Apple Cider Vinegar and Coconut Oil Bible - Amazing Benefits, Many Uses, and Natural Cures) Olive Oil: (Free Gift eBook Inside!) How it Heals and Mends the Body, Beauty and Health Tips of Olive Oil (55 Beneficial Tips on How Olive Oil can Help You Today) Homemade Essential Oil Recipe Guide For Beginners: Personally Tested and Proven Essential Oil & Aromatherapy Recipes With Instruction Essential Oil Basics: The Complete Pocket Guide to Safe & Effective Essential Oil Use Synergy, It's an Essential Oil Thing: Revealing the Science of Essential Oil Synergy with Cells, Genes, and Human Health Essential Oil Diffuser Recipes: 54 Refreshing Essential Oil Blends for Your Diffuser Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Sharks: 15 Weirdest Sharks in The World! Fun Facts, Pictures and More! (Shark Fun Facts, Shark Pictures, Shark Facts for Kids, Shark Books for Intermediate ... (Weirdest Animals in the World! Book 2) Olive Oil: Teach Me Everything I Need To Know Learn About Olive

Oil In 30 Minutes (Essential Oils - Weight Loss - Heart Healthy - Organic - Olives) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes No Bullshit Social Media: The All-Business, No-Hype Guide to Social Media Marketing Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life Compassion without Compromise: How the Gospel Frees Us to Love Our Gay Friends Without Losing the Truth

[Dmca](#)