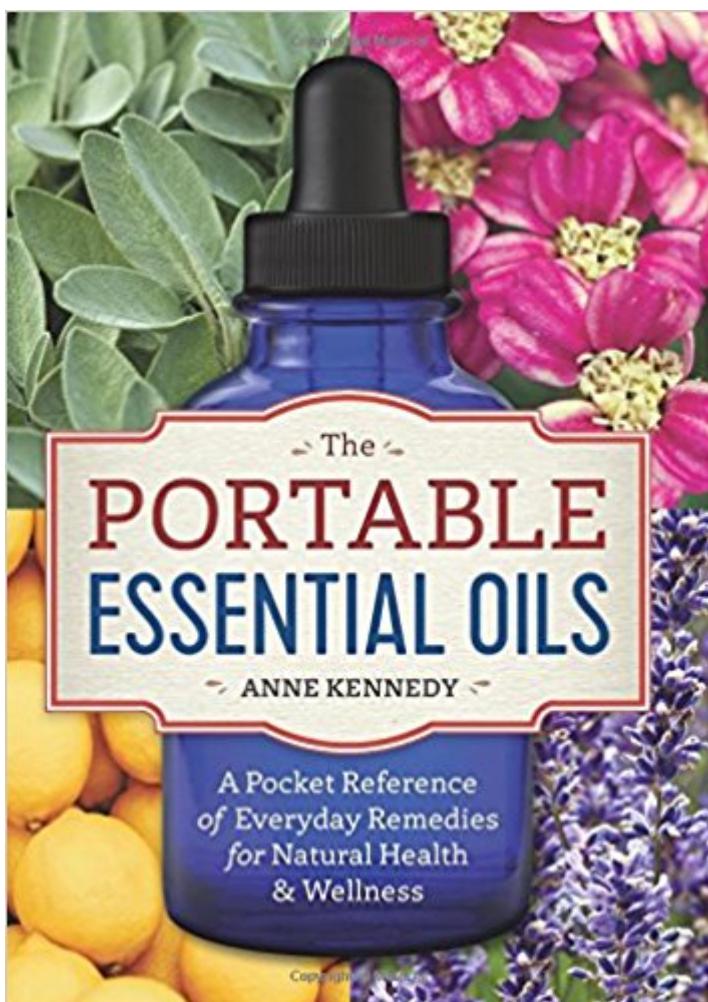


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# The Portable Essential Oils: A Pocket Reference Of Everyday Remedies For Natural Health & Wellness



## Synopsis

Everyday ailments have a way of sneaking up on us. Compact enough to fit in the glove compartment or handbag, *The Portable Essential Oils* is your take-anywhere guide to 250 of the most fundamental essential oil remedies anytime you need them. Having access to your essential oils when you need them is important, and also that essential oils are not a one-size-fits-all remedy. In *The Portable Essential Oils*, natural health expert Anne Kennedy offers ailment-specific essential oil therapies to address common health concerns—enabling you with safe, convenient ways to take your well-being into your own hands—including: 50 of the most versatile essential oils, including 7 must-haves for home or on-the-go; 250 essential oils remedies for everyday health issues; Essential Oil remedies that are safe for use with children and at which ages; Shopper's guide on which essential oils to buy, which to be wary of, and important questions to ask.

## Book Information

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## Customer Reviews

ANNE KENNEDY began her lifelong study of herbs and plants as a child in Montana's Bitterroot Valley, starting with an interest in Native American herbal remedies. Today she is a writer who specializes in a wide variety of natural health, gardening, and sustainability topics. She has written several books on essential oils and herbal medicine, including *Aromatherapy for Natural Living* (2016), *Essential Oils Natural Remedies* (2015) and *Essential Oils for Beginners* (2013). Self-sufficiency, an active outdoor lifestyle, and a strong focus on the interconnectedness of body, mind, and spirit serve as her inspiration and cornerstone for healthy living. Anne lives and works

from her home on a small organic farm in the mountains of West Virginia. Her favorite essential oil is frankincense.

When I first looked at this book there were no reviews. I saw there was a sample available and checked it out and immediately went back and got the book. Excellent format for Kindle. Important for this type of reference. The index lists all the ailments individually then all the oils mentioned individually then has a quick ref by ailment, a glossary and even has a section with info on oil brands in review format. When I say index, i mean the left swipe on the kindle where chapters normally are. Very well done. There is additional info in the beginning for those who are unfamiliar with oils. Note: this book deals exclusively with ailments - but there are an amazing amount of them listed. You can start with the recommendations in the write-up for the ailment and if it doesn't work for you, if you go to the quick ref, additional oils are mentioned that you may wish to try. Well done and the intro price makes this a definite yes.

I've been hearing more and more about essential oils lately. They are a great home remedy for all kinds of things. This book is a great way to introduce yourself to the many ways you can use the over 300 essential oils available. The book starts with the author's story with essential oils and how they help her. The book is great no matter if you are a beginner, or a veteran using essential oils. The author discusses how scents can make your body react. She defines aromatherapy, and talks about benefits for health and wellness. You read about the history and the science behind aromatherapy and how its made. You'll read about how to shop for them. You get a glossary of essential oil terms. The author gives you a list of 7 must have oils to have in your home, and tools and equipment you'll need. The book also contains tons of ailments from A to Z and how to remedy them with essential oils. It contains detailed recipes for making treatments for things like acne, allergies, back pain, exhaustion, joint pain, psoriasis, and teeth grinding. I love the idea of treating common problems with natural oils instead of medication. This book lays it all out for you. Its simple to follow, well written, and a great read. I really enjoyed it. I received this product for free for my honest unbiased review.

I just recently started purchasing essential oils so i can start making my own natural products and figured this book would help steer me on the right path. I opted for the paperback version since i like having things easily accessible and don't have to search thru my phone to find it. It has so many recipes, a lot that i havent seen mentioned before on the internet, as well as detailed information on

brands of essential oils, what their uses are for and how they help. I cant wait to make up a batch for acne, headaches, stress and what have you. This book is pretty much all i need!\*i received this product at a discounted rate in exchange for my honest opinion.\*

I enjoy using essential oils for home made remedies and when I saw this book available in two forms, I opted for the soft covered version instead of the ebook so I can keep it with my oils for reference. The quality of the book is excellent, the cover is heavy duty coated paperback and easy to wipe clean. There are over 300 heavy paper pages of information on essential oils, their use and equipment needed. Park two is loaded alphabetically with recipes for different treatments. I found the last section helpful where the oils are described and what they blend with, their medicinal properties and even precautions to take. The author has presented the book nicely plus it's easy to read and follow. I am pleased with the quality, the information and the layout of this book that I purchased at a reduced cost in exchange for my honest review.

I love essential oils. I have a few books, but they are really big and I don't want to be carrying that around. I saw this book, the portable Essential Oils and thought it would be perfect. It's small enough to put in my purse, but still has over 250 recipes. The first day I got it I used the insomnia recipe on my daughter. She hasn't been going to bed well the past couple of weeks, and being only 4 she needs her sleep. I have specialty oils just for kids but they aren't doing the trick. The recipe in this book didn't knock her out, but did calm her down pretty quickly. I will be switching to that one from now on about an hour or so before bed time. I highly recommend you get this if you are into oils. I even ordered a copy for my mom, and she loves it as well. I received this book at no charge in exchange for review, but opinions and text are 100% my own.

I am a newbie to oils and I have read and studied many books on the subject. I really liked the way this book was organized. It was very easy to follow. The author only covered the top 50 oils but for a beginner that is a good place to start, you Don't get so overwhelmed that way and you need to start somewhere. I also really liked the way she included 10 top companies, gave a little history on each and also a customer rating. That way I could look up more information on each and see their prices. Thank you Anne for your book I really found it very handy and know I will use it in the future.

Very detail and informational. A 327-page book on recipes to make DIY products at home and give

you a list of the essential oils that relieve different types of ailments. Recipes from dry skin to hives, there are many recipes to make in this book. You can take this book anywhere if you are a traveler or just going to work this is an amazing book to share with your friends and family. I highly recommend this book to my family and friends. I received this book at a discounted price in exchange for my honest and unbiased review.

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