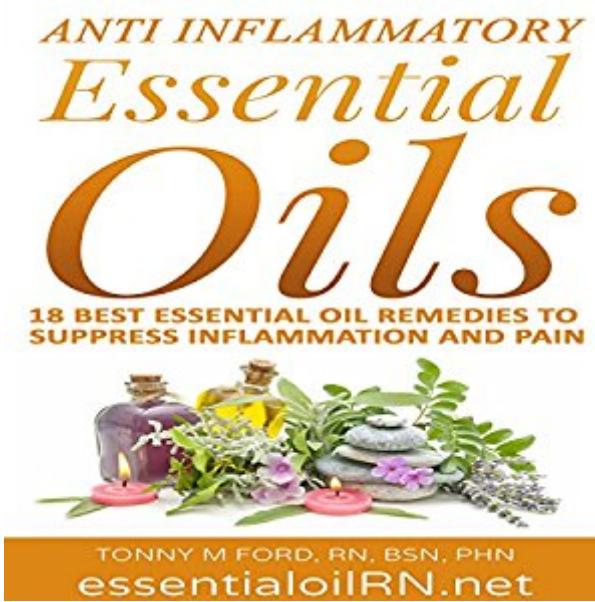


The book was found

Anti-Inflammatory Essential Oils: 18 Best Essential Oils For Inflammation



Synopsis

Chronic pain is a condition that afflicts millions of people in the US alone, and that number is rising by 15 percent to 22 percent each year. The intensity of pain can range anywhere from mild discomfort to debilitating pain while its frequency can last for a few short hours to intermittent bouts that go on for days, weeks, months, years, and even decades. In search of relief, people are turning to drastic measures like taking potent drugs or undergoing surgery - both of which actually cause more bodily harm. In the end these become causes of chronic pain, too. This book recommends a nonaddictive (not based on drugs or medications), noninvasive (no surgeries required), and relatively inexpensive way of treating chronic pain in the comfort of your own home. It contains information on the different massages you can use, what kind of essential oils you can apply on your skin, and what oils or compounds you can use for aromatherapy. It also contains detailed information about the healing properties of common and rare forms of herbs, flowers, and plants that are used in essential oils. There are also tips on how to buy essential oils and oil compounds for beginners. After listening to this book, you will have a better insight on why chronic pain exists and why most drugs, medications, and surgeries do not afford permanent relief. You will also be able to choose essential oils based on their primary ingredients that will help ease most or all the symptoms of physical ailments.

Book Information

Audible Audio Edition

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Program Type: Audiobook

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Customer Reviews

This book is filled with very informative tips and uses. fast delivery. my favorite book right now

Good information.

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