



Essential Oils For Allergies: The Complete Guide To Curing Allergies Using The Natural Power Of Essential Oils (Essential Oils and Aromatherapy) (Volume 1)

Amy Joyson

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Transform your health with the complete guide to curing allergies with essential oils!

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The 10 Most Important Essential Oils, A Detailed Guide, AND The Ultimate Guide To Vitamins

Put an end to the sneezing, coughing, watery eyes, sinus pressure, and all the other allergy symptoms that make you put your life on hold! Get the relief you need without relying on expensive medications and prescription drugs that have a slew of nasty side effects. There is a very powerful and effective natural way to treat your worst allergy symptoms and to reduce the severity and frequency of your seasonal allergy flare-ups.

What are these wonder cures that offer all natural relief from allergy symptoms? The answer, essential oils. The powerful antioxidants that are contained within the concentrated concoction of oils deliver a powerful punch that helps boost the immune system, fight infection, speed recovery, and sooth aches and pains. From sinus headaches to itchy watery eyes, there are many different essential oils that can help speed relief when you need it the most.

This guide will walk you through the process of researching the best oils to use for your symptoms, where to buy your oils, the blends that deliver the best results, and the safety tips you need to follow. **Here is exactly what you will learn whilst reading this book**

- What is actually causing your allergies
- Why the immune system reacts in this way to what is often harmless
- Some shocking allergy statistics
- How essential oils and aromatherapy can be used to help
- Detailed safety precautions
- A complete guide to using essential oils on babies and children
- How to apply essential oils to the body through massage, inhalation, ingestion and topical application
- Powerful blends for fighting allergies
- Using essential oils in everyday things like baths, cars and offices to help with allergies
- Much, much more!

Tags: Essential oils, essential oils for beginners, aromatherapy, aromatherapy for beginners, essential oils for allergies

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