


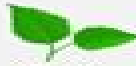








# Essential Oil

Properties & Uses (A-C)

Oil	Properties	Uses
 <b>Anise</b>	<ul style="list-style-type: none"> <li>- anti-rheumatic</li> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- decongestant</li> </ul>	<ul style="list-style-type: none"> <li>- digestive</li> <li>- expectorant</li> <li>- sedative</li> </ul> <p>Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.</p>
 <b>Basil</b>	<ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- antibacterial</li> </ul>	<ul style="list-style-type: none"> <li>- antiviral</li> <li>- anti-inflammatory</li> <li>- antidepressant</li> </ul> <p>Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache</p>
 <b>Bergamot</b>	<ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- sedative</li> </ul>	<ul style="list-style-type: none"> <li>- analgesic</li> <li>- antidepressant</li> <li>- digestive</li> </ul> <p>Stress, depression, anxiety, lack of focus and confidence, constipation, immune health, chest congestion, psoriasis, acne, eczema, premature skin aging, sallow complexion, muscle fatigue and pain.</p>
 <b>Birch</b>	<ul style="list-style-type: none"> <li>- analgesic</li> <li>- anti-inflammatory</li> <li>- anti-rheumatic</li> </ul>	<ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> </ul> <p>Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.</p>
 <b>Black pepper</b>	<ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- expectorant</li> </ul>	<ul style="list-style-type: none"> <li>- analgesic</li> <li>- good for blood circulation</li> </ul> <p>Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.</p>
 <b>Camphor</b>	<ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- antispasmodic</li> <li>- antiseptic</li> </ul>	<ul style="list-style-type: none"> <li>- decongestant</li> <li>- anaesthetic</li> <li>- sedative</li> </ul> <p>Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.</p>
 <b>Carrot seed</b>	<ul style="list-style-type: none"> <li>- antiseptic</li> <li>- anti-oxidant</li> <li>- stimulant</li> <li>- tonic</li> </ul>	<p>Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.</p>
 <b>Cedarwood</b>	<ul style="list-style-type: none"> <li>- antiseptic</li> <li>- antispasmodic</li> <li>- tonic</li> </ul>	<ul style="list-style-type: none"> <li>- astringent</li> <li>- expectorant</li> <li>- sedative</li> </ul> <p>Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.</p>
 <b>Cinnamon</b>	<ul style="list-style-type: none"> <li>- antibacterial</li> <li>- antifungal</li> <li>- antimicrobial</li> </ul>	<ul style="list-style-type: none"> <li>- astringent</li> <li>- stimulant</li> </ul> <p>Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.</p>
 <b>Citronella</b>	<ul style="list-style-type: none"> <li>- antibacterial</li> <li>- antidepressant</li> <li>- antiseptic</li> <li>- antispasmodic</li> </ul>	<ul style="list-style-type: none"> <li>- anti-inflammatory</li> <li>- a very effective insect repellent</li> </ul> <p>Muscle soreness, menstrual cramps, abdominal pain due to gas, respiratory congestion and cough, neuralgia, insect repellent, insect bites, viral and fungal skin infections, fatigue and depression.</p>

# Guide To Essential Oils

**Dr. Josh Axe, Jordan Rubin, Ty Bollinger**



## **Guide To Essential Oils:**

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## **Table of Contents Guide To Essential Oils**

1. Understanding the eBook Guide To Essential Oils
  - The Rise of Digital Reading Guide To Essential Oils
  - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Essential Oils
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Guide To Essential Oils
  - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Essential Oils
  - Personalized Recommendations
  - Guide To Essential Oils User Reviews and Ratings
  - Guide To Essential Oils and Bestseller Lists
5. Accessing Guide To Essential Oils Free and Paid eBooks

- Guide To Essential Oils Public Domain eBooks
- Guide To Essential Oils eBook Subscription Services
- Guide To Essential Oils Budget-Friendly Options
- 6. Navigating Guide To Essential Oils eBook Formats
  - ePub, PDF, MOBI, and More
  - Guide To Essential Oils Compatibility with Devices
  - Guide To Essential Oils Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Guide To Essential Oils
  - Highlighting and Note-Taking Guide To Essential Oils
  - Interactive Elements Guide To Essential Oils
- 8. Staying Engaged with Guide To Essential Oils
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Guide To Essential Oils
- 9. Balancing eBooks and Physical Books Guide To Essential Oils
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Guide To Essential Oils
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Guide To Essential Oils
  - Setting Reading Goals Guide To Essential Oils
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide To Essential Oils
  - Fact-Checking eBook Content of Guide To Essential Oils
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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