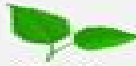


Essential Oil

Properties & Uses (A-C)

Oil	Properties	Uses
 Anise	- anti-rheumatic - antiseptic - antispasmodic - decongestant	- digestive - expectorant - sedative Constipation, indigestion, flatulence, sleep disorders, stress, anxiety, hyper tension, menstrual issues, oral health, arthritis, joint and muscle pain.
 Basil	- antiseptic - antispasmodic - antibacterial	- antiviral - anti-inflammatory - antidepressant Cold, cough, hay fever, sinusitis, arthritis, muscle fatigue, lack of focus, stress, depression, nervous tension, headache
 Bergamot	- antiseptic - antispasmodic - sedative	- analgesic - antidepressant - digestive 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.
 Birch	- analgesic - anti-inflammatory - anti-rheumatic	- antiseptic - antispasmodic Arthritis, rheumatism, muscle fatigue, headache, migraine, edema, eczema, ringworm, headache, migraine.
 Black pepper	- anti-inflammatory - expectorant	- analgesic - good for blood circulation Cough, sore and itchy throat, chest congestion, arthritis, muscle pain, diabetic neuropathy, edema, swollen extremities.
 Camphor	- anti-inflammatory - antispasmodic - antiseptic	- decongestant - anaesthetic - sedative Cold, flu, cough, chest congestion, muscle and joint pain, fibromyalgia, arthritis, sciatica, rheumatism, sleep disorders including insomnia.
 Carrot seed	- antiseptic - anti-oxidant - stimulant - tonic	Premature skin aging, dull complexion, open pores, wrinkles and fine lines, menstrual irregularities, joint pain, gout, psoriasis, rash.
 Cedarwood	- antiseptic - antispasmodic - tonic	- astringent - expectorant - sedative Cough, chest and nasal congestion, arthritis, insomnia, muscle and joint pain, arthritis, acne, eczema, psoriasis, minor wounds.
 Cinnamon	- antibacterial - antifungal - antimicrobial	- astringent - stimulant Exhaustion, mental sluggishness, muscle and joint pain, stress, ectoparasites, including scabies mites and lice.
 Citronella	- antibacterial - antidepressant - antiseptic - antispasmodic	- anti-inflammatory - a very effective insect repellent 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.

Guide To Essential Oils

S Ben Porath



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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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