

Essential Oils: Detox Your Environment (Paperback)



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Reviews

This ebook will not be simple to start on looking at but really enjoyable to read. It is one of the most awesome book we have study. Your life span is going to be transform when you complete looking over this pdf.
(Kayla Gutkowski)

ESSENTIAL OILS: DETOX YOUR ENVIRONMENT (PAPERBACK)



Eight Paws Publishing, LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In 2012, I began researching ways to improve our overall health. Oh geeze, I was not your poster child of wellness! I was over-weight, addicted to sugar and processed everything. I began writing a comical memoir about my weight and discovered something truly amazing. I had the choice to continue being unhealthy, or I had the choice to make significant changes to become healthy once again. While the idea began with eating whole foods and detoxing from sugar, caffeine, high-fructose corn syrup-it really evolved into something more when I discovered essential oils. I quickly turned our kitchen into an essential oils lab. I concocted everything from chap stick to laundry detergent in a matter of weeks. I was on a mission to rid our environment of everything toxic. This is when I decided to write this book. I had successfully integrated essential oils into cleaning and detoxing the air we breathe inside our home and wanted to share my recipes with everyone wanting to incorporate them too. I also wanted to create a place where I could organize them and find them all in one place. Before writing this book, I had recipes scattered from one end to another on my desk at home. I rated all of the recipes I came across and finally chose our favorites to publish for you.



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