



Essential Oils For Allergies: An Out of the Box Approach to eliminate your allergies with essential Oils (Essential Oils For Healing)

Tonny M Ford RN

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Allergies are more than an annoying problem, they can have a negative and debilitating effect on your life. And while there are countless prescription and over-the-counter allergy medication, they generally don't work as well as expected and contain potentially dangerous ingredients. This is where essential oils come in handy. Essential oils are the more natural and safer option to treating allergies and allergy-related symptoms. And this book provides you with all the information you need to start your journey into the wonderful world of essential oils for allergies. Despite being around for thousands of years, some people are still skeptical about the effectiveness of essential oils. But study after study conducted in the United States, Canada, Europe, Japan, Australia and India have proven the impressive healing properties that essential oils have. And clinical studies are still on going to try to learn all the therapeutic properties that essential oils provide. In this book, you will learn:

- The history of essential oils
- The basic ins and outs of allergies
- The various symptoms associated with allergies
- The best essential oils for treating allergies
- How to use essential oils safely
- The most effective essential oils for allergy symptoms
- Tips and tricks on using essential oils for allergies
- Recipes for homemade allergy relief using essential oils
- The various methods of how to use essential oils for allergy relief
- Remedies for various allergies including eczema, hay fever, sinus headache, mold allergies, hives, atopic dermatitis, food allergies, pet allergies and many more.

Whether you are experienced or a novice in the world of essential oils, the information in this book will help you naturally control all kinds of allergies and take your life back!

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