

Essential Oils Desk Reference Guide 5th Edition

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this book describes essential oils and gives their therapeutic use

an extraordinary definitive work on the therapeutic value of essential oils a book that raises

the knowledge and understanding of essential oils to an entirely new level

this book will provide a comprehensive reference guide listing the ten most useful and readily available essential oils the methods to use them their applications in healing the properties of each oil and the carrier oils which combine with them to promote health ease the mind clean the home care for pets protect against pests and reduce the chemical imprint on the planet page 4 of cover

this book explores the properties benefits and uses of essential oils the author discusses the sources of essential oils and gives insight into the reasons why these oils are fast acting and the best natural method of quickly alleviating the discomfort associated with certain medical disorders the book also gives a list of everyday oils and outlines the various health benefits to be derived from the use of these oils and the ways in which these oils can be used as an alternative other methods of treating minor illnesses based on extensive research and experience the author makes recommendations on matters such as the best types and brands of essential oils and how these oils can be purchased

there are many uses to essential oils peppermint can help with stomach issues and pms clove oil is used to cure headaches inhaling citrus oils has been said to cure cabin fever other oils like mint and citrus help people relax during summer essential oils are organic and all natural so they can be used as replacements for certain harmful medicines and perfumes integrating essential oils into a person's routine can significantly improve mental and physical health

what can i do to make my pet more comfortable when he or she has to cope with pain illness or a chronic condition how can i improve my pet's overall health i can't begin to tell you how many people have asked me these two questions during individual consultations and workshops at times their requests for information have compelled me to search for more effective answers than i was able to provide at the moment for that reason i'm very grateful to my clients and students since they've often piqued my curiosity to learn much more about topics i might never have researched any further on my own because of their queries while i was writing my second book pets have feelings too ideas were already swirling around in my mind for a third book a how to book that would help as many pet parents as possible by answering those two questions and more my dream was to compile information all in a single book about as wide a variety of healing modalities as i possibly could however the single book quickly grew so large it soon developed into a series of three books they're all published under the umbrella title for pet's sake do something and they're each about how you can help your pets heal and enjoy optimum health every day i first

discovered the importance of doing something myself when one of my own dogs seemed to be giving up on life at the tender age of two my shih tzu chop chop was in severe pain because of hip dysplasia and a pinched nerve he spent hours lying with his eyes fixed on the horizon as if his life had no more meaning for him i felt i d most likely have to make a decision soon to give him the final respite he was looking for meanwhile i was both desperate and discouraged because there didn t seem to be anything more i could do to help him he d already been seen by two different veterinarians and each one had given him only a bleak prognosis not only that but medications were no longer able to provide the hoped for relief it seemed he was very close to death and the next day i would probably have to make a final decision for him that night all i could do was to lie beside him on the floor crying buckets of tears but at least i was keeping him company and comforting him as best i could i d known ever since i was eight years old about the special intuitive gift i had but at that moment my gift for being able to talk with animals was the farthest thing from my mind i was unable to think creatively or sense anything intuitively at all what happened next though as i lay on the floor beside my precious pet feeling utterly miserable and totally helpless would be one of the greatest lessons i would ever learn as clear as day i heard chop chop say to me you call yourself a healer so do something at first i had no idea what i could do to bring him any other relief in fact his words played over and over in my mind for awhile before their meaning even became clear to me finally with a flash of insight i realized there was something more i could do i d been using the technique of cosmic healing energy to help people for some time but i d never before thought about using it to help pets however now that chop chop was prompting me to be an active participant instead of a helpless bystander i set aside my sense of desperation and immediately began sending him healing light energy i not only sent him healing light myself but i also asked the angels saints sages and healers of all space times and dimensions to join me as well as guide and help me be an effective transmitter of spirit s ever present healing light and love even when i consciously thought i was finished with the treatment my hands intuitively kept moving as if they knew exactly where to touch press and pull when the flow of healing energy stopped i thanked everyone for their help and was filled with gratitude and reverence when i went to bed that night it was with the confidence of knowing i d now been able to do something positive for chop chop s highest good regardless of what the outcome might be what happened the next morning was nothing short of miraculous he stood up on all four legs and shook his mane he hadn t been able to do either of those things for quite some time because his hind quarters had been paralyzed within a week of receiving regular healing treatments he was completely back to being his normal self most of you won t ever be faced with quite such an extraordinary situation and it s important to realize that not every spiritual healing treatment brings about a physical cure as this one did but you will have many opportunities in

everyday life when your pets need healing help in a variety of other ways too that's why it's been so important to me to write this series of books to empower you to be an active participant instead of a helpless bystander by implementing some of the healing techniques I've shared with you you may be able to help your pet maintain optimum health manage more comfortably through chronic illness or pain or even recover from a serious illness or injury this third book of the series is designed to provide you with guidelines for using alternative and complementary methods of healing many of them have a long and successful history of use and many that at first may seem to be unconventional are actually scientifically supported some you'll be able to use right away after reading about them while others will require study or further research on your part in order to use them correctly you'll also learn about various healing modalities a professional can provide for your pet the topics we'll cover in this third book of the series include flower essences for restoring spiritual balance to help relieve both physical and emotional symptoms essential oils that quickly and effectively transport oxygen and nutrients into every cell of the body for physical and emotional healing homeopathy a healing system based on the principle that like heals like magnetic therapy reflexology and massage for pain relief relaxation reducing anxiety and promoting overall wellbeing sound in its many different healing forms which serves as a bridge between body mind and spirit color that can influence how a pet feels and behaves crystals as an effective means for focusing healing energy incense fragrances for healing emotional and behavioral imbalances animal communication and the importance of healing at every level spiritual mental and emotional to bring about lasting physical healing acupuncture and acupressure to eliminate blockages in the body's energy system chiropractic to correct misalignments in a pet's body hydrotherapy to promote healing in a weightless environment another chapter you may find helpful shows you how to pre-test remedies before you buy or use them using the techniques I've described may help you discover ahead of time whether or not a certain modality is the right one to use for your pet or this type of pre-testing may save you from spending money on something that wouldn't be beneficial for your pet it's also important to know how pets age what emergency kit supplies to have on hand and first aid procedures to use as well as how to provide for your pets when you're no longer there so I've included chapters about these topics also if you're able to ease your pet's pain or provide a better quality of life by implementing any of the healing techniques described in this book or in any of the books of this series the time and money you've spent will be well worth it my teacher and beloved animal friend chop chop finally did pass on at almost fourteen years of age but what he asked me to do when he was only two years old touched not only our own lives but also the lives of many other pets and pet parents as well though he and I were both on the verge of giving up many years ago he taught me that I didn't have to be a helpless bystander and that I could do something I hope

you'll do something for your precious pets too remember we can't always do great things in life but we can do small things with great love this is exactly the lesson our animal friends teach us whatever you do do it with unconditional love you can learn more about the contents of each book in the series by turning to the epilogue at the end of this book you can read chop chop's entire story in chapter 1 of my first book what animals tell me you can also learn how to use cosmic healing yourself in chapter 6 of book 1 of the series for pet's sake do something how to communicate with your pets and help them heal sometimes my clients will ask if i still use cosmic healing to help people as well as pets many years ago i did but there are so many animals who need my help today that i now devote all of my time to working exclusively with them dr monica diedrich

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