



## The Essential Life (2nd Edition)

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This Edition contains all the new oils and blends as well as an updated Quick Reference Guide. The book's quick reference guide is a very easy-to-use way to know which oils you can use for more than 600 health concerns. The Essential Life is a return to the plant remedies that have been used throughout the ages. It's about inspiring individuals to create wellness instead of waiting for it. It's about empowering families to be their own healers. It's about scientific fact, simplicity, little leaps of faith, and clear direction. It's a trajectory toward an elevated quality of life, and it's a life anyone can claim. This new book will give both the novice oil user and the oil expert insight into using essential oils not only to address health concerns, but also for everyday use in the home through cooking, cleaning, blending, gardening, pets & much more. This book will help you understand how to use the oils with your baby and through pregnancy. Designed to be incorporated into all aspects of your life you'll see topics such as: -First Aid -Body Systems -Recipes -Oils Blending -Baby -Pets -Gardening -Holiday -Supplementary Products and much more

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## **The Essential Life (2nd Edition) By Total Wellness Publishing Bibliography**

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