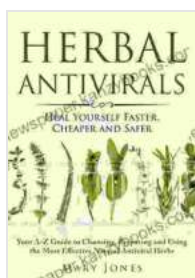


# Heal Yourself Faster, Cheaper, and Safer: Your Guide to Choosing, Preparing, and Using Essential Oils

## Unlock the Power of Nature's Healing Secrets

Essential oils are a powerful tool for healing the body, mind, and spirit. They have been used for centuries to treat a wide range of ailments, from the common cold to chronic pain. Essential oils are also a safe and effective way to promote relaxation, improve sleep, and boost your mood.



### Herbal Antivirals: Heal Yourself Faster, Cheaper and Safer (Your A-Z Guide to Choosing, Preparing and Using the Most Effective Natural Antiviral Herbs)

by Mary Jones

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3040 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled



This book will teach you everything you need to know about choosing, preparing, and using essential oils safely and effectively. You'll learn how to:

- Identify the different types of essential oils and their therapeutic benefits
- Choose the right essential oils for your specific needs
- Prepare essential oils for use in aromatherapy, massage, and other applications
- Use essential oils safely and effectively to treat a wide range of ailments
- Incorporate essential oils into your daily routine for optimal health and well-being

With this book, you'll have the knowledge and confidence you need to use essential oils to improve your health and well-being. You'll be able to choose the right essential oils for your specific needs, prepare them safely and effectively, and use them to treat a wide range of ailments.

### **Free Download Your Copy Today**

Don't wait another day to start healing yourself naturally. Free Download your copy of *Heal Yourself Faster, Cheaper, and Safer: Your Guide to Choosing, Preparing, and Using Essential Oils* today.

You'll be glad you did.

# Antiviral Oils

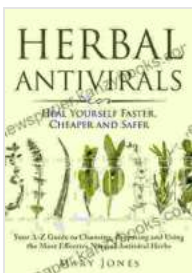
Top 15

Each of the following essential oils have been found to have antiviral properties to varying degrees. The oils marked with \* are the most commonly known, widely used, and generally found to be strongest.



Using antiviral essential oils is somewhat controversial. According to the FDA, they haven't been approved. But using plants for healing has been around for centuries, and alternative medicine has been perfecting it in the last century.

Although viruses are not thought to be "curable", antiviral oils can help your immune system battle an infection or illness, moving cold or flu's out quickly, or preventing them from the beginning.



## Herbal Antivirals: Heal Yourself Faster, Cheaper and Safer (Your A-Z Guide to Choosing, Preparing and Using the Most Effective Natural Antiviral Herbs)

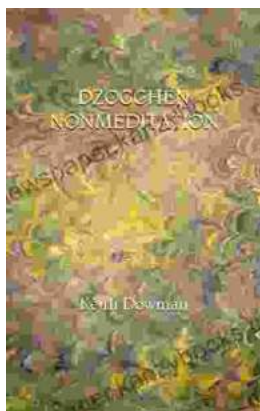
by Mary Jones

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3040 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK



## Dzogchen Nonmeditation: A Revolutionary Teaching Series for Spiritual Awakening

Dzogchen Nonmeditation Dzogchen Teaching Series is a groundbreaking exploration of the ancient Tibetan Buddhist teachings of Dzogchen. This comprehensive series offers a...



## The Scariest One Of All Disney Short Story Ebook

Are you a fan of Disney and horror? If so, then you'll love The Scariest One Of All Disney Short Story Ebook. This chilling ebook features a...