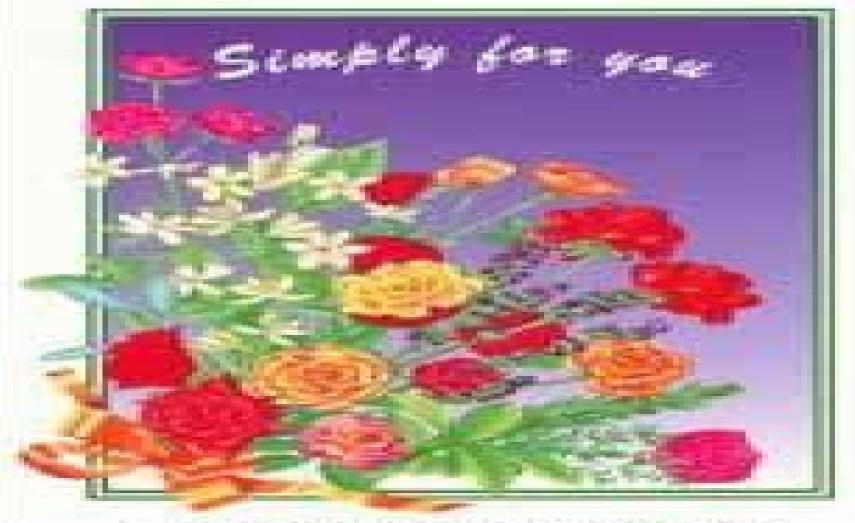
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Keville, 1999-09-17 Whether it s the tang of ozone in the air just before a rainstorm the homey smell of freshly baked bread or the inspiring scent of roses natural aromas are everywhere with us influencing our moods and informing our perceptions But natural aromas are capable of much more Science is just beginning to reveal how aromas affect our bodies as well as our spirits and what once seemed far fetched that you can treat many common ailments with nothing more than a pleasing smell is now being taken seriously by many in the medical community Yes you can smell your way to good health and now Aromatherapy For Dummies shows you how This down to earth guide takes the mystery out of essential oils and other aromatherapy tools and shows you how pleasing scents can cure what ails you and enhance your life at home and at work

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begin practicing integrative medicine as well as for patients who want to improve their health naturally by using **Aromatherapy for Scentual Awareness** Judith White, Karen Downers, 2011-06-28 Like the citizens of aromatherapy oils every recorded society we have turned to incense potpourri and pomanders to add to the quality of space we inhabit Even today people travel many kilometres just to sit and walk in a beautiful garden just as they did in the days of the Gardens of Babylon And why Because it is instinct that the very essence of nature is a healer to our spirit and to our soul Of course our bodies respond to aromas We dont need science to tell us that Go sit in a beautiful garden and breathe in the brilliant blend of aromas and you will notice an uplifting of your mood and spirit It is true however that some people respond more acutely and readily to aromas than others This is not really unusual when you consider how magnificently developed the sense of smell becomes in a blind person As the Royal Blind Society will tell you you can develop your senses far and beyond the average person when you have to or when you just simply want to When a woman or a man arrives at that stage of their life when they become more aware of their senses of nature and the world around them we believe it marks a very important point in their development Scentual Awareness is the term we use to describe this growing appreciation of aromas and fragrances and the sense of smell hence the title of this book We believe our book can open the way to a whole new world for you It will give you insight into a new approach to nature through one of its most powerful tools those fragrant essential oils drawn from flowers and grasses trees and roots leaves and fruit These remain the great untapped resources of our planet Our book Aromatherapy for Scentual Awareness shows how each essential oil can offer many diverse benefits One of the most holistic of all systems of medicine you will see for yourself how the oils can alleviate symptoms prevent many illnesses and disorders influence our moods or create special environments in our homes offices or wherever we may spend our days all without the chemical pollution of our bodies or our environment In writing this book we have drawn largely on our own experiences in day to day life in the visible improvements to our appearance and the general state of our health and wellbeing We have also drawn on feedback from friends and relatives but most importantly from the thousands of people we have come in contact with through our work as aromatherapists including many who have come to our workshops and demonstrations They have all had stories to tell Nursing from the Inside-Out: Living and Nursing from the Highest Point of Your Consciousness Rachel Y. Hill, 2010-01-08 **Aromatic Apothecary** Barrett Williams, ChatGPT, 2024-04-22 Dive into the enchanting world of essential oils and herbal remedies with Aromatic Apothecary a comprehensive guide that seamlessly blends ancient wisdom with modern practices to cultivate a naturally holistic lifestyle Venture through the essence of aromatherapy in the opening chapter as you uncover the foundational knowledge that will empower you to harness the therapeutic powers of essential oils Explore their rich history the meticulous methods of their extraction and the art of crafting potent blends that can invigorate your senses and restore balance to your life As you navigate further Aromatic Apothecary equips you with the essential tools of the trade providing insightful advice on selecting top quality oils their

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