



# Essential Oils: Healing the Family: The Benefits of Essential Oils for the Family

*Myrna Whyte*

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## **Essential Oils: Healing the Family: The Benefits of Essential Oils for the Family** Myrna Whyte

As more and more individuals seek to find more natural methods to deal with certain health problems, the use of essential oils has peaked over the last few years. As a result of this, the need for information on how to use essential oils has increased. As such the publication of "Essential Oils: Healing the Family" is well timed. It gives the reader an introduction to essential oils and also explains what various essential oils can be used to treat. As stated by the author, it is extremely important to learn how to purchase the right essential oils and if necessary how to mix them before using them. Another point that the author also keeps reiterating is that it is extremely important to consult with a professional before using any of the oils. Safety is essential in this process. The book serves as a great guide for the novice.

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