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How To Use Essential Oils To Overcome Allergies: A Complete Guide For Beginners (Essential Oil Treasure Chest Book 1)

Kathy Aquino

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Essential oils are highly effective in treating allergies and reducing allergy symptoms. Often, essential oils can make allergies disappear entirely, even in cases when traditional prescription medicine and over-the-counter drugs failed.

If you suffer from allergies, then this book is for you.

It will walk you through all the steps, from buying the essential oils, to mixing the essential oil blends, and applying them for maximum effect so you can finally get allergy relief.

Also, since essential oils can be dangerous if not used properly, this book puts an emphasis on essential oil safety so you don’t do yourself any harm.

Here are some of the things you will learn:

- What to look for to ensure you are buying quality essential oils
- Why price isn’t an indicator of an essential oil’s quality
- How not to fall for deceptive marketing by some essential oil companies
- How to test that an essential oil is safe for you to use
- Different ways of applying and using essential oils, along with their pros and cons
- Which essential oils are safe to use if you are pregnant
- Which essential oils can be toxic in certain conditions
- Which essential oils help the most with allergies
- The one essential oil that seems to stop allergies long-term
- How to soothe itchy, watery eyes caused by allergies
- How to treat allergic rashes and hives
- How to open up your airways and breathe again
- How essential oils can actually eliminate some common allergens

Allergy relief is very possible and is actually easy with essential oils.

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