

## Essential Oils: Detox Your Environment (Paperback)



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### **Reviews**

*The publication is fantastic and great. It can be rally exciting throgh reading period of time. I am just very happy to inform you that this is the greatest publication i actually have read in my very own daily life and could be he very best ebook for at any time.*  
(Prof. Alvis Wuckert)

## ESSENTIAL OILS: DETOX YOUR ENVIRONMENT (PAPERBACK)



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Eight Paws Publishing, LLC, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. In 2012, I began researching ways to improve our overall health. Oh geeze, I was not your poster child of wellness! I was over-weight, addicted to sugar and processed everything. I began writing a comical memoir about my weight and discovered something truly amazing. I had the choice to continue being unhealthy, or I had the choice to make significant changes to become healthy once again. While the idea began with eating whole foods and detoxing from sugar, caffeine, high-fructose corn syrup-it really evolved into something more when I discovered essential oils. I quickly turned our kitchen into an essential oils lab. I concocted everything from chap stick to laundry detergent in a matter of weeks. I was on a mission to rid our environment of everything toxic. This is when I decided to write this book. I had successfully integrated essential oils into cleaning and detoxing the air we breathe inside our home and wanted to share my recipes with everyone wanting to incorporate them too. I also wanted to create a place where I could organize them and find them all in one place. Before writing this book, I had recipes scattered from one end to another on my desk at home. I rated all of the recipes I came across and finally chose our favorites to publish for you.



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