

Essential Oils: Detox Your Environment

A. L. Elder

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A. L. Elder : Essential Oils: Detox Your Environment before purchasing it in order to gage whether or not it would be worth my time, and all praised Essential Oils: Detox Your Environment:

1 of 1 people found the following review helpful. and uses language that is easily understood. It is full of information about the ...By jonnie hammonIt is well written, and uses language that is easily understood. It is full of information about the subject, which if you are new to the oils is very helpful. It can help you reach a less toxic way of doing things.1 of 1 people found the following review helpful. A bit too much...By path66002A bit too much chatter and not

much useful content

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.