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Lindsey P

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Essential Oils & Weight Loss For Beginners

Ultimate Guide to Losing Weight, Increasing
Energy, Balancing Metabolism & Appetite Using
Essential Oils and Aromatherapy



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Essential Oils Weight Loss for Beginners 2nd Edition: Ultimate Guide to Losing Weight, Increasing Energy, Balancing Metabolism Appetite Using Essential Oils Aromatherapy Essentials oils are a great weight loss tool, along side diet and exercise by increasing your energy and balancing your metabolism. They will also assist you in suppressing your appetite, boosting your mood and burning fat. Learn how the use of certain Citrus' like lemon, grapefruit, and bergamot are used in aromatherapy, massage and deep breathing to assist you in your successful weight loss journey. These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your midnight-snack cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. Here Is More Of What You'll Learn... Essential Oils Basics How They Work for You Citrus Essential Oils Non-citrus Essential Oils How Essential Oils will be Helper and Complement How To Evaluate Yourself With Using Essential Oils Notes and Reminders on AromatherapyA Look In The Mirror Some Inspirations Much, much more!

About the AuthorHi, I'm Lindsey P. I am a proud wife and stay at home mom. After my first child was born, I started to focus on the ingredients used in our everyday health and beauty products. The more and more research I did, the more nervous and upset I became towards companies and their lack of care towards consumers. Fast forward two years, shortly after having my second child, I was diagnosed with Thyroid Cancer. During my fight against this disease, I began researching possible causes. I soon began to learn just how many harmful ingredients were not identified on product labels. I vowed once I recovered to share my knowledge through my newly established company producing all natural products, that include soaps, balms, bath salts, etc etc. My books are intended to not only educate, but also to share the knowledge and passion that I have gained through my struggles over the last few years. I hope you enjoy my books. Happy reading!