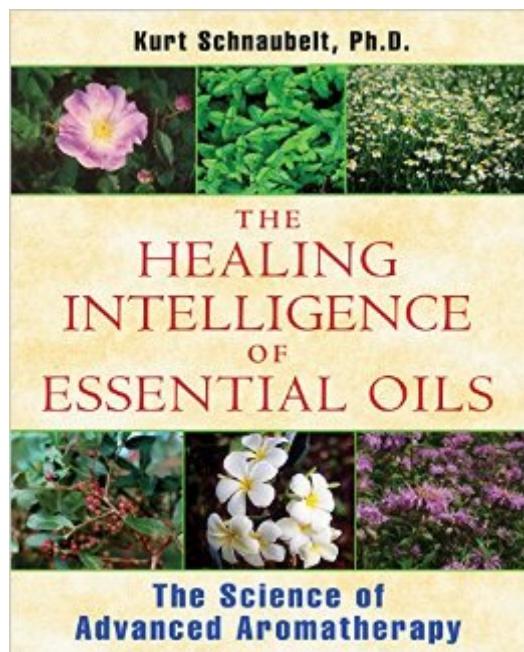


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# The Healing Intelligence Of Essential Oils: The Science Of Advanced Aromatherapy



## Synopsis

Explores science's new biological understanding of essential oils for improved immunity and treatment of degenerative diseases. Explains how essential oils convey the complex natural healing powers of plants, offering scientifically proven advantages over synthetic drugs. Offers revolutionary essential oil treatments to ameliorate the side effects of chemotherapy and other cancer treatments as well as for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma. Presents simple recipes and protocols for strengthening the immune system; for treatment of common ailments, such as colds, flu, herpes, and candida; and for pain management. Exploring science's new biological understanding of essential oils and their advantages over synthetic drugs, renowned aromatherapist Kurt Schnaubelt reveals how the effectiveness of essential oil treatments stems from our common biochemical and cellular heritage with plants. He explains how essential oils preserve a plant's complex natural life-supporting and immune-building qualities, developed through millions of years of interaction with animals and humans. Reviewing recent research in molecular, cellular, and evolutionary biology, he shows how the multilayered activity of plant essences helps maintain the integrity of our genetic code--the reason why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals--making essential oils a more effective and sustainable form of treatment for a variety of health problems. Laying to rest old arguments over essential oils' alleged toxicity and whether they can be ingested or used undiluted, Schnaubelt presents simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management. Offering new essential oil treatment opportunities for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma, he shows how essential oils can also ameliorate the debilitating side effects of chemotherapy and other cancer treatments as well as how even home use of essential oils for relaxation or skin care can help build one's immunity and overall well-being.

## Book Information

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## Customer Reviews

This book is the perfect introduction to essential oils for someone who is serious about using essential oils for medicinal purposes, and especially for those with a basic background in chemistry and biology. Dr. Schnaubelt does a wonderful job of explaining the nuances of using essential oils vs. prescribed pharmaceutical preparations to treat a variety of conditions. He makes it very clear that essential oil is not a cure-all for all ailments, and presents a very realistic view of what the benefits can be to using various oils. I am a Registered Nurse, and am most interested in the whys of how different treatment modalities work, just as much as I am with the results (provides a solid basis for deciding to initiate, continue, or terminate any given treatment modality, be it aspirin or an essential oil). This book does a very good job of giving me a starting point of where I can start really learning about the physiological interactions our bodies, down to the cellular level, have with the different compounds found within essential oils. For those who aren't familiar (or just need a refresher from your A&P or BioChem classes), Dr. Schnaubelt provides a brief overview of cellular structure, chemical bonds, molecular polarity, etc. in his writing and diagrams, and explains why these structures and their properties are important in the application of essential oils as a therapeutic modality. If you feel a bit rusty in your biology and chemistry studies, a quick review of basic human biology (cellular structure, protein structure & synthesis, enzyme structure, synthesis, and actions, DNA & RNA synthesis & replication, etc.

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