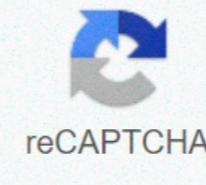




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Essential oils pdf download

The essential oils we use today are far from a novelty in the world of medicine. Depending on your condition, sometimes nature has all the answers you may need. Essential oils come from the essence of plants. Bark, fruit, leaves, nuts, roots - they can stem from anywhere, so potent and concentrated, these natural oils can solve many physical problems. Of course, you can use it with the care and advice of a medical professional. These oils may turn your health around and prolong your life, decreasing times. Cloves are a useful and healthy spice, but true magic comes to light the day after essential oils are found. Oral infections and other microorganisms fear this oil for its ability to kill germs. It is so effective that many dental products contain extracts from it. Several studies have put this essential oil to the test but it turns out that it kills bacteria. Coli, it also kills other harmful microorganisms that are prevalent. Skin infections and pneumonia are known to disappear under clove essential oils. Why use alcohol and many anti-infection drugs? Tea tree oil can be a more natural and beneficial solution. It has a history of thousands of years of utility antiseptics. This essential oil is well known for beating bacteria and fungi that cause infection. Many athletes start using it for the itching of jock and athlete's feet, there is some speculation about the idea that tea tree oil destroys your DNA. A revolutionary study from the journal Ethnic Debunked these bogus claims. Of course, there is evidence of tradition, because it never harms human beings. The only adversary is the various microorganisms in it and on it, just like these essential oils, sandalwood oil is not a novelty. Its use as a bactericidal agent has been well documented in the past. When dealing with sore throats or colds, people used to rub on the throat or eat them. In addition to the benefits of this bacteria, recent findings also reveal otherwise. Sandalwood essential oil inhibits the presence of tyrosinas and choline choline. These enzymes directly affect the production of melanin and nerve synapses. Due to the neurology effects, sandalwood oil is considered Alzheimer's. High blood pressure, or hypertension, is called a modern silent killer. Many people take blood pressure medications to control their condition. What they do not know is the negative effect that these drugs have. In addition, rosemary essential oil has many benefits. If you start using it, you will see memory and brain function skyrocket. It can also stimulate hair growth and reduce chronic pain by a large margin! You may know peppermint from the same flavored gum, but it's more than that. In addition to your food it is antibiotic resistant in all senses of meaning. Ingestion of peppermint oil can also eliminate bacteria resistant to the most stubborn antibiotics. This is good news, since this oil can provide treatment around it. You can treat flu, inflammation, colds and viruses. Each of these conditions is lost due to peppermint essential oil. Oregano essential oil can improve endurance. It makes a positive change to your blood count. Fungal, bacterial and infectious diseases have shown a decrease in the use of this essential oil. The benefits of this healthy oil seem limitless. It can get rid of parasites, reduce acne and relieve the pain of poisonous spider bites. Urinary tract infections and GI disorders also do not have the opportunity to resist the magic of this nature. What's more, indigenous people use it as an insect repellent. Lymphatic drainage is something we all need all the time. Sometimes the drug can cause an effect on the body. If you experience those effects, use orange essential oil. It can also restore dry or oily skin, in addition to the lymphatic drainage effect. If you are unsure about eating a strange diet, add orange essential oil to it, it is known to attack and eliminate pathogens caused by existing foods. It also fights inflammation and eliminates excess free radicals in the human body. Lavender not only has a relaxing smell, but its wound healing properties are incredible. You can heal wounds, scabs, bruises and bruises. All these injuries have shown the revocation of the cover with lavender essential oil. Several Tunisian studies have shown that it treats diabetes in mice. The conclusion is that it prevents an increase in blood sugar levels. It also strengthens the effects of many antioxidants. More research indicates that it may improve cardiovascular health and reduce the risk of stroke. Not only biblical trees with healing properties. It's more incredible in real life, it seems too good to be true. A few years ago, the Cancer Letter stated that this plant eliminates cancer cells. The most powerful pitch? Breast cancer and oral cancer. It also boosts the immune system at the same time. Boswell acid, an important compound of frankincense essential oil, has antioxidant properties. When measured in the laboratory, the body is faster several times in the fight against inflammation. All this happens under the effects of this essential oil. This is a ray of hope for many dangerous conditions throughout the body. Many natural medicines are still being revealed as we speak. The most important thing known is eucalyptus essential oil. Most Malay diseases have been shown to be lost under the effects of eucalyptus essential oil. Staff It's a big problem nowadays Groundbreaking natural health research has revealed the beneficial properties of this essential oil. In real time, it kills Staph bacteria in 15 minutes after exposure. There are several ways to extract essential oils, and all require complex equipment, as you will see from the following description, the extraction technique largely depends on the fact that most essential oils are mixed with certain oils, fats, alcohols and solvents, but not with water. Some methods are more suitable for certain plants than other methods, depending on the plant's chemicals. The newly selected plant is suspended above boiling water and steam will pull the oil out of the plant. Then the steam cools down quickly, causing it to condense back into the water, as water and essential oils do not mix the two separate and essential oils are collected. The byproduct of this distillation is the remaining water. Some plants have soluble aromatic compounds, they remain in the water remaining after distillation. In hydrosol essential oils are mainly used in cosmetics to moisturize the skin. The most direct expression of essential oil production is to press them from plant meats, seeds and skins. - A process similar to that used to get olive oil. This technique is mainly applied to orange peels such as oranges, lemons, lemons or grapefruits, because the oil in their peel is easily pressed out. Enfleurage, this very old method is rarely used today except in France. It is a long and complex process, which is very expensive. The cherry blossoms are located on a warm fat plate that absorbs oil from flowers, originally used plant fat or lard, but now vegetable fats are more common. When essential oils are combined with flower fat, they are removed and replaced with fresh flowers. This process is repeated several times until the fat is mixed with the aroma. Then the fat is separated with a solvent, leaving only essential oils. Solvent Aromatherapists tend to shy away from oils obtained through chemical solvents, concerned that slight traces of solvents may remain, even if they should be completely removed. First of all, the plant is dissolved in solvents such as benzene, benzene or methylene chlorine. The solvent, which has a low boiling point, is sometimes evaporated with the help of a machine that uses a vacuum or centrifugal force to help pull it out of essential oils. Similar methods use paraffin wax as solvents, but do not. Instead of the remaining paraffin, the final product is solid and therefore called concrete, although the volatile solvent is recaptured and cooled back into the liquid so that it can be recycled, this process remains expensive. Therefore, it is reserved for expensive, refined oils such as jasmine and vanilla or rose essential oils, which are slightly more expensive when it gets through this process, rather than through distillation. Carbon dioxide, a new way to get essential oils, is currently being used. One of the most interesting processes, although very expensive, extract oil with carbon dioxide. A pleasant result is the smell of essential oils that are close to the plant itself, depending on how the quality of essential oils are produced and the concentration can be greatly affected. We'll learn more about essential oil quality on the next page. To learn more about essential oils and other alternative medicines, please see: Essential oils: Here you will learn about how essential oils work, which parts of essential oils play and how to use essential oils. Aromatherapy Profiles: We have compiled a profile of dozens of plants used in the production of essential oils. On these pages you will learn the properties and preparations for the most popular essential oils. How to treat common conditions with essential oils: Essential oils can be used to treat a number of conditions, from asthma to skin problems depression. Here you will learn how to treat some common medical problems with essential oils. Home remedies: We have compiled hundreds of timely and time-tested home remedies to treat a wide range of medical complaints on your own. Herbal remedies: Herbal remedies and essential oils can be very similar and caused by similar historical roots. On this page you will find all our herbal profiles and recommendations for treating medical problems with herbal remedies. This information is for informational purposes only. Neither the Consumer Manual (R), international publications, limits, authors or publishers are responsible for any adverse effects of treatment, exercise procedures, dietary modifications, actions or medications, as a result of reading or tracking the information contained in this information. 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