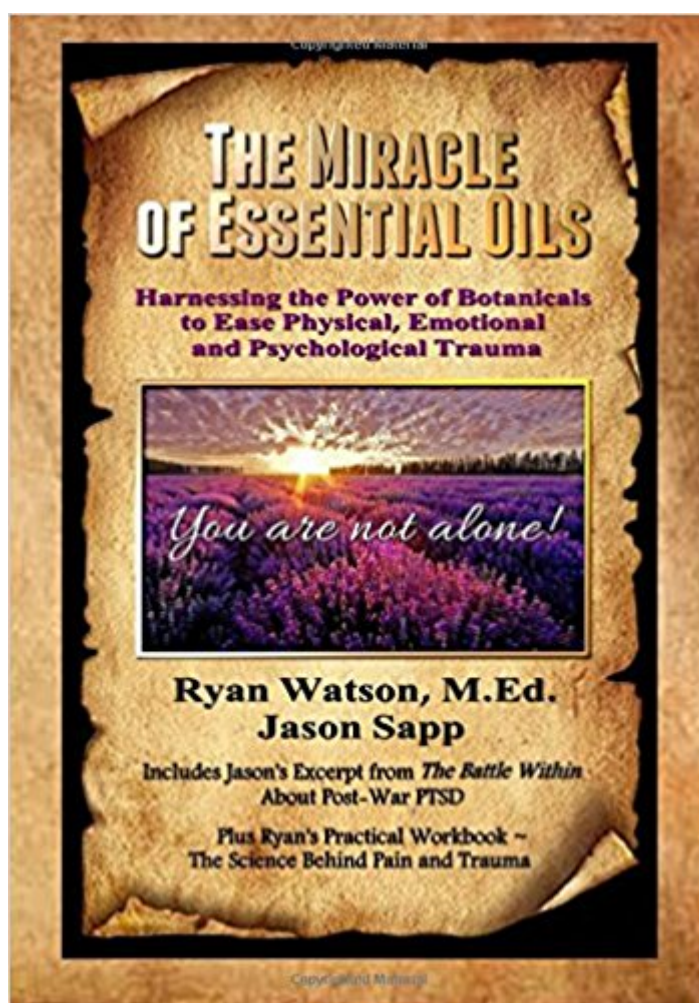


The book was found

The Miracle Of Essential Oils: Harnessing The Power Of Botanicals To Ease Physical, Emotional And Psychological Trauma



Synopsis

Have you ever wondered if natural holistic approaches and essential oils can help you overcome painful emotional, physical and psychological trauma? The answer is a resounding YES, THEY CAN! God created many little "power plants" to fight bacteria, improve bodily functions, raise energy (frequencies), clear negative emotions, and elevate spiritual awareness. The natural oils from plants are then used topically, aromatically, or ingested to treat many kinds of maladies and conditions. "The Miracle of Essential Oils" is for... anyone suffering from physical, emotional and spiritual trauma. Individuals trying to find well-balanced personal and work lives by eliminating stress. Children and teens suffering from many of the same symptoms and conditions adults experience. Men and women who've been to war where they experienced stress, hardships and horrific losses. Service-related individuals such as firefighters, police and EMTs who suffer from all kinds of work-related trauma. Written by Ryan Watson M.Ed. (a licensed psychologist specializing in homeopathic approaches to wellness), and combat veteran, Jason Sapp, their goal is to show you how to move deeper into your heart and body to heal any residual soul wounds. Jason shares the Post-Traumatic Stress Disorder (PTSD) he acquired while serving in Iraq. He reveals how he used essential oils to overcome the emotional damage that almost destroyed his family and his life. Ryan's workbook provides... information on how to remove toxins and chemicals from your body to return it to a much stronger state. Scientifically proven tips on how to remove negative emotions and trauma that prevent your healing. Techniques to change your body's vibrations. Relaxation and tapping methodologies to take you into calmer states. Case studies that show how his clients incorporated neuroscience (the science of the brain), meditation, affirmations, a proper diet and supplements, and essential oils to achieve amazing results! A bonus chapter on contains Tips, Tools and Recipes shows you how to incorporate essential oils externally and internally into your daily routine. You didn't become unwell overnight, so you can't expect your wellness to occur overnight. You and only you can take charge of your life and well-being. Thinking more clearly, having a stronger body, and living a majestic, purposeful life free from trauma is what life is all about! "We must look for ways to be an active force in our own lives. We must take charge of our own destinies, design a life of substance, and truly begin to live our dreams." ~Les Brown Jason and Ryan thank you for having the courage to create a brighter future by incorporating essential oils into your daily regimen. (Contact information, and information about their programs and products they use, are also included.)

Book Information

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Customer Reviews

Ryan dives into therapy that is so familiar to everyone. You begin a trauma filled life at birth. How you process it is another situation. Some people need a good counselor, some NET and some even more. Never be ashamed. This book is a well written guide of life experiences, aid in your journey or a person you may know and yes some fantastic recipes. A book for each persons hands.

Love the book. Such a great read!!

This is a wonderful book full of information on PTSD. So much valuable information within and how Essential Oils can be incorporated in overcoming health issues! Well written!

It has a lot on other topics and too little on the essential oils. all the info is good but not what I expected.or needed.

Very informative! The fascinating real time experiment was amazing!

Great book

An amazing book. I couldn't put it down. Young Living essential oils has helped my family now I hope it can help more people out there that is experiencing post trauma. I will be sharing this book with everyone I know because I feel everyone can get something out of it. Thank you Jason Sapp for sharing your experience. I'm sure it will help others. Thank you!

Amazing book! I couldn't put it down! I know Ryan personally & have had extensive conversations with him on the topics mentioned in his book. I learned so much more by reading this book! Ryan is an amazing, genuine man! I hope there are more books coming from Ryan.

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