



Essential Oils for Weight Loss: How to Melt Fat, Boost Metabolism, and Naturally Lose Weight for Good with Essential Oils (Paperback)

By Emily Walters

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Most Effective and Natural Way to Lose Weight is with Essential Oils Without essential oils, weight loss is almost an impossibility. No matter how much you restrict your food, exercise, and punish yourself-you probably won't lose the pounds that crept up in the previous few years. Your body's literally fighting you, every step of the way: through your sluggish metabolism, environmental factors, inflammation, and just your genetics. It's your job to balance your hormones, fight depression and anxiety, and give your body the peace it requires to shed those pounds readily. And essential oils are the key. Through this book, Essential Oils for Weight Loss, you'll learn the science behind why essential oils work WITH your body, helping it to balance and cut fat cells. You'll learn which essential oils are most beneficial for weight loss-an extensive list of everything from ginger essential oil to frankincense to bergamot-and how best to inhale, digest, or apply them topically. You'll also receive a list of recipes to create essential oil wraps, which can help you cut...



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