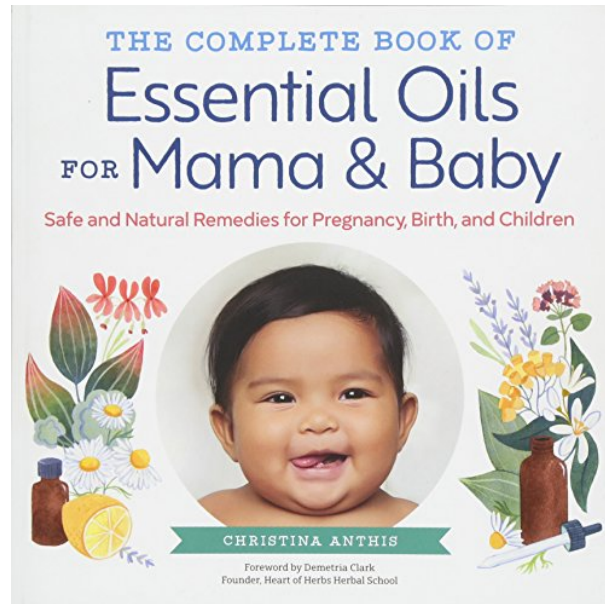


cdhKU [Free PDF File] The Complete Book of Essential Oils for Mama and Baby: Safe and Natural Remedies for Pregnancy, Birth, and Children



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Named "One of the Best Pregnancy and Newborn Books of the Year" by Red TricycleThousands of moms trust Christina Anthis, better known as The Hippy Homemaker, for reliable, safe methods of using essential oils to treat common ailments and boost general health?naturally. Sharing her most tried-and-true essential oils remedies, The Complete Book of Essential Oils for Mama and Baby is the safest, most effective guide to using essential oils and aromatherapy during pregnancy, delivery, postpartum, and beyond. From morning sickness to backaches, fatigue to anxiety, colic to congestion, The Complete Book of Essential Oils for Mama and Baby provides everything you need to treat your family confidently with essential oils.Your definitive guide for the therapeutic use of essential oils, The Complete Book of Essential Oils for Mama and Baby offers:200 Safe and Effective Essential Oils Treatments addressing a range of ailments and concerns before and after baby arrives Drop Recommendations by Age offer specific guidance for using essential oils with children ages 3-6 months, 6-24 months, 2-6 years, and 6+ yearsDetailed Profiles of 30 Versatile Plants provide a comprehensive understanding of the medicinal properties and precautions of essential oilsNon-Brand Specific Essential Oils Recipes allow you to use the brand of essential oils you like best"The most important aspect of [The Complete Book of Essential Oils for Mama and Baby] is its spotlight on the safe use of essential oils, particularly when it comes to treating our children, the most sensitive of beings?Essential oils expert and foreword writer, Demetria Clark, founder of Heart of Herbs Herbal School and author of Herbal Healing for Children

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