



# **Essential Oils and Natural Remedies: Box set 4 in 1: Best Anti inflammatory oils, oils to balance your hormones and immune system**

*Eve Bell, Mary Jones*

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## **Essential Oils and Natural Remedies. BOX SET 4 in 1**

### **Best Anti inflammatory oils, oils to balance your hormones and immune system**

Book 1 Anti inflammatory essential oils

Whether it's due to arthritis, an old sports injury or another cause entirely, there are ways to manage and reverse inflammation using Aromatherapy. Essential oils are flexible in the way you can prepare and implement them, and they only take seconds to apply. . Essential oils have been used for centuries for a myriad of conditions, and will benefit you as well. I will walk you through the basics, explain how they work, and also show you how to mix your own remedies.

Book 2. Essential oils to Cure Allergies and Improve Your Immune System. Holistic advice on how to get a handle on your allergies and prevent illness.

You feel run down and tired. It sometimes feels like you get rid of one cold only to pick up another bug from somewhere. When the spring comes, you're sniffing and sneezing. You're eyes are watering, and it's not from a cold. It's allergies, and your immune system is working overtime to make sure all that pollen doesn't get into your body and make you worse. You're miserable. You need relief.

Look no further than this book!

This book is packed with holistic information how your immune system works, how foods affect your immune system aromatherapy advice you can put to use immediately to help bring relief.

Book 3. . Balancing Your Hormones With Essential Oils.

How Essential Oils Can Help To Reset Your Hormones

To get your hormones back into balance, you need to know which essential oils can help fortify which glands in this system. It is by creating synergistic (perfect) mixtures for the glands that we can start bringing the hormones back into balance by triggering them to produce the right amount of hormones needed.

Book 4. Resetting Your Adrenals. A guide to detoxing and getting back on track

Did you know your adrenal glands produce over 50 different hormones? When they are not working correctly, you can have mood swings, fatigue, and other symptoms related to having adrenals that are full of toxins, causing them not to function properly. This book walks you through how to get them back to peak performance

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