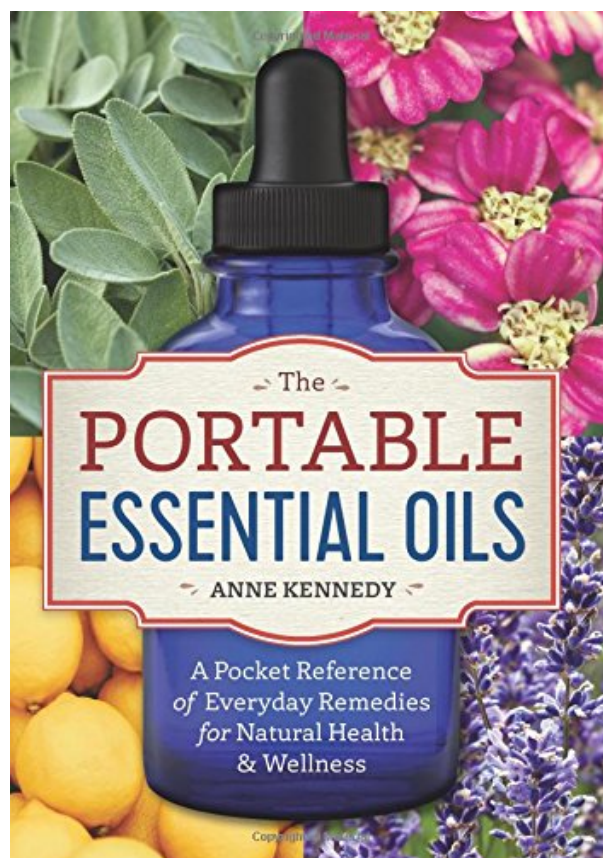
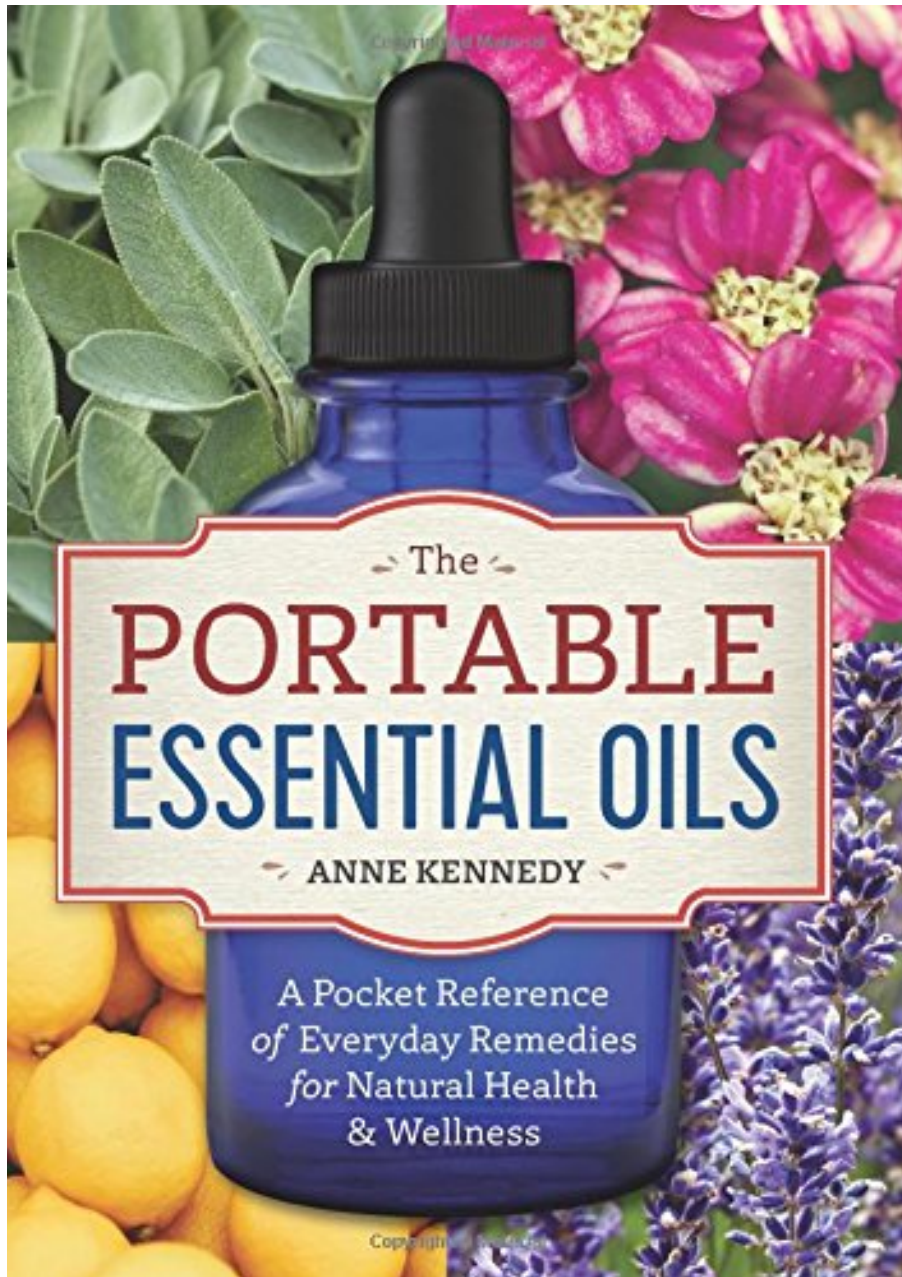


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ANNE KENNEDY began her lifelong study of herbs and plants as a child in Montana's Bitterroot Valley, starting with an interest in Native American herbal remedies. Today she is a writer who specializes in a wide variety of natural health, gardening, and sustainability topics. She has written several books on essential oils and herbal medicine, including *Aromatherapy for Natural Living* (2016), *Essential Oils Natural Remedies* (2015) and *Essential Oils for Beginners* (2013). Self-sufficiency, an active outdoor lifestyle, and a strong focus on the interconnectedness of body, mind, and spirit serve as her inspiration and cornerstone for healthy living. Anne lives and works from her home on a small organic farm in the mountains of West Virginia. Her favorite essential oil is frankincense.

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Everyday ailments have a way of sneaking up on us. Compact enough to fit in the glove compartment or handbag, *The Portable Essential Oils* is your take-anywhere guide to 250 of the most fundamental essential oil remedies anytime you need them.

Having access to your essential oils when you need them is important, and also that essential oils are not a one-size-fits-all remedy. In *The Portable Essential Oils*, natural health expert Anne Kennedy offers ailment-specific essential oil therapies to address common health concerns?enabling you with safe, convenient ways to take your well-being into your own hands?including:

- 50 of the most versatile essential oils, including 7 must-haves for home or on-the-go
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  - Shopper's guide on which essential oils to buy, which to be wary of, and important questions to ask
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They are a great home remedy for all kinds of things

By roberta

I've been hearing more and more about essential oils lately. They are a great home remedy for all kinds of things. This book is a great way to introduce yourself to the many ways you can use the over 300 essential oils available. The book starts with the author's story with essential oils and how they help her. The book is great no matter if you are a beginner, or a veteran using essential oils. The author discusses how scents can make your body react. She defines aromatherapy, and talks about benefits for health and wellness. You read about the history and the science behind aromatherapy and how its made. You'll read about how to shop for them. You get a glossary of essential oil terms. The author gives you a list of 7 must have oils to have in your home, and tools and equipment you'll need. The book also contains tons of ailments from A to Z and how to remedy them with essential oils. It contains detailed recipes for making treatments for things like acne, allergies, back pain, exhaustion, joint pain, psoriasis, and teeth grinding. I love the idea of treating common problems with natural oils instead of medication. This book lays it all out for you. Its simple to follow, well written, and a great read. I really enjoyed it.

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I just recently started purchasing essential oils so i can start making my own natural products and figured this book would help steer me on the right path.

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It has so many recipes, a lot that i havent seen mentioned before on the internet, as well as detailed information on brands of essential oils, what their uses are for and how they help.

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\*i received this product at a discounted rate in exchange for my honest opinion.\*

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