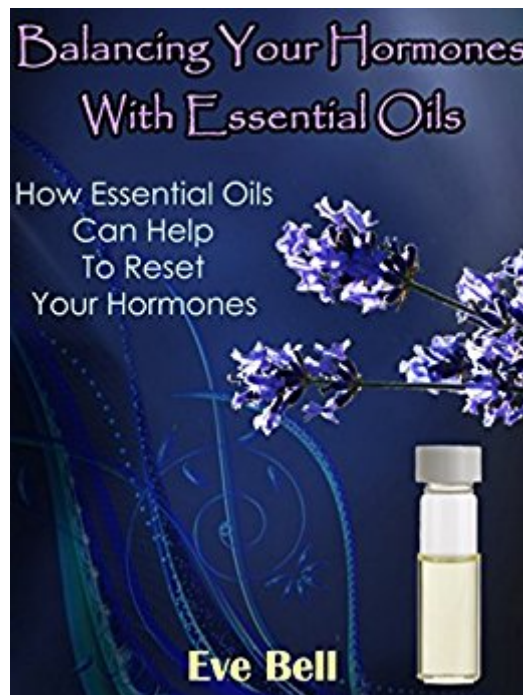




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Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones



Synopsis

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. Here is a preview of what you'll learn: Explain what happens to our hormones as we get older How to tell if you may be having hormonal issues What essential oils are good for which stages and disorders How to prepare the essential oils Foods that can help
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File Size: 2552 KB

Print Length: 67 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 6, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0151TVEHM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #496,163 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66

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Customer Reviews

Brief book on how oils can help balance hormones in both men and women. Author details information on different organs that play into hormones (thyroid, pancreas, kidneys, adrenal, etc).

Over all nice quick book to read.

Hormones may change when we get older. This book will provide some essential oils to balance and get back your hormones. It has the instructions that how we can prepare the essential oils It has some foods that can help you in balancing your hormones.

A lot of good information!

Good book.

Enjoyed reading this book. Going o try to make and use some of the blends suggested. An interesting book to read.

Learning more about the use of essential oils.

Love this essential oil book. It has the info I needed.

Recommended. I'm sure there are not too many people who realize that our hormones can be controlled, or as the title states, balanced with essential oils. Very useful book.

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