



# The Power of Essential Oils: Everything You Need to Know about Essential Oils

Luis Angel Franco

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## The Power of Essential Oils: Everything You Need to Know about Essential Oils

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The Power of Essential Oils: Everything You Need to Know about Essential Oils Luis Angel Franco Do you know what essential oils are? Do you know what they can do for you? If you are like many, you think they are a new phenomenon thought up in the 21st century as a new method of holistic medicine. That's not at all true though. In fact, as you will learn in the first part of this book, essential oils and the idea of aromatherapy have been around for thousands and thousands of years. People have known for a very long time what they could do. These days, the oils have become so well-known and so scientifically studied that they are being used in conjunction with traditional medicine. That certainly means a lot of people believe in them. The purpose of this book is to tell you everything you need to know about essential oils, and it has been broken down into sections.



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