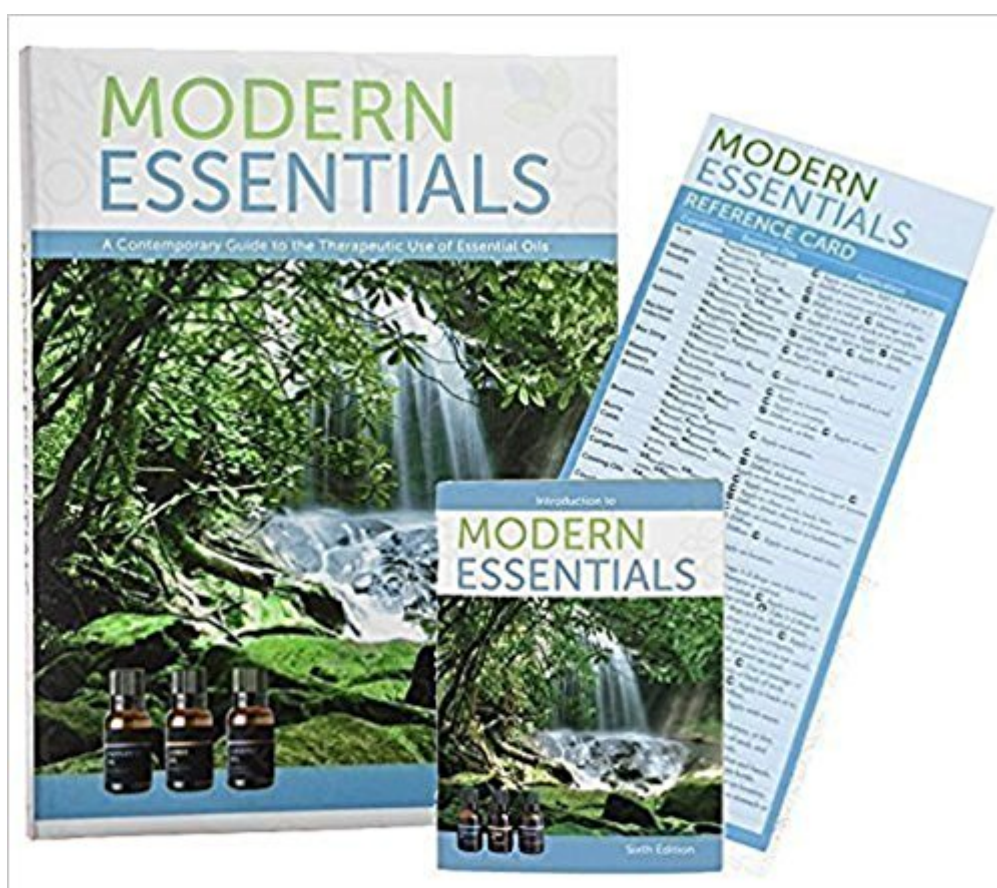


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Modern Essentials Bundle 6th - Modern Essentials 6th Edition A Contemporary Guide To The Therapeutic Use Of Essential Oils, An Introduction To Modern Essentials, And Modern Essentials Reference Card





Book Information

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Customer Reviews

Cohesive, thorough information medically, scientifically, and practicality. I use my book every day for my family and friends. I'm an RN and we use essential oils with our patients in our facilities as adjunct therapies. Book has a wealth of knowledge, fundamental, facts.

Overall, this is an excellent reference book for essential oils. I use Doterra essential oils and therefore liked the 5th edition far better than this 6th edition because the 5th edition was specific to Doterra products. This 6th edition seems more general. Perhaps the generic option would suit people. But for those, like me, who prefer a reference book for Doterra essential oils, you might want to stick with the 5th edition even though it does not include the latest essential oils (i.e. cardamom).

This is the best beginner oil book for anyone wanting to get into essential oils. I've looked at so many books and just wanted a good reference book. This book is wonderful because:- It comes with a quick reference card for common medical issues (sunburn, bites, headaches, etc) and tells you what oils would be best for them and HOW to apply it. For instance for Coughs it says what oils to use and says to Diffuse or you can apply on throat and chest. It has symbols if you need to diffuse, neat application (that means you don't need to dilute with a carrier oil) or dilute.- The little quick reference book first is broken down into type of oils - and what it helps with. Then if you go through the second half of the book, it's broken down by medical condition, and what oils to use with it. Like the reference card above but elaborating more. There is also a small introduction to oils at the beginning of the book.- The big book is like the little reference book but in great detail. The book:- Explains the history about essential oils and about anything you can think of (even the

science behind it and it goes over my head)- Explains the different ways to use oils- Explains how to use essential oils daily- Explains what oils are used for a specific condition. I love how it breaks down single oils and tells all the ways it helps a specific medical condition. A page on oils will explain chemical constituents, properties, historical uses, french medicinal uses, other possible uses, body systems affected, aromatic influence, oral use as a dietary supplement, safety data, blend classification, blends with, odor and additional research notes. If you wanted to skip over all of that, each oil has a quick fact section that tells what the latin name is, extraction method, common uses, and common application methods. I usually only use the quick fact section. Once you get past all the single oils, it has blends - I think these are supposed to go with Doterra oils but do not state it as such. Then you are into the wellness supplements - How to use essential oils in toothpaste and other uses. The last part is the usage guide for medical conditions. It tells you what oils you would want to treat it with in red as a primary oil, orange printed oils are secondary oils and green printed oils are other recommendations. It also tells you how to apply them. It sounds overwhelming but I promise you, if you are a newbie this is what you need -- The reference card is awesome for a quick goto on medical condition and what oil you need.- The little book is great at looking up oils or medical condition for common oils. It's quick and easy.- The big book is if you have a more complicated condition or want to know all the oils that help with a medical condition. It also helps describe oils better than the smaller book and the quick reference guide is helpful. In the big book I use the usage guide (headache, this oil helps) and the essential oil section (basil, helps these conditions) and that's about it. There is a ton of information in this book if you want to use it, but the reference part of the book and having all of it at my fingertips makes this book invaluable to me!

I use this book CONSTANTLY. Every oiler does. So much so that nobody calls it by it's full title - we just refer to it as ME. It lists nearly every health-related issue with 3 levels of multiple-oil recommendations (Primary, Secondary, and Other). It includes beautiful, large, full color reflex point charts for the ear, feet, and hands. There are cross reference charts by different topics, and an index in the back. The oils and blends are geared towards doTERRA oils (the best IMHO), so if doTERRA doesn't carry that oil or blend, you won't find it in this book. This book is not written or endorsed by doTERRA, and while they also believe it's a great reference tool, they do not agree with everything included in the book (per telephone and email conversations I've had with them). When they come out with a new oil or blend, another edition comes out soon after. In this 6th Edition they have changed the blend names to the standard, generic names which are not the same as doTERRA's blend names, such as Grounding Blend instead of Balance, Calming Blend instead

of Serenity, etc. This change is likely the result of the September 2014 FDA warning the major players received about making drug claims and some of the language and comparisons they were using. I've invested about 500 hours of time into learning all I can about these oils. I've all but given up - this book has way more info and reference material than I could find across dozens upon dozens of websites. You just can't surf it all up. Having this reference is invaluable. It was nice to find this as a package. I carry a tiny purse, and the pocket guide fits in there perfectly. Seems I only use the quick reference card as a bookmark, though. I got more, for less money than buying direct from the author, who charges outrageous shipping fees on their website (17.00 just for the single book alone!!). I think it unfair for some of the other reviewers to rate the book so low just because of the changeover to generic blend names.

I love this set- it's made for DoTerra oils, even though they made them take the official DoTerra label off. The book is full of information about the chemical makeup of oils, which ones blend together the best, pages for uses and history of individual oils, oil blends, and my favorite part is the index in the back of the book in which you can look up any kind of ailment and it gives you a plethora of options to try to remedy your issue. The book is really high quality with glossy pages and feels like one of those really heavy and nice yearbooks! The small booklet is jam packed with the same information and is really handy to have in your purse or take with you while traveling. I also use it to help show people how many effective ways oils can be used- since it is so small I can whip it out anytime, anywhere, and it's not overwhelming to a newcomer. The laminated chart is also super helpful. I like to keep it on my fridge as a quick reference guide, but it's also handy to carry around in my purse as well and is much less daunting than trying to find things in a big book. Overall, this kit is well worth the price, and is really helpful!

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