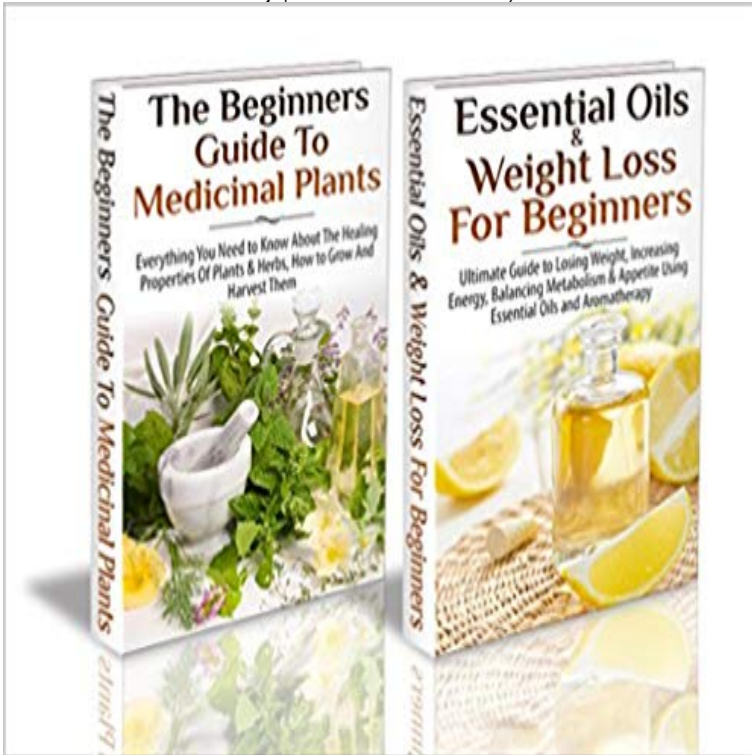


Essential Oils Box Set #35: Essential Oils & Weight Loss for Beginners & The Beginners Guide to Medicinal Plants (Essential Oils, Essential Oils and Weight ... Guide, Medicinal Plants, Medicinal Guide)



The Beginners Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them & Essential Oils & Weight Loss For Beginners: Ultimate Guide to Losing Weight, Increasing Energy, Balancing Metabolism & Appetite Using Essential Oils & Aromatherapy Medicinal Plants Growing medicinal plants and herbs indoor is a popular hobby for a lot of gardeners. One of the greatest reasons to plant medicinal plants indoor is to have a ready supply of these beneficial herbs. These herbs are those that you commonly snip into your sauces and soups. They can also be used to soothe an itchy rash or cough. Growing medicinal herbs may not sound to be very appealing, however you can benefit from growing these plants that can provide instant relief for many illnesses that can happen anytime of the day. So what kind of medicinal plants should you grow? This book features a lists of different herbs and medicinal plants that you can grow at home. The list is just a good starting point for easy to find and easy to grow herbs. So start growing your own plants so you can make your own medicine and stop using hazardous products! Here Is A Preview Of Whats Inside... Guide to Growing a Medicinal Herb GardenEasy Guide to Successfully Grow Herbs and Medicinal Plants at HomeThe Best Medicinal Plants to Grow at HomeKnow the Ten (10) Most Common Herb and Medicinal Garden Mistakes and How to Avoid ThemMuch, much more! Essential oils & Weight Loss: Essentials oils are a great weight loss tool, along side diet and exercise by increasing your energy and balancing your metabolism. They will also assist you in suppressing your appetite, boosting your mood and burning fat. Learn how the use of certain Citrus like lemon, grapefruit, and bergamot are used in aromatherapy, massage and deep breathing to assist you in

your successful weight loss journey. These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your midnight-snack cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. Topic Covered... Essential Oils Basics How They Work for You Citrus Essential Oils Non-citrus Essential Oils A Helper and Complement A Look in the Mirror Much, Much More

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