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# Modern Essentials Bundle - Modern Essentials \*7th Edition\* A Contemporary Guide To The Therapeutic Use Of Essential Oils, An Intro To Modern Essentials, Reference Card, And Aroma Designs Bookmark



## Synopsis

This popular hardcover book is truly one of a kind. Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils is perfect for anyone wanting to learn about essential oils and their everyday uses. It is the definitive guide, whether you are a new or an experienced essential oils user. Its simple, easy-to-use format has become the most popular way to quickly find information on which essential oils are used for hundreds of different health conditions, and how to safely and effectively use and apply the oils. This book is a must have for any essential-oil-user's library. Includes the following items - Modern Essentials 7th Edition Contemporary Guide to the Therapeutic Use of Essential Oils - "Introduction to Modern Essentials" Booklet, 7th Edition - Modern Essentials Reference Cards - Aroma Designs Bookmark

## Book Information

Hardcover

Publisher: Aroma Tools

ASIN: B0170EVP2A

Product Dimensions: 11 x 8.7 x 1 inches

Shipping Weight: 2.7 pounds

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (502 customer reviews)

Best Sellers Rank: #285,352 in Books (See Top 100 in Books) #69 inÂ Books > Medical Books > Allied Health Professions > Respiratory Therapy #73847 inÂ Books > Reference

## 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).

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 don't use doTerra oils exclusively but the information in this book works for any brand of oil you might use. I do have several of their blends.

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!

Very fast service! Book received just as described - new, in package, excellent condition, fast delivery (used regular shipping and it arrived earlier than estimated). Love the book! If you are new to essential oils, this book is awesome and outlines everything from the history and use, to the biology of how they work and how the body can use oils, to how to use various oils in today's world for personal use, home uses, and cooking. Even if you consider yourself an expert essential oil user, this book is invaluable. It is a must have for everyone who uses essential oils. I've read comments where others have stated it seems geared toward DoTerra oils. I can see how others could say that, but there is no reference to DoTerra specifically, however, the oils named are oils that can be obtained from almost any essential oil manufacturer, so the book is universal. When it comes to the oil blends, to find out what oils are in those, there is a website you can go to ([www.everythingessential.me](http://www.everythingessential.me)) and print the conversion lists, find out what is in them and then go from there. Will it require just a little effort on your part, yes, but everything you do in life has some facet that requires effort. Please note that I am in no way shape or form, connected to or affiliated with everything essential, I simply stumbled across them while doing my research and I found their website to be helpful. They also sell the essential oils books, so check it out. I am very happy with my book from Loud Mouse and I would buy again from them in the future!

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