



Effortless Essential Oils: A Simple Guide to Medicinal Aromatherapy

Bethany Patchin

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Cost-effective Solutions For Infections, Depression, Anxiety, Adult and Child Insomnia, and More. It's not about smells — it's about chemistry. You know of essential oils from aromatherapy and massage, but the right oils — absorbed into the bloodstream via the skin — can bring about much more amazing feats of healing. Physicians in England, France, and Germany are trained in essential oil application as a first line medical defense for many mental, hormonal, and physical imbalances. They are a promising alternative to antibiotic overprescription in the United States. The world of essential oils is often information-heavy and cross-pollinated with folklore. In *Effortless Essential Oils*, Bethany Patchin has distilled the best of both European and North American essential oil medicine in a clear, user-friendly way. Focusing on modern issues, a “Top Oil Prescribed” for each symptom enables you to achieve maximum results from your time and resources. Bethany Patchin lives, heals, and writes in Nashville, Tennessee.

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