



Evidence-based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils

By Dr. Scott A Johnson

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Whether you are new to essential oils, a long-time user, or a healthcare professional wishing to integrate essential oils into your practice, this book will quickly become your go-to resource! Endorsed by MDs, DOs, NPs, and doulas. Thousands of hours of research, clinical observations, ancient practices, and practical use are distilled into this ultimate guide to essential oils that combines evidence-based research with the art of natural healing to realize the maximum benefits of therapeutic essential oils. What's included: ~ In depth profiles for 88 botanical species of essential oils including cautions, possible substitutes, dilution range, primary compounds, therapeutic properties, and supportive research studies summarized in one to three sentences. ~ Hundreds of research studies summarized in one or two sentences. ~ Simple to follow protocols for more than 450 common health conditions. ~ A section specific to essential oil therapy for children including protocols specific to age groups for more than 100 childhood ailments. ~ A complete guide for using essential oils safely and effectively during pregnancy, labor, childbirth, and lactation that includes more than 70 protocols to help make these special times more enjoyable. ~ Comprehensive safety information, including interactions with medications. ~ Answers to the most common questions about essential oil therapy by both lay persons and practitioners.

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Evidence-based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils By Dr. Scott A Johnson Bibliography

- Sales Rank: #24937 in Books
- Published on: 2015-07-11
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 1.14" w x 7.00" l, 1.91 pounds
- Binding: Paperback
- 504 pages

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Editorial Review

From the Back Cover

PRAISE FOR *EVIDENCE-BASED ESSENTIAL OIL THERAPY*:

"A comprehensive, easy to use guide for parents from a reputable source. I will be recommending this guide not only to my families but to other physicians who need a resource when families ask about the incorporation of oils into their treatment plan."

Dr. Natalie Lambajian-Drummond, MD, *Parents Magazine* 'Our Favorite Pediatricians' 2014

"Provides thoroughly researched guidelines for the safe and effective use of essential oils . . . parents and providers alike will use this evidence-based information often for their loved ones and patients."

Carol Brinkman, NP, AFMCP Certified in Functional Medicine

"Easily understood and organized practically to help an expecting or new mom make this time healthier and more comfortable. I would recommend this book to any doula (or birth professional) who is interested in learning more about how to incorporate oils into their practice."

Maria Pokluda, Doula, 'Best Doula' DFW Child

"Dr. Johnson has done a wonderful job of creating a thorough and easy to read guide for expecting mothers!"

Amanda Devereux, RN, BBCD, Bbci, CHBE

About the Author

Dr. Scott A. Johnson is the bestselling author of ten books and more than 300 articles featured in online and print publications. He is the creator and founder of the Integrative Essential Oils Essential Oil Certification Program, and the originator of the Waterfall Technique™. He has a doctorate in naturopathy, is a board-certified alternative medical practitioner (AMP), Certified Elite Essential Oil Specialist (CEEOS), Certified Clinical Master Aromatherapist (CCMA), and Certified Professional Coach (CPC). His evidence-based approach to natural healing and experience conducting medical research make him one of the world's leading experts on the therapeutic application of essential oils. Dr. Johnson pioneered evidence-based essential oil therapy, which combines the art of ancient healing with modern science to maximize the benefits of essential oils. One of his research focuses is the safety of essential oils, and he has published internationally on the subject. He is an acclaimed international speaker and has delivered keynote presentations across North America, Europe, and Asia. Dr. Johnson draws on his wealth of experience and diverse educational background as he travels the globe to share the secrets of natural healing with those who seek greater wellness.

Users Review

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Shawn Croll:

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