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The Essential Life (2nd Edition)



Synopsis

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Book Information

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (155 customer reviews)

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Customer Reviews

I use this book frequently as a reference (sometimes daily) and I do find it helpful. You can look up ailments as well as specific oils/blends. I disagree that it's only helpful to DoTerra users as stated by other reviewers. I have many different brand oils, and it's a relevant resource across the board. My reason for giving only 3 stars is because I feel that some serious boundaries were overstepped in this book. There aren't just recommendations give for the common cold and toe nail fungus. There are recommendations given for very serious conditions, such as blood clots, cirrhosis, many cancers etc. Well, okay, there is some evidence recently that frankincense is helpful in the treatment of some cancers. However (and this is kind of a big deal), frankincense can also interfere with chemotherapy and needs to be avoided for a certain period of time before and after treatment. There is no mention of this. What bothers me most is that there are no names or sources listed. No list of authors, contributors, practitioners...nothing. So really any unqualified random person down the street could have written this book and there's no way to know either way. I'm all about natural remedies when they are appropriate, but if a book is going to make recommendations for serious illnesses, I believe the writer(s) should be willing to put their name(s) to it. So to sum it all up, this book is useful as a tool, but I absolutely would not trust it as my only source of information. To be fair, the book doesn't claim to be a one-stop-shop of medical wisdom, which is why I gave it 3 stars instead of 2. If you're new to essential oils or natural remedies, please understand that you MUST be your own advocate and do a LOT of research before trusting any one book/website/person.

The contents and lay out of this book are well presented. However, I bought the second edition and the index does not match the correct page numbers. It is very frustrating to look something up then have to leaf through the pages in the general area to find what I am looking for. I have tried to call the publisher to see if there is an addendum or if I could have a corrected version but the published phone number does not work.

I use this book almost daily!! It is great to use alongside the Modern Essentials book. The book is beautifully designed, good quality, and organized well. It offers many different ways to incorporate and safely/effectively use therapeutic-grade essential oils into everyday life - everything from supporting various health/wellness functions to cooking with essential oils. I highly recommend this book to anyone who is serious about learning how to maximize the use of therapeutic-grade essential oils in their everyday life.

I am new to the world of Essential Oils. This book is beyond phenomenal in knowing what oil to use for whatever distress or discomforts you may have. This book also has a section that tells you what each oil is good for. Very educational, I love it!!!

Wonderful book, has TONS of information on everything related to essential oils. Plants have been the medicine for the human body for thousands and thousands of years, I do so much better with natural and organic products vs big pharma and chemicals, so for me this book is very valuable. I much prefer the doTERRA brand of essential oils, because they're the only ones that don't burn my skin & they're the purest, finest and most researched. Although you will not see it mentioned in the book, much of the research and information comes from them (mostly because they're the only ones on the planet who take the time to do this), while also helping growing families and communities all over the world grow the best quality plants and use the safest and purest processing methods. Has a bunch of recipes to help with healing and even emotional support, have made several, they all work! Has quite a few recipes for cooking, too, yum!

I am new to essential oils, and this book has been invaluable. It is very easy to use and I like how it cross references to other sources and/or oils. It has definitely made my journey in to the world of oils that much easier. I would recommend this book to anyone looking to start using oils or to expand your knowledge of them. Great book!

This is the bible! excellent reference for all essential uses. Has beautiful pictures as well. This is 2nd edition and I dont think I saw DoTerra mentioned anywhere that I have looked. Many complained that the first edition of this book was very brand-centric. I do not find this to be the case with this book. I got it used here on and the vendor sent me a pristine copy. This is a large book but it covers any possible thing you may wish to do with essential oils at least briefly. Many recipes, and once you get used to the format and how to locate the subjects you want, you will refer to this again and again. Some 'blends' are mentioned but elsewhere in the book you can find recipes for them. A beautiful volume. If you are fairly new to oils, you may wish to pick up some 2oz spray bottles and some rollerball bottles along with some fractionated coconut oil because you will want to start blending immediately when you get this book.

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