



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

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, cautions, and supportive science.
- ~ 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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From Reader Review Evidence-based Essential Oil Therapy: The Ultimate Guide to the Therapeutic and Clinical Application of Essential Oils for online ebook

Jessica Donegan says

****UPDATE****. I accidentally Read another of Johnson's books "Surviving When Modern Medicine Fails" and it is exactly the same as this one. Same charts. Same information in the same words and the same order. Nothing is changed! Skip this man. While I read his books for "free" on Kindle Unlimited, he wants a stupid amount of money for books that are the same and filled with generic info you can find online!

Huge disappointment. After reading 2 books on essential oils that had some interesting claims with little to know scientific information, I was very curious to look at a book that takes a better look at the chemical compounds found in essential oils and any studies conducted to see how these chemicals interact with human biology.

While open to the idea that essential oils have some therapeutic benefit and possible curative properties, the claims made along with the phrasing makes me very skeptical.

Everything started good with Johnson discussing the various chemicals found in pure essential oils and what those chemical purportedly do.

There were some red flags early though wen he started saying that study X "proved the oils were intelligently targeting bad bacteria" or that essential oils were "nature's perfection". I was also concerned by the high doses recommended, the stress on applying some oils neat, and the conclusion that oral use of oils was both safe and necessary. But for me the deal breaker comes in the cures where Johnson provides a treatment of ebola. Just no. If you include that kind of "cure" or "treatment" in you book then none of your other information can be trusted.

This book is meant to lure in the naive while offering potentially dangerous information in the guise of science which will make some people trust any information or directions offered.

Stacy says

2446. That's how many references are documented in this book. If you want to read a compilation of data without doing the work, read this book. It was a bit much for me, but it is likely the most thorough book ever written on the findings of EO research.
