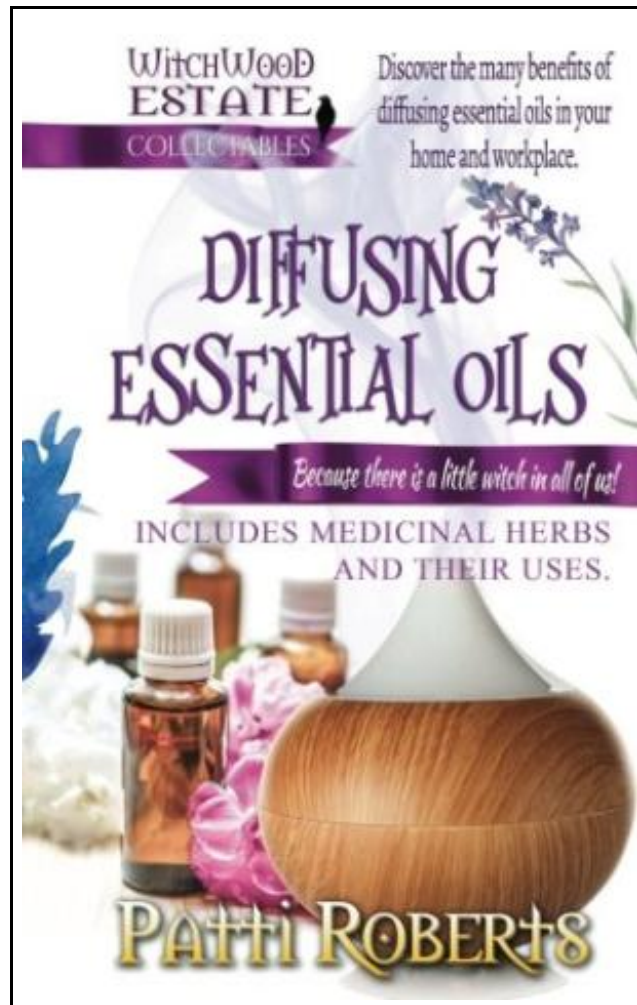


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Since doing my certificate in Clinical Aromatherapy in the early 2000s, I must have read dozens of aromatherapy books, ranging from heavy texts for the professional practitioner to introductory ones for the layman. But I don t think I ve seen a better resource for the lay user than this one. T. Ormiston-smith. Mother Nature s medicine cabinet. In ancient times, the plant kingdom provided our earliest ancestors with the natural healing powers derived from nature. Extracts and essences from plants and flowers were prized for their medicinal, spiritual, aromatic, and therapeutic value, including beauty benefits. Aromatic plants, essences, and oils have traditionally been used during religious ceremonies and observances, beauty care and perfumes, food enhancement, and preservation. Aromatic plants were the basis for herbal and botanical medicines and remedies for thousands of years - they still are. In fact, they re the root of today s modern pharmaceuticals. And as lifestyles rapidly changed to meet everyday challenges, and technology progressed in leaps and bounds, herbal knowledge soon fell by the wayside. During the past century, as the side effects of many chemically based drugs come to light - not to mention the exuberant costs, natural healing has come full circle and has gradually found its way back into our homes. The Western World is standing up and taking notice. People are educating themselves about the wonderful uses and benefits of using essential oils, herbs, and spices. Mother nature s medicine cabinet is back, invoking endless remedies and in some cases, cures - without the side effects. Granted. Natural healing may not replace the family doctor or chemically manufactured drugs entirely, but it certainly is a healthy alternative to consider when...



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