



## Pain Relief: 30 Safe Homemade Remedies Using Essential Oils and Medicinal Herbs for Instant Pain Relief: (Essential Oils, Diffuser Recipes and Blends, Aromatherapy) (Paperback)

By Sheila Sloan

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Pain Relief 30 Safe Homemade Remedies Using Essential Oils And Medicinal Herbs For Instant Pain Relief Pain. You are so sick of feeling pain. Pain in your joints. Pain in your head. Pain in your back and pain in your muscles. You need relief, and you need it now. But where do you find this relief? Surgeries are expensive, and they may not solve your problems. Braces are large and cumbersome, and can t always be used. Over the counter and prescription medications only alleviate symptoms, but bring a set of new symptoms in the process. There s really no way you can affordably and safely get rid of the pain - unless you go natural. Essential oils and herbal remedies have been around for hundreds of years, and with good reason. By using these oils and herbs, you can effectively get rid of any and all aches and pains you feel - safely and inexpensively. But how do you use these ingredients effectively? How do you know how much to use, or how to get them into your day?...

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