



The Professional Stress Solutution: Essential Oils and Holistic Health Stress Management Techniques

By Mrs Elizabeth Ashley

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress is pandemic in our society. Scientists agree it plays a quintessential role in how likely it is we will suffer from chronic and possibly fatal illnesses in the future. Risk factors of metabolic syndrome, diabetes, stroke and heart disease are increased through stress. The daft thing is, aromatherapy can do amazing things to ease it, and potentially aromatherapists could take a massive workload away from the doctor's surgeries. Discover the hormonal changes and peptide triggers that change a person's health and mental state. Learn how it affects the liver, adrenals and pituitary gland. Uncover the strange phenomenon of Yin disease. Build a better foundation of care, but also a knowledge base that means you can sell your treatments more effectively. Improve your healing skills set. Supercharge your referrals potential from other complementary therapists and orthodox medicine alike. Includes free bonus material of Chiropractic chart of misalignments and potential organic disturbance. Chart of the meridians and suggested acupressure points to detox the organs more quickly. Detailed information about how to improve the patient's condition with vitamin and minerals...



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