

Essential Science Publishing



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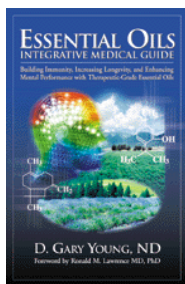


Essential Oil Desk Reference with CD

By Gary Young and others

Pocket edition also available

Comprehensive info on oils, glossary of conditions, and methods of application, with information on YLEO line of products



Essential Oils Integrative Medical Guide

By Gary Young

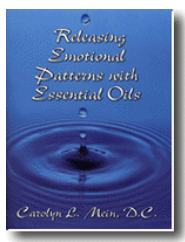
Similar info to Desk Reference, no YLEO focus, great appendixes



Inner Transformations Using Essential Oils

By LeAnne and David Deardeuff

Focus on cleansing and using essential oils to enhance each cleanse and to using essential oils to enhance each cleanse and to help relieve symptoms of Chronic Fatigue, Lupus, Infertility, Hormone Imbalance, Diabetes and other conditions of our day. Includes many case histories.



Releasing Emotional Patterns with Essential Oils

By Carolyn Mein

This book is a reference guide for connecting specific essential oils and reflex points with specific emotional releases. Why use essential oils to release emotional patterns? **Sesquiterpenes, found in high levels in essential oils, help increase the oxygen in the limbic system of the brain, which 'unlocks' the DNA of the cells passed on from generation to generation. Behavioral patterns thus can become 'locked' within families.** Transplant recipients report strange memories and desires which further substantiate the idea that emotions are stored in the body, encoded in the DNA of the cells. More recently, studies at New York University show the amygdala gland (the limbic system gland that stores and releases trauma in the body) does not respond to sound or sight or touch, **but ONLY released emotional trauma through aromatic stimuli--through the sense of smell.**

Recommended Reading on Essential Oils

Healing Emotional Patterns with Essential Oils by Carolyn Mein is the first one I reach for regarding emotions, and emotions are involved in everything. I had some very small contribution to this book, in working with a group to identify key phrases to include and checking which oils to reference. She is high integrity and the material is very exacting.

The Fragrant Heavens, the Spiritual Dimension of Fragrance and Aromatherapy by Valerie Worwood is extraordinary, covering auric fields, color therapy, dying, prayer, to name a few

The Fragrant Mind, Aromatherapy for Personality, Mind, Mood, and Emotion by Valerie Worwood is an astonishingly rich book full of revelations.

Healing Oils of the Bible by Dr. David Stewart is a wonderful book which provides Biblical citations, the spirit behind the words, history, practical applications, and great stories. I took a Christian Healing with Essential Oils class from Dr. Stewart. "God, the First Aromatherapist" is a favorite chapter.

The World of Aromatherapy by Jeanne Rose and Susan Earle is a compilation of many authors on many topics and as rich as you would imagine. My favorite is Chapter 14, Scent, Soul and Psyche, of course.

Subtle Aromatherapy by Patricia Davis is my personal favorite as it addresses the spiritual aspects of subtle energy healing, meditation, combining with crystals, dowsing, using to ease dying and other topics dear to my heart.

Aromatherapy for Healing the Spirit by Gabriel Mojay is a truly excellent book, very easy and profound.

Aromatherapy A-Z by Patricia Davis. A great reference.

Aromatherapy, The Essential Beginning, by Gary Young, N.D. is his first book and a great intro to the art, contains a LOT of info on YLEO blends originally developed by Dr. Young.

Veterinary Aromatherapy by Nelly Grosjean is a terrific resource on using essential oils with animals.

The Art of Aromatherapy by Robert Tisserand is a classic.

Aromatherapy to Heal and Tend the Body by Robert Tisserand is a much shorter and yet still great introductory book.

Natural Home Health Care Using Essential Oils by Daniel Penoel M.D. and Rose-Marie Penoel is very lyrical and practical. Translated from French.

Some of these may also be available from Essential Science Publishing.

EnJoy!