



Essential Oils to Cure Allergies and Improve Your Immune System: Holistic advice on how to get a handle on your allergies and prevent illness

Eve Bell

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Essential Oils to Cure Allergies and Improve Your Immune System

Holistic advice on how to get a handle on your allergies and prevent illness

You feel run down and tired. It sometimes feels like you get rid of one cold only to pick up another bug from somewhere. When the spring comes, you're sniffing and sneezing. You're eyes are watering, and it's not from a cold. It's allergies, and your immune system is working overtime to make sure all that pollen doesn't get into your body and make you worse. You're miserable. You need relief.

Look no further than this book!

This book is packed with holistic information how your immune system works, how foods affect your immune system aromatherapy advice you can put to use immediately to help bring relief.

Here is a preview of what you'll learn:

- The ins and outs of your immune system
- Advice to shore up your immune system
- What essential oils you need to fight infections and colds
- What are allergies
- What essential oils you can use to fight the allergies

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Stacy Vincent:

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