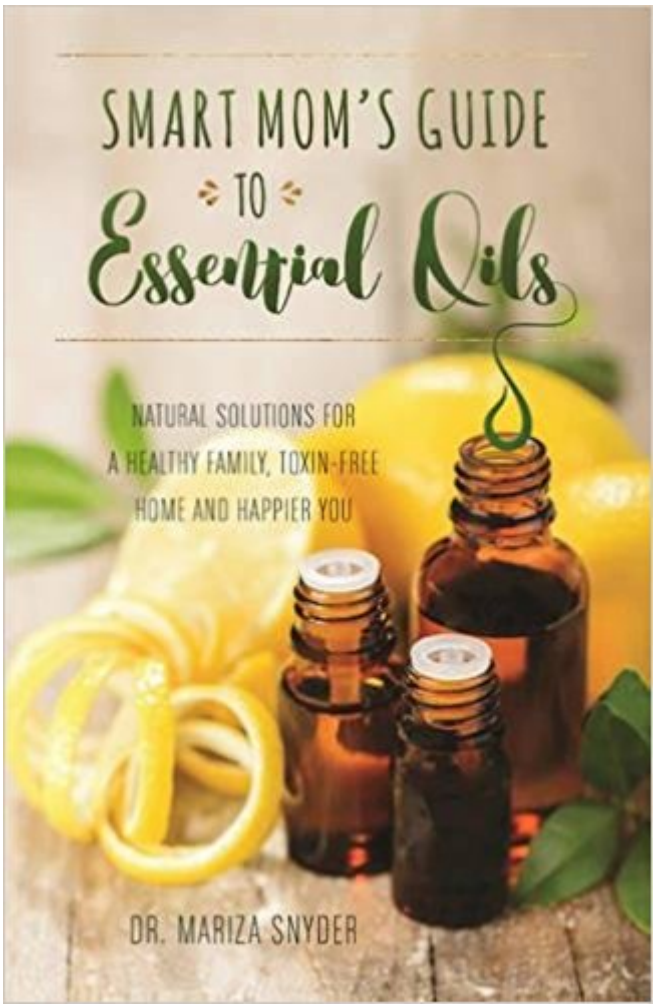
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Smart Mom's Guide To Essential Oils: Natural Solutions For A Healthy Family, Toxin-Free Home And Happier You



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Synopsis

Offers over 50 of the most useful essential oil recipes for tackling every mom’s daily needsAs a mother, you are always looking for ways to make your family safer, happier and healthier. This book shows how essential oils can help you achieve all those things. And youÃ¢â ¬â„¢ll save money!An easy-to-use handbook for creating natural solutions, green cleaners, and toxin-free personal care items, the Smart MomÃ¢â ¬â„¢s Guide to Essential Oils provides pure and potent recipes, including:Ã¢â ¬Â¢Peppermint and Grapefruit energizing air diffusionÃ¢â ¬Â¢Fennel and Eucalyptus respiratory relief rubÃ¢â ¬Â¢Citrus-infused cleaning spray and scrubÃ¢â ¬Â¢Lavender and Melaleuca skin-soothing salveÃ¢â ¬Â¢Chamomile and Vetiver stress relieverÃ¢â ¬Â¢Spearmint-powered digestive aidYour familyÃ¢â ¬â„¢s wellness starts with you. ThatÃ¢â ¬â„¢s why this helpful handbook also features a powerful regimen to reduce stress, increase energy and sustain your own personal vitality.

Book Information

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Customer Reviews

Ã¢â ¬Å“This book was created for any mom ready to empower herself with effective, natural solutions.Ã¢â ¬Â•Ã¢â ¬â ¢J. J. Virgin, New York Times best-selling author of The Virgin Diet and JJ VirginÃ¢â ¬â„¢s Sugar Impact DietÃ¢â ¬Å“Smart MomÃ¢â ¬â„¢s Guide to Essential Oils is the perfect solution for every mom looking to implement a nontoxic lifestyle.Ã¢â ¬Â•Ã¢â ¬â ¢Dr. Izabella Wentz, New York Times best-selling author of HashimotoÃ¢â ¬â„¢s Thyroiditis: Lifestyle Interventionsfor Finding and Treating the Root CauseÃ¢â ¬Å“Dr. Mariza Snyder explains the

powerful benefits of essential oils and how to use them in this incredible book.Ã¢â ¬Â•Ã¢â ¬â ¢Kevin Gianni, best-selling author of Kale and Coffee: A RenegadeÃ¢â ¬â„¢s Guide to Health, Happiness, and Longevity and cofounder of Annmarie Skin CareÃ¢â ¬Å“In this practical essential oil guide, Dr. Mariza Snyder teaches you...how to be a smart mom by using effective recipes for overall well- being, green cleaning, personal care, and hormone support.Ã¢â ¬Â•Ã¢â ¬â ¢Dr. Jolene Brighten, ND, best-selling author of Healing Your Body Naturally After Childbirth: The New MomÃ¢â ¬â„¢s Guide to Navigating the Fourth TrimesterÃ¢â ¬Å“Dr. Snyder does a wonderful job in her book guiding moms through all of the essential oil basics for themselves and their families.Ã¢â ¬Â•Ã¢â ¬â ¢Maya Shetreat-Klein, MD, best-selling author of The Dirt Cure: Growing Healthy Kids with Food Straight from SoilÃ¢â ¬Å“For those of you new to the world of essential oils, or even if youÃ¢â ¬â„¢re a veteran essential oil enthusiast, this book is for you.Ã¢â ¬Â•Ã¢â ¬â ¢Anthony Youn, MD, AmericaÃ¢â ¬â„¢s Holistic Plastic SurgeonTM and best-selling author of The Age Fix"In this practical essential oil guide, Dr. Mariza Snyder teaches you basics about essential oils and how to be a smart mom by using effective recipes for overall wellbeing, green cleaning, personal care and hormone support. This is a must read for every mom looking for powerful, natural solutions."Ã¢â ¬â ¢Dr. Jolene Brighten, ND, best-selling author of Healing Your Body Naturally After Childbirth: The New Mom's Guide to Navigating the Fourth TrimesterÃ¢â ¬Å“There is great scientific data supporting the benefits of essential oils for improved cognition, relaxation, and even supporting a healthy immune system. Dr. Snyder does a wonderful job in her book guiding moms through all of the essential oil basics for themselves and their families.Ã¢â ¬Â• Ã¢â ¬â ¢Maya Shetreat-Klein, MD, best-selling author of The Dirt Cure"For those of you new to the world of essential oils, or even if you're a veteran essential oil enthusiast, this book is for you. In this practical guide, Dr. Mariza Snyder teaches you everything you need to know about essential oils and how to use them to enhance your family's overall well-being. This is a must read for every mom looking for powerful, natural solutions." Ã¢â ¬â ¢Anthony Youn, MD, America's Holistic Plastic SurgeonÃ¢â Â¢ and best-selling author of The Age FixÃ¢â ¬Å“In this practical essential oil guide Dr. Mariza Snyder teaches moms how to use essential oils to support personal and family health. In addition to providing a solid foundation of information about these oils, she also has a wealth of safe and effective recipes for improving wellbeing, cleaning the home without chemicals, enhancing personal care products, and supporting hormone balance. This is a must read for every parent looking for powerful solutions for themselves and their family!Ã¢â ¬Â• Ã¢â ¬â ¢Nicole Beurkens, PhD, Licensed Psychologist and Nutritionist"Dr. Mariza Snyder provides everything you need to know about essential oils and how to be a smart

mom by providing easy recipes for overall wellbeing, green cleaning, emotional support and self care. This is a must read for anyone looking for effective, natural solutions." Ã¢â ¬â ¢Sandra Scheinbaum, Ph.D, IFMCP, CHC, BCB, RYT Founder and CEO of Functional Medicine Coaching Academy, Inc. "Discover effective recipes for sleep, mood, immune system and hormone synergy in this incredible book. Dr. Mariza gives everything you need to create powerful solutions in your own home with essential oils."Ã¢â ¬â ¢Shawn Tassone, MD, PhD author of Spiritual Pregnancy Ã¢â ¬â œ Develop,Nurture, and Embrace the Journey to Motherhood Ã¢â ¬Å“This is a great essential oil guide! Every mom needs this book for the best essential oil recipes and solutions for the entire family.Ã¢â ¬Â•Ã¢â ¬â ¢Debi Silber, MS, RD, WHC, FDN, Founder of Lifestyle FitnessÃ¢â ¬Å“As a healthcare professional, I recommend Dr. Mariza Snyder's book to combat the toxic, complicated world that we live in, and to start adopting natural solutions for your health, your children, and your home! This is a great essential oil guide that every mom needs! Great information to help your entire family.Ã¢â ¬Â• Ã¢â ¬â ¢Debora Wayne, Founder of The Pain Free Living ProgramÃ¢â Â¢ and Biofield Healing InstituteÃ¢â Â¢

Dr. Mariza Snyder is a passionate functional wellness practitioner and public speaker, committed to inspiring people to live a healthy and abundant life. She graduated Cum Laude from Life Chiropractic College West in 2008. She has a background in biochemistry and certifications in nutrition and aromatherapy.For the past eight years, Dr. Mariza has educated women across the nation with her expertise in holistic medicine and nutrition. She serves as an educator on topics relating to women's health and she's an author of five nutrition books: bestseller, The DASH Diet Cookbook, The Low Glycemic Index Slow Cooker, The Antioxidant Counter, The Water Infusion Detox Book and The Matcha Miracle. Check out her website, drmariza.com, for women's health tips, including recipes and self-care rituals.

This book is so full of knowledge it makes me not want to put down. It is easy to read and understand. It's not technical and it gets to the point and explains it very well. Thank you for helping me gain my knowledge and bettering myself to be able to share with my friends.

I have read a good number of essential oils books, and I can honestly say this is my favorite. Why? It's everything I need in a beautiful book that I have at my fingertips whenever I need it. It has diffuser blends, roller bottle blends, spray bottle blends, cleaning recipes, and more. My favorite thing about this book, though, is that Dr. Mariza spent the time to share how to dilute oils for children

(why EVERY essential oils book doesn't at least have a disclaimer on this is beyond me). People NEED to know that oils can be used with children, but not in the same way we use them as adults.In addition, my son has absence seizures, a mild form of epilepsy. Before this book, I had not known of the oils to avoid if one has epilepsy, so THANK YOU to Dr. Mariza for including information like this in this book.If you are looking for an incredible resource that isn't overwhelming, but still filled with excellent information, get this book. Whether you are new to oils or a pro, this is something you should own. You will love it.

A great guide for everyday natural solutions using Essential Oils. Using the information in this book will help make our homes safer by eliminating chemicals, making our families healthier. This is good for our environment! I like the information regarding the information on the oils so we know the countries of origin. Most important are the cautions for children and pregnant women, probably the most important info in this book! Thank you Dr. Mariza.Connie Holden

I have to understand how something works to fully buy in; Dr. Mariza's explanation of how essential oils interact with your body really helped me. Also, I'm not much of a DIY person, so I feared I would not want to do these recipes. But they are really simple! I also love the in-depth explanation of the oils; help me choose and use!

I identify with the title of this book. I am a mom of three. I have been introduced to a natural approach to life. I dove in head first to using oils and have had so many questions about products and alternative uses for many of life's ailments. This book provides answers to my questions. I love how easy Of a read it is and it is jam packed of valuable information. My families life has completely changed because of many small decisions that create long lasting vitality in our life. Thank you Dr Mariza for empowering me through this book to continue on a healthy natural path for the future of my family and their children too. Tons of good stuff in here! A must have! In fact if you looking for a great gift, what better gift than the powerful knowledge found in this book!

One word: DILUTIONS! Oils are so wonderful but with kids they need to be diluted and we don't always hear about it and I'm always wondering what's best. Dr Mariza gives real amounts! Thank you! I'm so excited to delve deeper into this book. It arrived this week and I've been so happy just skimming through it. Thank you!

For years I've wanted to "Make the switch" from potentially dangerous "chemical based" household items to more natural products. The problem was always what to get, where to get it, how to use it. It seemed like more pain than it was worth ~ until a friend handed me her Kindle and I started reading... Reluctantly at first, but later - thought - wow, I can do this, and how much better could it be. Since making the "natural shift" in food, and cleaning up our diets, we've felt better, trimmed inches and pounds and are now ready to take this next step. Best part - we've found oils that can provide a wonderful aroma that DONT cause the crazy allergy reactions my daughter and husband would have to perfumes or air fresheners. Who knew!

I originally ordered this book for my Kindle. It was really great to read it through on the Kindle. There is so much valuable information included in this book that you will want a hard copy that you can highlight and make notes in it. I especially loved chapter 7 which talks about aromatherapy , blends for moods, focus and purifying.This book gives the average person with no knowledge about essential oils the tools needed to get started using natural solutions in their homes and lives. For the person who has previous knowledge of aromatherapy and essential oils it also is of great value with tons of recipes, blends and loads of information that can be shared. This book will be one I reference frequently!

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