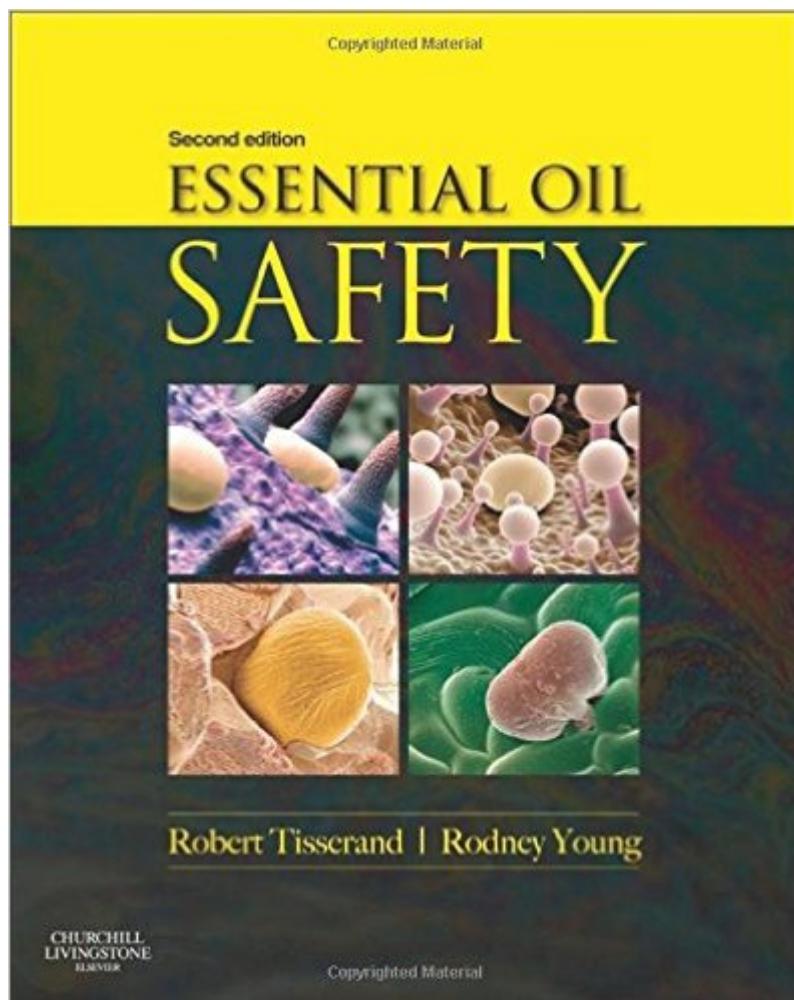


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Essential Oil Safety: A Guide For Health Care Professionals-, 2e



Synopsis

The second edition of this book is virtually a new book. It is the only comprehensive text on the safety of essential oils, the first review of essential oil/drug interactions, and it provides detailed essential oil constituent data not found in any other text. Much of the existing text has been re-written, and 80% of the text is completely new. There are 400 comprehensive essential oil profiles and almost 4000 references. There are new chapters on the respiratory system, the cardiovascular system, the urinary system, the digestive system and the nervous system. For each essential oil there is a full breakdown of constituents, and a clear categorization of hazards and risks, with recommended maximum doses and concentrations. There are also 206 Constituent Profiles. There is considerable discussion of carcinogens, the human relevance of some of the animal data, the validity of treating an essential oil as if it was a single chemical, and the arbitrary nature of uncertainty factors. There is a critique of current regulations. The only comprehensive text on the safety of essential oils The first review of essential oil/drug interactions Detailed essential oil constituent data not found in any other text Essential oil safety guidelines 400 essential oil profiles Five new chapters 305 new essential oil profiles, including Cedarwood, Clary sage, Lavender, Rose, Sandalwood, Tea tree 79 new constituent profiles Five new chapters: the respiratory system, the cardiovascular system, the urinary system, the digestive system, the nervous system. Significantly expanded text

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Customer Reviews

I've had this book now for several months and I seriously pick it up at least once or twice a day. Yes, I am a professional aromatherapist and a registered nurse, but neither of these are necessary or required to find this huge book of information helpful and necessary. You absolutely DO NOT have to be even well versed in essential oils to NEED this book. If you use any essential oil for any reason - you need this book. If you don't understand some of the chemical constituent information, then take time to learn it - it isn't difficult and the author makes it really very easy. Is it an absolute necessity for anyone who sells, uses or advocates the use of essential oils - YES!! It is easily segmented into even just a particular essential oil and you can quickly see if there are cautions for pregnancy or any other health issue. It astounds me that so much research, documentation and time had to go into accumulating all of this information and the price of the book is very under priced in my opinion when I consider so many of the healthcare texts and college texts that give a smidgen of the information in this one book. Yes, it is big and yes it is heavy and yes it is worth every single cent you might spend on it. Robert Tisserand is THE single most respected authority for so many things pertaining to aromatherapy and essential oils but particularly when it is a question of safety. He has been studying, researching and writing about this subject for very many years. This book sits beside my desk - and I have many aromatherapy books that aren't in this revered spot - so I can easily reach over and check, double check everything whether I am making up a blend, writing a blog, commenting on a social media site or just curious - the answers are always (yes, always) there and easily found. He has given the world of aromatherapy what no one else could - legitimacy and safety. I for one will be forever grateful.

If you had the first edition of this book, you are going to LOVE the second edition. If don't have the first edition of this book, you are going to LOVE this edition. I almost hate to call it a second edition...it's a complete rewrite with far more information than the first. It's a heavy tome, full of detailed information including individual oils, their uses, contraindications, etc. Every page has something useful on it and this has already become a go to resource for me in my aromatherapy practice.

This is indeed a comprehensive book on the safety of Essential oils; but it says 'for Health Care Professionals' for a reason. For someone like myself, who just dabbles in the use of oils for personal use, it was just too expensive and scientific. If you are seriously going to use your Essential Oils for a business, then this is the book for you and I doubt that you could get better information.

This truly is a great medical resource if you want to be sure that you are safely using essential oils. I am a registered nurse and totally agree with alternative treatments but I believe you need to know all of the facts when using oils. There are warnings for drug interactions and safety in children which I believe is important for the consumer to know. It frightens me how willing people are to advise others to use products on infants and small children without regard for safety. This book helps me to sort through all of that. Personally, I would have like a condensed version but I am willing to sort through the data to get the information that I need. It's an excellent resource and I look forward to becoming more knowledgeable about essential oil safety.

This book is ESSENTIAL for everyone wanting to learn about the safety of essential oils. Profiles for hundreds of essential oils, as well as hundreds of constituents, you will learn science-based safety information. Essential for the practitioner, but also good for those new to essential oils, as you can look up maximum dermal % for topical applications so you and your family will stay safe. You won't be sorry you have this tremendous resource at your fingertips! I keep mine right on my desk for frequent referencing.

Anyone with a sense of responsibility will own this book. If you are in a Network Marketing company and you teach classes, YOU NEED THIS BOOK. Stop passing on the lies and hype from your upline and mommy bloggers. DO YOUR RESEARCH and make sure you are passing on SAFE usage information. There are masses of people using essential oils now, and it's YOUR responsibility as a representative for your company, to see that they have GOOD and SAFE usage information. Aromatherapist in training... educator at heart.

I am new to essential oils and wanted to be sure I don't over use them on myself or my children. This has exactly the detailed info I need. I don't know what all of it means, but that's ok - more to learn! For the casual essential oil user this might be overkill, especially if you aren't making your own blends and always dilute, and don't use them every single day. But I am a heavy user so I wanted to be sure I didn't over use an oil and see problems later down the road. I feel like this is the resource to trust. You can verify all the fun recipes you get in the other books or online with this. He also has a fantastic blog, be sure to read it.

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