

## **Immupower Essential Oil This Blend Of 9 Organic**

Reference Guide to Using Essential Oils in the Animal Kingdom-Black and White  
VersionThe Animal Desk ReferenceTen Days to Optimal  
HealthAromatherapyEssential Oils Pocket ReferenceRooted in GodReference Guide  
for Essential OilsThe Practice Of AromatherapyThe Illustrated Encyclopedia of  
Essential OilsLove Centered ParentingBad PharmaStop Fighting Cancer and Start  
Treating the CauseThe Body ElectricSurviving When Modern Medicine  
FailsAromatherapy for the Healthy ChildHealing for the Age of  
EnlightenmentEssential Oils Every DayDoggie LanguageQuick Reference Guide for  
Using Essential OilsReleasing Emotional Patterns with Essential Oils (2017  
Edition)Essential Chemistry for Aromatherapy E-BookCancer, Cause, Cure and  
Cover-UpRoad to RoyalEssential Oil SafetyThe Animal Desk Reference IIMy Airplane  
TripEvening ClassBeyond SoapComplete Reflexology for LifeRaindrop  
TechniqueNatural Homemade PerfumeCompendium Surviving Cancer - Natural  
Allopathic MedicineAromatherapyThe Essential Business GuideClinical  
Aromatherapy - E-BookFreedom Through HealthThe Complete Book of Essential  
Oils and AromatherapyHolistic Aromatherapy for AnimalsHealing Oils of the  
BibleBad Science

**Reference Guide to Using Essential Oils in the Animal Kingdom-**

## **Black and White Version**

The second edition of the original Animal Desk Reference (ADR) written by Holistic Veterinarian Melissa Shelton: This text of 585 pages, is the most accurate reference available regarding the safe use of essential oils with animals - or Veterinary Aromatic Medicine. This text is non-brand specific, and discusses all aspects of safety, science, and veterinary medicine. Melissa Shelton DVM is regarded as the leading expert in the use of essential oils with all animals - insects to elephants. Every animal species is included within this easy to read text; along with details on sourcing, evaluation, chemistry, carrier oils, and descriptions of each single essential oil. Recipes and suggestions for common conditions affecting all species is included, along with safety and monitoring information, as well as the current knowledge regarding feline metabolism, toxicity, and safety with essential oils.

## **The Animal Desk Reference**

Aromatherapy taps the healing potential of Earth's ancient medicines, the essential oils that give plants their scent. Powerful yet safe, aromatherapy is a sound way to treat everything from diaper rash to asthma to self-esteem troubles in children. Many complaints such as aches and coughs that might otherwise have to wait for a

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visit to the doctor can be addressed immediately at home using the healing power of nature. This book will appeal to every parent who thinks proactively about their children's long-term physical and mental health. Valerie Ann Worwood offers an array of scientifically proven remedies, along with complete charts of essential oils and instructions for aromatherapeutic massage. Other chapters describe how aromatherapy can benefit seriously ill children when used in conjunction with Western medicine.

### **Ten Days to Optimal Health**

Natural healing for your most difficult health challenges at your fingertips. If you are suffering from heart disease, fibromyalgia, allergies, diabetes, memory loss multiple sclerosis, or arthritis, or whether you wish to learn how to treat ADHD naturally, use Hormone Replacement Therapy safely and wisely, or how to reverse the aging process and learn the real cause of disease. Read this book. The book "Freedom Through Health" offers alternative solutions to medical conditions, which are seen as serious health challenges that have no simple answers. In addition to the conditions noted above, many other illnesses are included within the pages of this book. Dr. Friedmann has experienced success in treating these conditions and has done scientific studies proving the efficacy of using natural products. This book approaches disease from a holistic medical avenue and includes such modalities as nutrition, hormonal support, homeopathy, aromatherapy herbology, orthomoleclar,

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hypotherapy, energy medicine, and spiritual counseling. Our health represents a mirror of your life path and the flow of vitality. It's not another pill we need, but rather a total approach, which includes body, mind, and spirit for healing.

"FreedomThrough Health" may be purchased on my Webpage [www.FreedomThroughHealth.com](http://www.FreedomThroughHealth.com).

### **Aromatherapy**

Enhance patient care with the help of aromatherapy! Clinical Aromatherapy: Essential Oils in Healthcare is the first and only peer-reviewed clinical aromatherapy book in the world and features a foreword by Dr. Oz. Each chapter is written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field. This clinical text is the must-have resource for learning how to effectively incorporate aromatherapy into clinical practice. This new third edition takes a holistic approach as it examines key facts and topical issues in aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and more to ensure you are fully equipped to provide patients with the best complementary therapy available. Expert peer-reviewed information spans the entire book. All chapters have been written by a PhD nurse with post-doctoral training in research and then peer reviewed by named experts in their field.

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Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section deals with the management of common problems, such as infection and pain, that may frequently be encountered on the job. Examples of specific oils in specific treatments helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK and elsewhere. NEW Chapter on the M Technique: the highly successful method of gentle structured touch pioneered by Jane Buckle that is used in hospitals worldwide. All chapters updated with substantial additional references and tables.

### **Essential Oils Pocket Reference**

Discover the complete works of Stanley Burroughs. Developed through a lifetime of practice and teaching . His complete system when properly utilized is to promote health and well being. There are three parts to this book. THE MASTER CLEANSER - The most effective cleansing and weight loss available. It is simple and inexpensive

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and can be used by anyone. VITA-FLEX- A pressure point therapy that accesses the more than 5,000 reflex points that are on the body. This technique induces the body to heal itself. COLOR THERAPY- is the shining of specific colors of frequencies of light on the body to create balance.

### **Rooted in God**

This is the SOFTCOVER version of the original Animal Desk Reference book. The "ADR" is written by Holistic Veterinarian Melissa Shelton - describing the many ways that Essential Oils are used for animals - especially pertaining to the French Model of Aromatherapy. Young Living Essential Oils and products are specifically described in this reference - making it very similar to the Essential Oils Desk Reference book for humans. Information for the use of essential oils is included for every species of animal - from fish and cats, to dogs, horses, and elephants. General techniques and methods are thoroughly described in this easy to read book. Discussions on safety and monitoring of animals during the use of essential oils are also covered.

### **Reference Guide for Essential Oils**

We all feel uncomfortable about the role of profit in healthcare, we all have a

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vague notion that the global \$600bn pharmaceutical industry is somehow evil and untrustworthy, but that sense rarely goes beyond a flaky, undifferentiated new age worldview. Bad Pharma puts real flesh on those bones, revealing the rigged evidence used by drug companies. Bad information means bad treatment decisions, which means patients suffer and die: there is no climactic moment of villainy, but drugs are used which are overpriced, less effective, and have more side effects. There are five cheap, easy things we can do to fix the problem. Bad Pharma takes a big dirty secret out into the open, and will provide a single focus for concerns people have both inside and outside medicine.

### **The Practice Of Aromatherapy**

No one knows when the aromatic essences of certain trees and plants began to be cherished. Their ability to comfort as well as heal ailments predates recorded history. Within the pages of this book lie the gifts of knowledge. You can learn how and why pure essential oils share their powerful life force in ways that support and maintain our health.

### **The Illustrated Encyclopedia of Essential Oils**

Our modern culture has lowered the volume on our inner voice. We, as parents,

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are often left disempowered and unclear about our parenting choices. What exactly has been muffling that inner voice, and where do we go from here? Love Centered Parenting offers friendly guidance to help you find your own inner wisdom, so that you hear it loudly and clearly during your parenting journey. It is an intimate share about fertility challenges, pregnancy, birth, breastfeeding, sleep issues, diet, natural healing, and healthy choices--encouraging you to tune into your own intuition, while reaching out to community to support you. As you read through this book, you will be reminded to tap into your innate intelligence so that you are left feeling empowered with your conscious parenting choices. "The book is both a personal story and an insightful journey into holistic living and parenting. Perhaps the most powerful thread weaving through both Maria's personal story and her advice on traveling a holistic path, is the message that women must rediscover their mothering intuition and learn to trust their gut instincts. Listening to one's inner voice is one of the greatest skills any parent can cultivate, whether they choose to follow holistic parenting, or a more conventional route." -- Nancy Peplinsky, founder and executive director, Holistic Moms Network "Maria's path of discovery has achieved something very rare and precious. That she has been willing to share her wisdom with us is a priceless gift." -- Kim John Payne, M.Ed., author of Simplicity Parenting, Beyond Winning, and The Soul of Discipline. "This book reflects the intuitive and practical experiences of Maria on her path of conscious parenting. Through her experiences, readers are able to expand their awareness for their own journey as well. Kudos, Maria for an authentic, insightful

book." -- Jeanne Ohm, DC, executive editor and publisher, Pathway to Wellness Magazine

### **Love Centered Parenting**

An explanation of aromatherapy, what it is and how it works with especial reference to fifty plants and essences. It includes a guide to the plants and essential oils used in aromatherapy and how they can keep the body and mind healthy.

### **Bad Pharma**

What's new in the Second Edition:

- Expanded safety data, including known drug interactions and contraindications
- Now over 350 protocols for health conditions
- New topical and oral dosage guidelines and recommended dilution ratios
- Profiles and benefits of popular carrier oils
- Essential oil chemistry basics – summaries of common essential oil constituents
- Clarification of liver toxicity reports and allergies or sensitivities to essential oils

Be prepared to take charge of your health with *Surviving When Modern Medicine Fails!* Would you be able to survive if you were cut off from vital medical treatment and prescription medications during a crisis? This situation is far too familiar, affecting hundreds of thousands of people

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during the last decade who struggled to outlive calamities when isolated from medical care. In this invaluable resource, Dr. Scott A. Johnson shares crucial information that could potentially save your life when modern medicine collapses after a disaster. With about 42 essential oils in your emergency preparedness kit, Dr. Johnson provides a definitive, specific and easy to follow guide arming you with indispensable information to manage more than 350 common health conditions.

### **Stop Fighting Cancer and Start Treating the Cause**

This 2,500 page cancer compendium will offer you and your family most of the information you will need to make informed choices about cancer care. This compendium will teach you about natural oncology. It is a medical book, in understandable language, about a new form of medicine called Natural Allopathic Medicine.

### **The Body Electric**

A fully illustrated practical "instruction manual" for dog owners to help them understand dog behavior by means of characterful bespoke drawings. Dogs communicate with so much more than barks and tail wags, and many visual signals can tell us how they are feeling about any situation. Misreading dog body

language makes life challenging for dogs and their humans. It can even lead to bites and fights if what a dog is saying is dismissed or ignored. This little book of drawings is an introduction to seeing the small and large shifts in how dogs carry themselves. The more we notice and understand, the better chances we have of helping our best friends feel safe and happy!

### **Surviving When Modern Medicine Fails**

This is the most comprehensive and practical guide available to all of the most commonly available aromatherapy oils. Easy to understand, it gives vital information on plant origins, medical herbalism and the properties and actions of herbs and oils.

### **Aromatherapy for the Healthy Child**

### **Healing for the Age of Enlightenment**

The informative and witty expose of the "bad science" we are all subjected to, called "one of the essential reads of the year" by New Scientist. We are obsessed with our health. And yet — from the media's "world-expert microbiologist" with a

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mail-order Ph.D. in his garden shed laboratory, and via multiple health scares and miracle cures — we are constantly bombarded with inaccurate, contradictory, and sometimes even misleading information. Until now. Ben Goldacre masterfully dismantles the questionable science behind some of the great drug trials, court cases, and missed opportunities of our time, but he also goes further: out of the bullshit, he shows us the fascinating story of how we know what we know, and gives us the tools to uncover bad science for ourselves. From the Hardcover edition.

### **Essential Oils Every Day**

This step-by-step guide to nutritional therapy and colon cleansing includes important self-help strategies for people who want to take responsibility for their own health and well-being. Author Kristina Amelong is a colon hydrotherapist and nutritional counselor who describes her own five-year battle with Irritable Bowel Syndrome and the tools she used to recover. The program that Kristina has designed includes the nutritional research work of Dr. Weston A. Price who studied the diets of fourteen traditional societies during the 1930s and 1940s. His goal was to understand what made human beings healthy and what allowed them to have perfect teeth. The food Kristina recommends to readers are the traditional foods that gave health to the populations that Price researched. When people remove accumulated waste material in their bowel, the body can regenerate with the

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nutrients available in the Weston A. Price diet. Detoxification and simple, nourishing foods cause people to thrive much like the disease-free native cultures that Price studied.

### **Doggie Language**

The Body Electric tells the fascinating story of our bioelectric selves. Robert O. Becker, a pioneer in the field of regeneration and its relationship to electrical currents in living things, challenges the established mechanistic understanding of the body. He found clues to the healing process in the long-discarded theory that electricity is vital to life. But as exciting as Becker's discoveries are, pointing to the day when human limbs, spinal cords, and organs may be regenerated after they have been damaged, equally fascinating is the story of Becker's struggle to do such original work. The Body Electric explores new pathways in our understanding of evolution, acupuncture, psychic phenomena, and healing.

### **Quick Reference Guide for Using Essential Oils**

### **Releasing Emotional Patterns with Essential Oils (2017 Edition)**

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Frankincense and Myrrh--more than symbolic gifts to baby Christ. Considered cure-alls by Biblical people. Healing by prayer and anointment with oils as practiced by Jesus' disciples and early Christians is made practical for us today in this book. Based on both science and scripture.

### **Essential Chemistry for Aromatherapy E-Book**

Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique -- it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 130 pages including charts, diagrams, and easy-to-follow instructions.

### **Cancer, Cause, Cure and Cover-Up**

### **Road to Royal**

## Essential Oil Safety

From Hope Gillerman, founder of the aromatherapy line H. Gillerman Organics, an indispensable guide to the fundamentals of one of our most ancient and aromatic healing tools, essential oils—nature’s most concentrated plant medicines. Fragrant and wonderfully sensual, one hundred times more concentrated than dried herbs, essential oils are the ultimate in luxurious natural self-care. Pairing pleasure with potent healing, essential oils have been a therapeutic treatment of choice for thousands of years, from ancient Egyptian rituals to Chinese medicine, Ayurvedic treatments, and Aromatherapy. But while essential oils are accessible, versatile, and beautiful, few of us know how simple it is to harness their power. Enter Hope Gillerman, founder of H. Gillerman Organics, a line of essential oil remedies beloved by celebrities, the fashion elite, and leaders of holistic healing. With passion and unparalleled expertise, Hope takes readers on a lively tour through the science and history of essential oils. Carefully culling the hundreds of oils out there to introduce readers to the forty truly must-have oils for home use, from lavender to jasmine and eucalyptus, she provides clear, quick, and easy-to-follow techniques for integrating them into daily life—as simple as breathing. From topical applications for aromatic healing to crafting homemade blends, *Essential Oils Every Day* is a practical, beautiful guide to all the ways the power of essential oils will transform your every day: better breathing; improved relaxation and focus; sounder sleep; healthier travel; natural beauty; and spiritual uplift.

## **The Animal Desk Reference II**

The Italian evening class at Mountainview School is like hundreds of others starting up all over the city. But this class has its own special quality - as the focus for the varied hopes and dreams of teacher and pupils alike. Aidan Dunne needs his new evening class project to succeed almost as much as his pupils do. They too are looking for something more: Bill to find a way to keep spendthrift Lizzie at his side, and Fran to make sure that young Kathy finds her way out from behind the kitchen sink. The key to their success lies with the Signora. Her passion has drawn her from Ireland to Italy and back home again with a burning desire to share her love of all things Italian - and a secret hidden in her heart

## **My Airplane Trip**

Complemented by hundreds of full-color captioned photographs, this visual introduction to the ancient healing art of reflexology presents step-by-step sequences that demonstrate key techniques for people of all ages, reveals the correct methods to use to treat more than thirty common ailments and conditions, and shows how it can be used to alleviate stress, reduce pain, and promote recovery from injury.

## **Evening Class**

This book contains the techniques developed and used by Rev. Dr. Leigh Foster using Young Living Essential Oils. It also contains her recipes as well as testimonials from others whom have used her methods and knowledge to help their animals. Her specialty is cats and wildlife. \*\*The contents of this book are not intended to diagnose, prescribe, or replace the care of a veterinarian. This is the black and white version. Bulk discounts are available for this item.

## **Beyond Soap**

Building a large and successful Young Living organization requires a strategic and specific plan. Learn how to create a solid foundation and achieve your own personal wellness, purpose, and abundance, while helping and inspiring others achieve theirs too.

## **Complete Reflexology for Life**

## **Raindrop Technique**

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Cancer is a very scary word; but it doesn't have to be. Conventional approaches are aimed at de-bulking a growing cancer, never addressing what drives it. Why do I have cancer? Is there a cause that needs to be addressed? This book will help answer these questions and give hope beyond standard medical approaches.

### **Natural Homemade Perfume**

We eat them, we smell them, and we sit under them. Sometimes we even investigate them to discover their hidden significance in the Holy Scriptures. Did you know that the Bible identifies over 125 different plants? Each had a special meaning---superstition, compassion, drunkenness, beauty---to early man. In *Rooted in God*, Bible characters you know and love take on added dimension as you drill down to plant symbolism in their stories. Walk with author Dr. Carolyn A. Roth through these ancient characters' lives. Become inspired, frustrated, amused, and irritated as they encounter the same obstacles, make the same mistakes, and have the same victories as everyone has 2,000--4,000 years later. <http://rootedingod.tateauthor.com/>

### **Compendium Surviving Cancer - Natural Allopathic Medicine**

The safe use of essential oils is of key importance in the practice of aromatherapy.

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Based on up-to-date research findings, this practical, comprehensive guide gives detailed profiles of essential oils, safety guidelines for practitioners, cautions and contradictions and extensive referencing. Essential Oil Safety is written for everyone who needs to be thoroughly familiar with the appropriate and safe use of essential oils in therapy, whether researchers, pharmacists, nurses, clinicians, aromatherapists or retailers. Detailed profiles of 95 essential oils, including constituents, hazards, dosage, toxicity data and contraindications Brief safety profiles of 311 essential oils and 135 essential oil components Safety guidelines for practitioners, retailers and consumers Details of essential oil absorption, metabolism and excretion Description of essential oil toxicity with regard to the skin, mucous membrane, the central nervous system and the major organs Essential oils which may react adversely with certain drugs Cautions and contraindications for the therapeutic use of essential oils by all methods of administration Guidelines on the safe and appropriate administration of essential oils in pregnancy, cancer, epilepsy, heart disease and many other conditions Extensive references throughout the text in addition to a separate reference section

### **Aromatherapy**

What would you say if someone told you that the cause of cancer is well known, and that cures already exist? Impossible? Perhaps the key to understanding cancer

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is an open mind? CANCER explains how all carcinogens and early warning signs of cancer are connected to infection, injury and loss of healing--but not connected to so-called renegade cancer cells. Cancer initiates when rapid doubling of normal cells for repair-of-injury is trapped into rapid doubling of the fungi inside the cells. Fungi produce keratin cell-wall proteins (ergosterol) that blocks the healing process and forms tumors. Chemotherapy attacks fungal keratin production--not renegade cancer cells. For evidence of a cancer cover-up search the web for subjects such as 'ergosterol and cancer', chemotherapy and fungal cell wall', chemotherapy and keratin pearls' followed by 'chemoltherapy and renegade cells'. CANCER describes how to prevent and cure cancer by controlling fungal infections with alternative methods. Incredible? See US Patent: Kalli Stevens, Blood Electrification Patent 5139684 (1992) where zapping "rendersfungus ineffective to infect normal healthy cells". Read CANCER to eliminate your fears of hereditary cancer. Avoid being rushed into the highly profitable "approved" treatments. For book reviews do a web search for 'Gadanski and cancer'.

### **The Essential Business Guide**

A comprehensive guide to using essential oils in health, beauty, and well-being. Aromatherapy offers countless uses for balancing body, mind, and spirit. Drawing on 75 combined years of experience in botanical therapies, Keville and Green provide a complete resource for students and practitioners. This encyclopedic

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guide, with more than 90 formulas, details cosmetics, perfumes, and botanical therapies that will help you harness the healing power of plants to enhance your beauty, health, and overall well-being.

### **Clinical Aromatherapy - E-Book**

The Ultimate Natural Homemade Perfume Guide Throughout history people have been anointing themselves with oils and perfumes. Today's perfumes are most often created or combined with chemicals to increase their potency and shelf life. But this doesn't have to be the case. Making homemade perfume is a simple process that only requires a few ingredients. Once you learn how to make homemade perfume, you can save money on buying commercial perfume. You can use homemade perfume for yourself, give it away as gifts or try to market your own perfume brand. We have collected the most refreshing and attractive fragrance recipes from around the world. Enjoy! Introduce Natural Perfumes into your Lifestyle Today! Scroll Up & Grab Your Copy NOW!

### **Freedom Through Health**

This new edition of ESSENTIAL CHEMISTRY FOR SAFE AROMATHERAPY provides an accessible account of the key theoretical aspects of chemistry and their application

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into the safe practice of aromatherapy. For readers with a limited science background, this book offers a clear and concisely written guide to essential information in chemistry. For practitioners, the book applies chemistry to the practical and therapeutic use of essential oils, and leads to a better understanding of composition, properties and technical data related to essential oils. Takes the fear and mystery out of chemistry for aromatherapy students! Presents crucial information in a clear and easily-digestible format, highlighting key points all along Allows professional aromatherapists to practice with greater confidence, safety and skill, and to extend the range of their practice through a clearer understanding of chemical properties of essential oils. Covers the scope of what is taught at major aromatherapy teaching centres, and structures the material to make sure each chapter provides the reader with a rounded understanding of the topic covered. A glossary is included for easy reference. Fully-updated throughout Chapter 5, Analytical Techniques completely brought up to date Chapter 6 Oil Profiles updated to include those used in current training New section entitled 'In perspectives' covers risks and benefits, interpretation of clinical trials and experimental data, use of essential oils in aromatherapy and functional groups in relation to therapeutic properties

## **The Complete Book of Essential Oils and Aromatherapy**

This encyclopedic book contains, in practical and easy-to-understand form, every

conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

### **Holistic Aromatherapy for Animals**

#### **Healing Oils of the Bible**

It is only in recent years that aromatherapy, or essential oil therapy, has gained substantial acceptance; this is primarily due to French veterinarians who have begun using essential oils and hydrosols in their practices. Laypeople, of course, have been enjoying great success treating animals with the very same substances for many years; for it is not just the medical professionals who can safely and effectively administer these aromatic oils. Anyone enabled with quality essential oils or hydrosols and adequate knowledge can use a plant's most concentrated and energetic byproducts to improve the health of their animals, and treat and prevent various illnesses and common ailments. Aromatherapy is actually a science that has a much larger archive of supported scientific data than most other holistic care

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methods. However, most of these studies were originally published in French or German. Aromatherapy was the first natural, holistic therapy the author began using, and she relies on it as my primary form of healthcare to treat and balance all sorts of minor ailments and discomforts in the lives of her family and their pets. She has rarely needed to use any other sort of remedy to achieve the desired result. These powerful substances are the most fascinating, sensual and complex of all natural therapies -- a combination that proves to be so enthralling it eventually develops into a grand passion for many.

### **Bad Science**

In this surprising and remarkably practical book, Dr. Skotnicki reveals the harmful effects of modern skincare habits and provides a step-by-step guide to preserve the microbiome, fight aging and develop beautiful, problem-free skin. Women, men and children are having more skin problems today than ever before. Sensitive skin prevalence has skyrocketed, and the number of people reacting to cosmetics is climbing. Why? Dermatologist Sandy Skotnicki argues that the cause is a key element of our contemporary lifestyle: the grooming and beauty habits that the advertising and personal-care product industries have encouraged us to pursue. Those miraculous cleansers, creams and balms we're buying to protect our outer layer may actually end up harming the body's largest organ. In *Beyond Soap*, Dr. Skotnicki argues that the best state for normal skin is the natural state—the one

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that avoids disturbing the skin's protective barrier and the bacteria that accompanied the body throughout its evolution. A combination of diagnosis and prescription, Dr. Skotnicki explains the problem with society's current cleansing and beauty habits, then provides a practical guide on how to fix things with a 3-step product-elimination diet that will help you remove unnecessary and potentially harmful ingredients from your beauty and skincare regime, returning the skin to the condition nature intended. Beyond Soap also includes indispensable advice on how to wash and care for the skin of adults, babies and children, followed by a common-sense beauty regimen intended to stave off aging, reduce skin problems and return the face and body to its natural glow.

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