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Essential Oils for Weight Loss: If You Are Not Using These Essential Oils You Are Missing Out on Weight Loss Success (Paperback)

By Sophie Hart

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Essential Oils for Weight Loss If You Are Not Using These Essential Oils You Are Missing Out On Weight Loss Success ESSENTIAL OILS FOR WEIGHT LOSS - What You Need to Know Weight gain can happen due to a variety of reasons - these may include water retention due to medicines, hormonal imbalances, unhealthy diet, lack of exercise, certain medications etc. Obesity is often regarded as an epidemic and brings with it a number of associated health problems. This does call for immediate attention, doesn't it? People resort to extreme measures when it comes to weight loss. These may include diet, exercise and sometimes even surgical processes. This book aims at educating you on the manner in which you can incorporate essential oils as a part of your weight loss journey. It does not undermine the importance of exercise and diet and provides safe recommendations to enhance the process of weight loss by the use of essential oils. You will understand the connection between essential oils and your brain which has a direct impact on the manner in which...



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