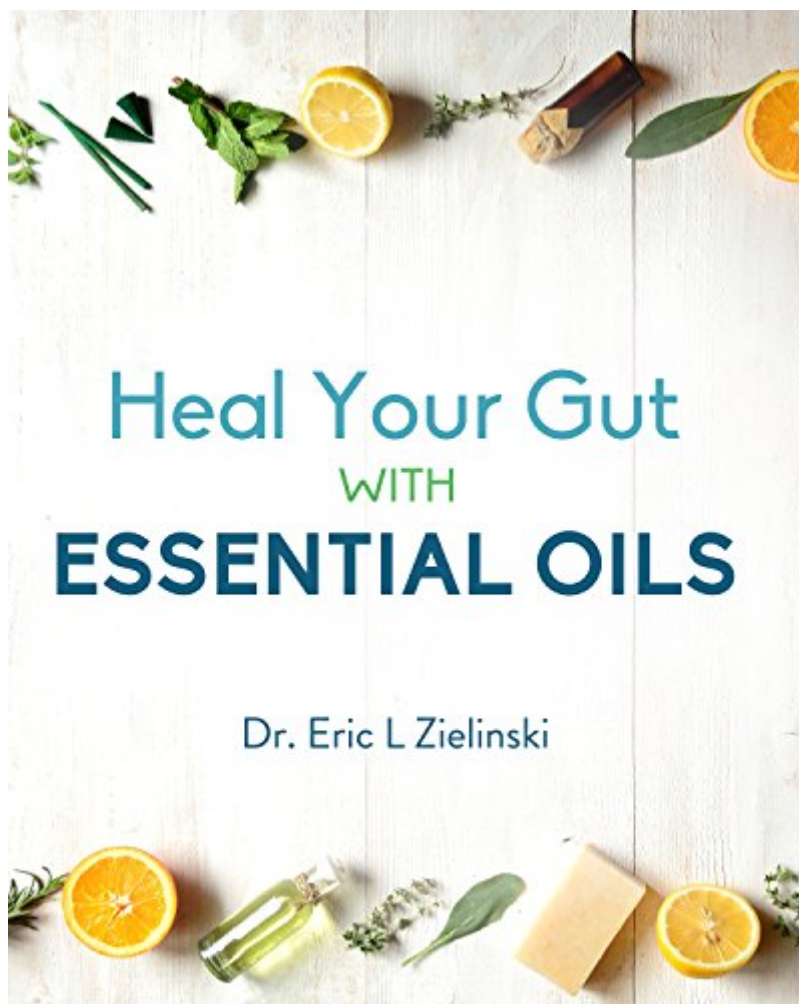


The book was found

# Heal Your Gut With Essential Oils



## Synopsis

Heal Your Gut! It's Where Health Starts and Your Healing Begins! Gut dysfunction can be linked to virtually every disease and can cause conditions like fatigue, depression, food sensitivities, chronic pain, allergies, autoimmunity and many more. These conditions are by and large preventable, but have reached epidemic proportions as the Western lifestyle has infiltrated the entire globe with poor diet choices, stress, toxic overload and bacterial imbalance.

**Why You Need to Read This Book**

The tides of natural health could not have turned toward natural health at a more important time in our cultural history. Everything about our society is moving us further away from optimal gut health, shifting the balance of bacteria toward processed foods, dangerous antibiotic-resistant strains, and damaging our bodies from the inside out. We've been hard on our digestive system for decades, and it's only getting worse. Not only does the food (and drink) we consume play a direct role, but lifestyle factors right down to how stressed we feel can dole out damage to the gut.

**The Time to Heal Your Gut with Essential Oils is NOW!** As some of the most intriguing and powerful components of nature's medicine, essential oils can be used as a tool to help heal the damaged gut and promote total body wellness. Learn from Dr. Eric L. Zielinski all about how God's Medicine, essential oils, can help you and your loved ones experience Abundant Life Health from the inside out!

## Book Information

File Size: 3245 KB

Print Length: 68 pages

Publisher: Biblical Health Publishing (February 16, 2016)

Publication Date: February 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BW29FKU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #429,565 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #306

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine >

Aromatherapy #513 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

#1380 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting

## Customer Reviews

I received this book as a review copy, that said..... please note that I am an alternative practitioner and have a great deal of experience with essential oils and herbs, including those for digestive and gut problems.....Based on my professional opinion:This book is a nice, simple to understand book about the herbs you need to heal your gut.Yes, it is relatively short, but full of the information anyone would need to heal the digestive system with essential oils.I like the way the book goes over certain spotlighted essential oils in greater detail.Of course, there are books out there that go into greater detail about essential oils in general, but this book doesn't pretend to be about that, but clearly states that the topic is gut health.The only things I would have liked to see would be colorful images and a more detailed reference section, detailing the cited sources, rather than just a link list.Otherwise, a worthy read and good guide to have around the house.

I have friends and family who have gut issues so this book is a great find. I have listened to Dr Z talk about oils in his Essential Oil Revolution and he knows his stuff. I am excited to share this knowledge w the people in my life w gut issues. I also know that oils help in so many others ways but it is so good to see a book on this specific issue.I really like how each oil that is mentioned is given a through overview so the reader can learn more about oils. I also love all the little suggested combinations to use to aid in good guy bacteria. Keep up the hard work on alternative medicine Dr Z :)

This book gets down to business, no fluff here. Learn what essential oils are and where they come from, what they can do, and how to use them safely and effectively. I love the fact that the information is based on scientific research and not the personal stories or testimonials of people who use them. If you want to learn more about essential oils from an unbiased source based on science, pick up a copy of this book.

As a Certified Nutrition Consultant, I find this book of great value for not only myself, for my clients! It is my easy, go-to reference guide for most GI complaints. Essential Oils are a very effective approach for natural health and wellness. I highly appreciate that this book doesn't try to sell or force any particular brand of oil on you. The book just simply offers insight on the top 8 essential oils

for gut health and all of their potential benefits and uses. Thank you Dr. Z for all of your time and research you have so obviously put into this book. I'll continue to suggest this Essential Oils for the Gut Guidebook to those who have interest in natural cures, and want to avoid pharmaceuticals at all costs.

I expected it to be bigger, but there was no disappointment as I began to read and found it to be a fantastic exploration of the basics about essential oils, gut health and how they relate to one another. Being a cancer survivor, health coach and essential oil user, I loved the depth with which each oil was covered- with everything from plant facts, to historical and modern uses to the all important safety information. Overall, a veroy well balanced, factual and ultimately useful book. I plan on recommending it to clients, friends and family.

Dr Z. sent me a copy of the book to review as part of my website at DadsGreenLife.com. The book is written to be simple to understand what essential oils to use when faced with a digestive disorder. The information provided is well researched. There are many essential oils that can help with many conditions, and the best ones are listed for the condition that you have. While the book is smaller than I originally expected, there is a lot of information pertaining with the subject matter, namely Healing Your Gut with EOs. I do need to highlight that internal use of essential oils needs to be done with much caution, and only one or two drops are needed. Many schools do not encourage internal use of essential oils without direction from a qualified medical practitioner.

I got this book for free in exchange for an HONEST review because Dr Z is such a caring person. He learned of my family's health needs and wanted to see them improved... and with the help of this book, I can absolutely say that we're beginning to see the light at the end of the tunnel! The book is very informative, and we're reading sections over and over to get the most from them! Thank you Dr Z!!

Thank you Dr. Z for a concise and informative book. I plan on using these with my essential oil customers and with my health coaching clients. Great information, nice big print, reasonable price! Once again, you have made a big impact on my health and my clients health. Keep up the great work! Stacie G.[...]

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Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost

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