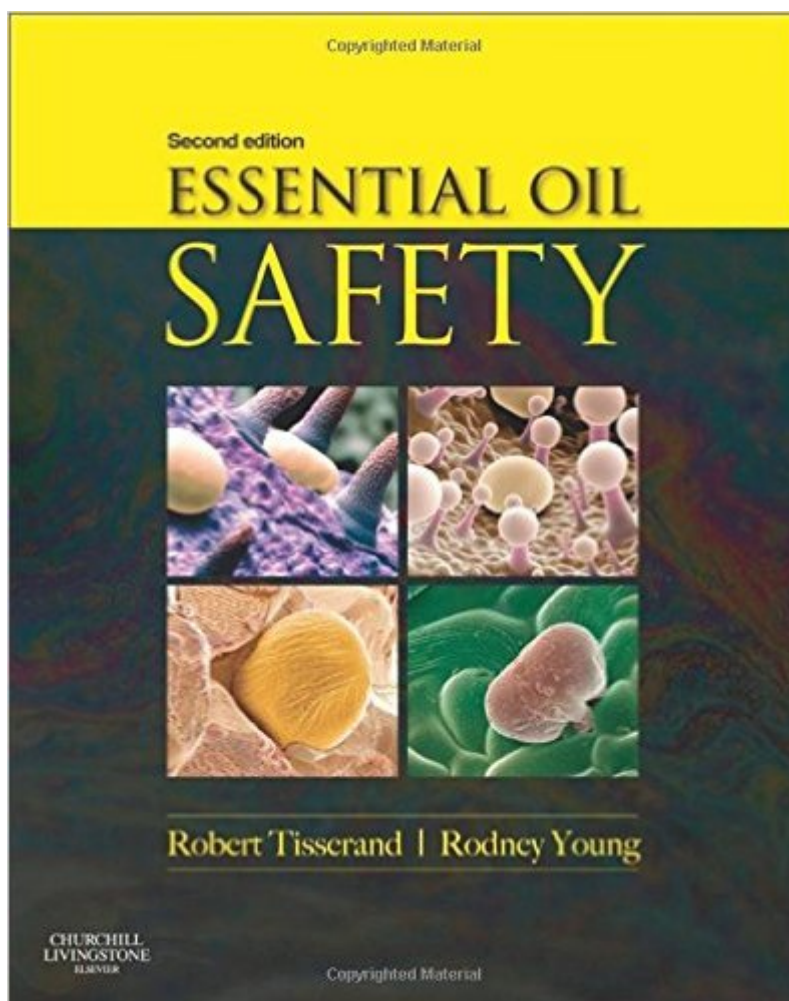




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# Essential Oil Safety: A Guide For Health Care Professionals



## 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

## Book Information

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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.

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.

This is a treasure trove of information for any oil user. I, however, am not a chemist, or well versed in the terminology. That being said, it is a little hard for me to follow in some parts when he gets deep into chemistry, but nothing I can't learn if I apply myself. I enjoy reading it.

I'll admit it, I'm not one who can understand a lot of what this book is right now. I purchased this

book to be able to look up essential oils and safe usage information. I wanted to ensure that I am I am not putting any of my friends and loved ones in danger when I use essential oils around them or when I give them my DIY products to try. This book reads like a textbook and someone new to essential oils and/or not familiar with chemistry would certainly find it overwhelming. I use it mainly for a reference. I check the index for an oil that I am using and then I go to the page that it's on to read about it and make sure that it's safe. There is a lot of very helpful information. If I don't understand what I am reading I research it to better educate myself on the subject. There's an appendix, glossary, list for abbreviations, list of resources, and a list of references to help it along as well in case I'm unsure what something is or means. This large book is a little rough on the Kindle format. I'd highly recommend bookmarking important pages so you can easily get back to it. If you're finding it overwhelming, just use it a little at a time. As you gain more knowledge of essential oils and a better understand of how they work it will get easier. Just don't let it frustrate you. This isn't meant to be read in one sitting or memorized after one reading. I definitely recommend this book for anyone who's using essential oils. It's very important to know safety and not just to know something is or isn't safe, but to know why. I was able to purchase this book with my promotional credits and I am about to purchase a non digital version of it as well because I find myself referencing it a lot,

Tisserand and Young's essential oil safety was a must have for me. This is the go to guide for safety information, and has not let me down yet. This is a great reference tool. Note that this book is not for a leisurely read. It reads like a textbook. I use the index to find the subject or oil I am interested in and go from there. I wouldn't consider reading it cover to cover. Also, it is important to know that this book doesn't go into therapeutic uses of oils. For example you couldn't look up Lavender and expect to find: sedative, calming, ant-inflammatory, etc. This is great if you are interested in max dermal dilutions, possible drug interactions, and other adverse reactions. Highly recommended for those interested in using essential oils on a regular basis. They are POTENT and should be used with knowledge.

Very informative - but keep in mind this is a textbook so you might need to do additional research or brush up on your organic chemistry knowledge to fully understand everything. Great to have, and will push you to learn more about essential oils. I enjoy the scientific backing of some of the claims with essential oils.

This is a must have book for aromatherapists and fans of essential oils. This is the most up-to-date book on essential oil safety. I trust Robert Tisserand's information on EOs more than any other book on the subject. If you are new to essential oils, I do not recommend starting out with this book just because it will be too overwhelming. However, once you get the basics, this would be the next book to buy.

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