



The Healing Collection (Aromatherapy, Antioxidants, Healing)

Ruth Logan

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Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils. Aromatherapy, also known as Essential Oil Therapy, can be described as the science and art of using naturally extracted essences from plants to harmonize, balance and promote the well being of the mind, body and spirit. In this book, you'll learn how to unite psychological, physiological and spiritual processes to enhance the human's natural ability to heal.

You'll find everything you need to know to get your feet wet and discover the uses of essential oils in aromatherapy, for yourself and your home. It contains numerous Aromatherapy recipes for each ailment, beauty treatment or practical use around the home

In ***Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process***, you'll learn the basics of what Antioxidants are, how we can benefit from increasing the intake into our body, and how to restructure your diet and lifestyle into an easy to follow format, that's not demanding on your time, energy or finances. At the end of the book you'll be provided with multiple meal options for breakfast, lunch, and dinner that are rich in Antioxidants.

This book is meant for someone that doesn't want to be bogged down with scientific data and technical terms, but wants **real, actionable steps** to increase Antioxidants into their life in an easy, fun, and affordable way. Everything in this book is simple and easy to follow. It contains specific, easy-to-do tips and language.

In ***Healing: 7 Ways To Heal Your Body In 7 Days***, you'll discover how to help your body heal with only the power of your mind, in just 7 days. Your mind is the most powerful tool you have and you need to understand how it works and what influences it, in order to live a healthy and happy life. You'll learn how to change your Limiting Beliefs, Listen to Your Body, Eliminate Stress, Utilize Manifestation, Visualization, Chakras and Reflection.

The aim of this book is to understand where your pain comes from and to heal the cause, not just the symptom.

Ruth Logan's **The Healing Collection** will help to improve the health of your body and mind in short, realistic and actionable steps. Thereby increasing the likelihood of you taking action and experiencing success.

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