



Essential Oil Survival: A Quick Reference Guide To Treating Common Ailments Naturally

Jack Pentel

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When conventional medicine is no longer an option, essential oils can be used as an alternative treatment for a variety of ailments. Essential oils, when used properly, are a safe and effective means to treat common conditions. For instance:

- To treat hiccups, try placing one drop of Chamomile oil in a brown paper bag, hold bag over your nose and mouth, breath in deeply and slowly through your nose
- A cotton ball with a drop of Clove oil applied to a tooth may ease a tooth ache

“Essential Oil Survival” is an easy to use, quick reference guide for treating ailments naturally.

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