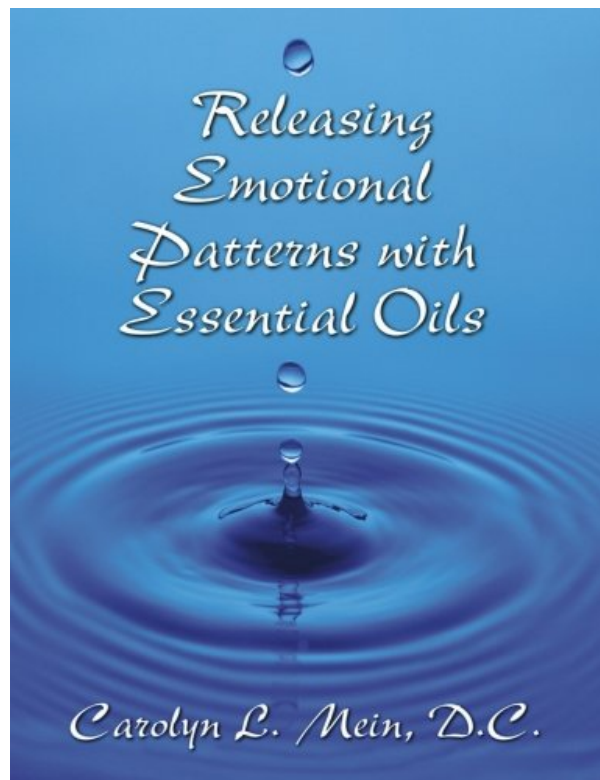
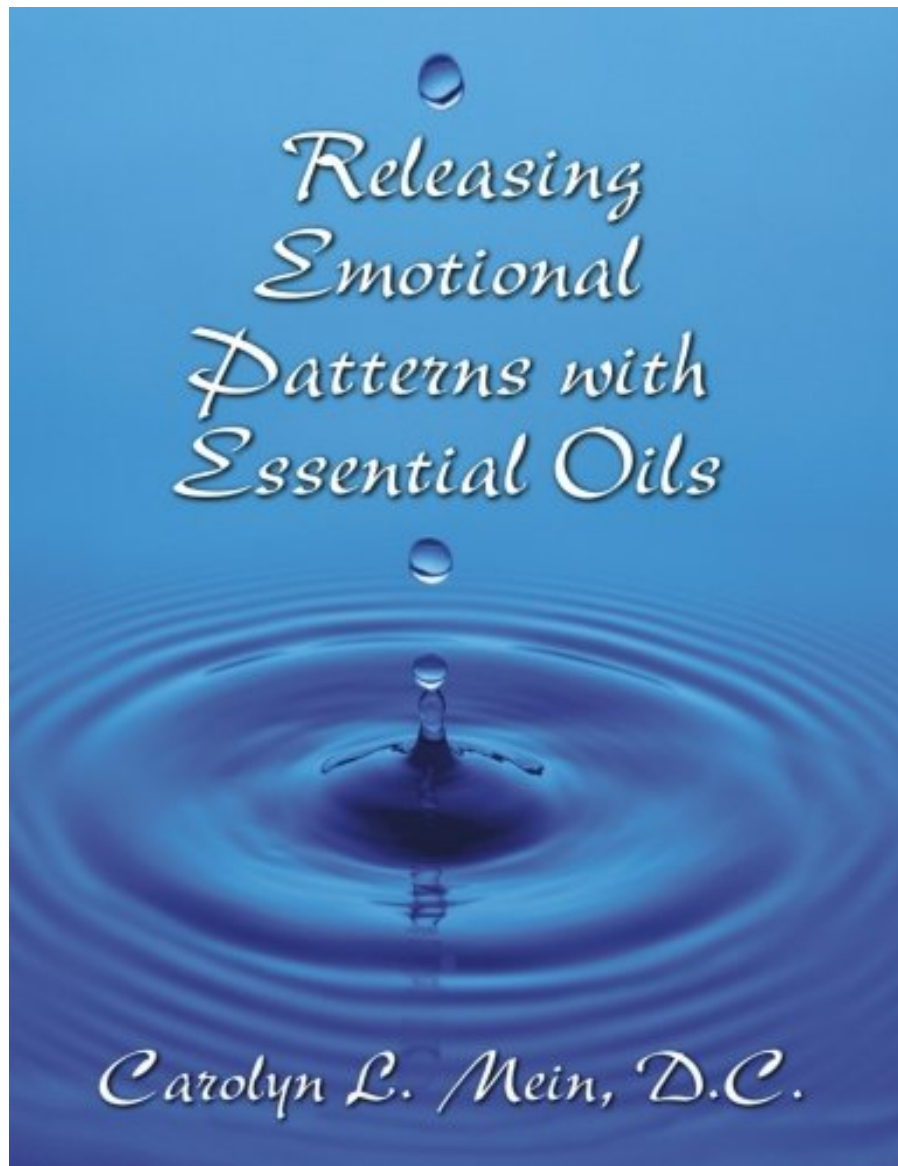


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Through her extensive clinical experience Dr. Mein has pinpointed how essential oils can be used to shape your attitude and remake your psychological and emotional make up. By placing certain oils on specific "alarm points" in the body, you can learn to cope with despair, gain self-acceptance and even cope with addictions... -- Young Living Newsletter

About the Author

Dr. Mein holds degrees in chiropractic, acupuncture, bio-nutrition, and is a Fellow of American Council of Applied Clinical Nutrition (F.A.C.A.C.N.). Creator of the 25 Body Type System. She is a charter member and diplomate of the International College of Applied Kinesiology. Dr. Mein maintains an active private practice in Rancho Santa Fe, CA.

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NEW EDITION FOR 2017! Are you bogged down by your emotions? Do you feel trapped in emotional ruts? Are you frustrated trying to rationalize your way around your emotions? Happily, the process to clear stagnant emotional blocks and patterns is easy! Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique - it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 130 pages including charts, diagrams, and easy-to-follow instructions. Join the thousands of people who have removed the emotional roadblocks to a happier life!

- Sales Rank: #3745 in Books
- Published on: 2017-01-20
- Original language: English
- Dimensions: 11.00" h x .35" w x 8.50" l,
- Binding: Paperback
- 152 pages

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Through her extensive clinical experience Dr. Mein has pinpointed how essential oils can be used to shape your attitude and remake your psychological and emotional make up. By placing certain oils on specific "alarm points" in the body, you can learn to cope with despair, gain self-acceptance and even cope with addictions... -- Young Living Newsletter

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Most helpful customer reviews

7 of 7 people found the following review helpful.

Deep Gratitude for this Work

By Amazon Customer

If you use therapeutic grade essential oils and want some very helpful practical applications of them, then I highly recommend this book. I have used this book now for over a year. I have found it to be a great resource in three areas: 1) being able to exactly identify troubling emotions; 2) getting relief to the extent that I was willing to release the inhibiting emotion; 3) a source of invaluable insight into the emotional patterns of my life. The techniques that the author describes really do work (I have used all of them for over a year). The

first step to lasting change is to identify and accept what is - and this book has been a great companion of mine on this journey. I am deeply grateful to the author for the body of work she presents and the clarity with which it is presented.

16 of 17 people found the following review helpful.

Disappointed

By Christine Hanna

This book was not as nearly as helpful as I would have liked. The same information repeated multiple times. I thought it would be a good book to have so that I could look up emotional uses of oils suggested by a Zyto scan, but it didn't work well for me like that. For example, Ledum came up on a Zyto scan. All this book told me is that Ledum is a "Heart" oil and is something that might support healthy blood pressure. I knew that from my Essential Oil Pocket Reference. I really tried to get something useful out of this book but I came up short.

9 of 9 people found the following review helpful.

a real go to book

By Kim Ayers

This is very informative book for someone just beginning to add essential oils to their energy work. In addition it provides more information about physical effects of our emotional negativity. I found this book to be one I know I will refer to regularly in my client treatments.

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