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The Healing Collection: 3 Book Boxset (Aromatherapy, Antioxidants, Healing)



Synopsis

Was \$8.97. Now \$3.99. Save over 55%! Discover the Simple Approach to Natural Healing with Ruth Logan's 3 Book Boxset: The Healing Collection. Are you frustrated with your current level of health? Do you experience pain, discomfort and irritation on a regular basis? Are you sick of trying expensive remedies that don't work? Do you want to find quick, easy to follow, and effective solutions to improve your health? All these challenges are covered, and more, in The Healing Collection: 3 Book Boxset. Get 3 of Ruth Logan's books on Healing for the low price of \$3.99. The Boxset includes: Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils, Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process, and Healing: 7 Ways To Heal Your Body In 7 Days.

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.

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.

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: 3 Book Boxset 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. Buy all three books today at over 55% off the cover price!

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