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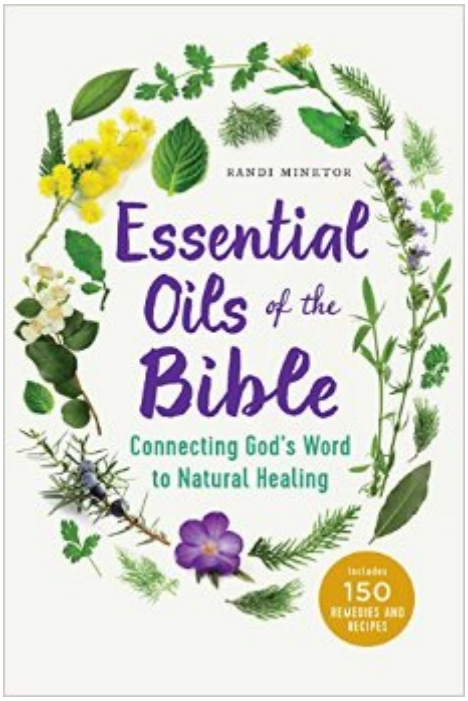
Essential Oils Of The Bible: Connecting God's Word To Natural Healing



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Synopsis

It can be difficult to find the time and means by which we can reinforce our values and practice the principles of our faith. One way of connecting to our spiritual selves or a higher power is through an essential oils practice, by making their soothing and sanctifying properties a part of daily routine.In Biblical times, essential oils were used for everything from holy ceremonies to everyday needs. Today, we can harness the all-natural power of essential oils to calm, purify, and heal our bodies and homes. Essential Oils of the Bible is written at the intersection of science and spirituality, allowing the benefits of both to infuse your spiritual essential oils practice.In Essential Oils of the Bible, you will find:Profiles of 30 essential oils of the Bible, each beautifully illustrated and featuring a verse in which itâ ™s mentionedOil profiles that specify medicinal properties and uses, precautions, and complementary or substitute oils 75 common needs for essential oilsâ •from flu and muscle pain to kitchen careâ •and 150 simple remedies and recipesA handy list of oils in Scripture, noting book, chapter, and verse for eachAs practical as it is informative, Essential Oils of the Bible will shed new light on the essential oils that God manifested for natural health and wellness.

Book Information

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Customer Reviews

While I don’t consider myself to be a religious person, I do respect religious texts as a part of understanding the evolution of human thought; my respect for religious text is similar to the way that I respect different cultures and their history. With that said, I found myself immersed in this book,

"Essential Oils of the Bible."Each chapter and section is informative, insightful, and well-written. The introduction discusses a bit about anointment and also includes the author's personal use and experience with essential oils.In the first chapter, "The Sacred Links of Essential Oils," the author covers the links between the Bible and essential oils. He goes more in-depth about anointment (both in Biblical and present times) and explains how to get the most out of the book. The second chapter, "How Essential Oils Heal" mentions the healing powers and benefits of essential oils, the science of essential oils (which I appreciatedâ "I expected a "religious" book to focus minimally on science), how to shop for quality essential oils, carrier oils, and safety information.You, however, are probably most interested in chapter three, which is the "30 Essential Oils of the Bible." It covers background information, how they were used in the Bible, medicinal properties and uses, blending, substitutions, and precautions. Each oil includes a hand-drawn image of the plant it is extracted from.The "Remedies and Recipes" chapter has a *very* large list of essential oil recipes and remedies, including those for health and beauty, as well as things like lice prevention and treatment, kitchen care, and even postpartum depression. The "Oils in Scripture" section includes which verses mention which oils.

I was excited for this book, but a large portion of it is disappointing. The biblical reference and descriptions of oils are nice in the first portion of the book, but the recipes in the back are not particularly useful or are misguided. I read through the reference section and there are very few, if any, reputable book sources listed. The author predominately relied on the internet and a variety of webpages for sources including, but not limited to aromaweb and 'how stuff works'.The good:-The author does not promote ingesting essential oils.-This is not a Young Living sales pitch (or doTERRA). There are a lot of books on that promote a specific brand and luckily this one is not one of them.The bad:-Recipes that use essential oils and water without a proper emulsifier. There are suggestions to add the oils directly to bath water. Essential oils and water do not mix, they'll sit on the top of the water and require either soap or carrier oil to mix with (which also applies if you're using salts)-Neat usage is peppered throughout the back of the book. This is a huge no-no that can lead to sensitization or other complications.-Some of the children's recipes are just unsafe. Adding yarrow (no botanical name provided, there are different types) and lavender to water for diaper rash is just a bad idea. Yarrow is not safe for small children or nursing/pregnant mothers. The method is also not good, because the water and oil don't mix, your wiping oils neat on very sensitive skin. Typically essential oils shouldn't be used topically on small children under the age of 2.-Use of Clary Sage for postpartum depression. This contradicts if the mother is nursing, where clary sage would

not be recommended.

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