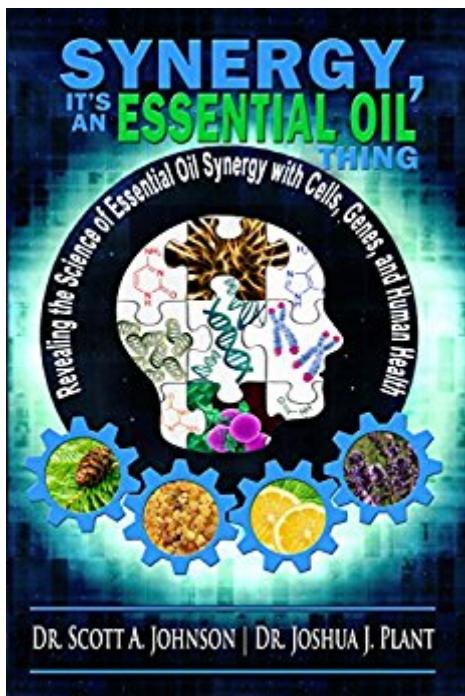


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# Synergy, It's An Essential Oil Thing: Revealing The Science Of Essential Oil Synergy With Cells, Genes, And Human Health



## **Synopsis**

Merging ancient healing techniques and cutting-edge science, Drs. Johnson and Plant team up to reveal new groundbreaking science of essential oils, including synergistic actions with cells, genes, and human health. The discoveries revealed in this book will revolutionize the essential oil space, further unlock the unlimited benefits of essential oils, and increase the capacity of humans to live long and healthy lives to their fullest potential. You will discover:

- Synergies between essential oils, cells, genes, carrier oils, and medications.
- Blending tips to create synergistic essential oils blends that maximize therapeutic benefits.
- Revolutionary testing methods that reveal the oral bioavailability of essential oils and led to the discovery of Super Carriers.
- Facilitative molecules found within essential oils that help heal, protect, and guide cells.
- Novel patented technology that shows the penetration rate and localization of essential oils in cells, and how these interactions influence cellular behavior and function.
- How essential oils influence genetic expression and therefore human health.
- The Six Zones of Essential Oils, classified according to their influence on epigenetics.
- The effect of essential oils on telomere length and how this may slow the aging process.
- Forty-five synergistic recipes to create your own personal care, therapeutic, and household items with essential oils.

## **Book Information**

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## Customer Reviews

If you want to get up to speed quickly on the latest research involving essential oils, THIS is your book! It will make you dig in that grey matter for your high school chemistry and biology just enough but not too much. Dr Plant and Dr Johnson have taken VERY advanced scientific discussions and condensed them down to English that is something anyone can understand, while still maintaining EVERY bit of scientific integrity. This is a short book that will get you up to speed fast. The back half is full of blends, recipes and combinations of essential oils based on actual research not myth and hearsay. I have taken many essential oil courses, and this is a book I would recommend to anyone who wants to dive in deeper, get up to speed, but perhaps does not want to read a 300 page tome on essential oil chemistry.

I was quite disappointed by the end of this book. For all the author writes about synergy, epigenetics and telomere length, there is no follow up on how to apply essential oils to take advantage of these three vital areas. In fact, there is a recipe section that is about one-half the book, BUT with the exception of 4 recipes for the body, the rest are all laundry soap, deodorant, toothpaste and etc. My deep disappointment is now that I know that essential oils can be synergistic I want to know what oils are synergistic with each other. Also, it is great that essential oils can affect telomeres, but how do I go about that? Take what oils internally or breath them or what? IMO is was a dirty trick of the author to only give part of the knowledge. If I cannot apply what I learn, then what is the point? 2 stars for making me aware and minus 3 for his dirty trick.

This is a great book! There is so much out there about essential oils, how to use them, what works for what....but not as much on science based research. These two men have put together an understandable book for anyone who is using essential oils or interested in using and is looking for information on what it is doing in the body. Many companies don't know, but these guys are on the right path. You'll also find TRIED and TRUE recipes in the back. This is great for anyone starting out down the holistic road to better health---or for anyone who has been on that road for any length of time. Don't miss your chance to own this book. It's great for ANY person who wants or needs to learn more. Great idea for christmas, birthdays, or just because. Love this book! You should also check out any of Dr. Scott Johnson's other books, he is a great writer and you can tell he has studied for years to give the right information.

As a "recovering" drug rep, I find the use of natural remedies fascinating, but I am also data driven. This book gets it done! Data are finally available to support what we have always thought and helps bring western science to eastern wisdom. A must have for the enlightened healthy mind.

I just purchased my copy of Dr. Scott Johnson and Dr. Joshua Plant's new book The Synergy of Essential Oils. Finally we are bringing essential oils into the 21st century with the brilliance of these two men. They discuss the very latest in essential oil science so that you can see why you need to use only the very best clinical grade essential oils for yourself and your family. Additionally they have many ideas including recipes for creating healthy products to replace your many everyday products with healthier options. Thank you Dr. Johnson and Dr. Plant for this amazing new tool to health with essential oils.

A well written, easy to understand book that anyone with an interest in using essential oils must have. The recipes in the back I'm using and love.

This book presented a lot of very interesting information, but I wanted it to go into greater detail. I learned that essential oils can affect the body on a cellular level and the very basic science behind why, but I wanted to know even more. This book left me with more questions, and now I have to go digging for the answers to them. You can tell the authors have really done their research, and you can tell the authors know the information, but I don't feel like they conveyed the information as well to their readers. And, this doesn't take away from the information presented, but there were many places where the authors could have benefited from a better editor or a thesaurus. It is obnoxious to read a sentence with the word "really" in it 3 times or to read a paragraph with "for example" written 3-4 times within 2-3 sentences. All in all, an interesting read, just not the detail I was hoping for. I really started to give it 3 stars, but I checked it out as my Kindle Unlimited book for the month, so I didn't pay anything for it. Had I actually paid for it, I probably would have given it only 3 stars.

It really brings a greater understanding on a scientific level, not to mention all of the great recipes that are found inside. I highly recommend this book!

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