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Essential oils desk reference 7th edition

A bookworm's dilemma: finding essential reading material! A friend asked me to name 30 must-reads, and I thought, "Why not? It'll be FUN!" So, here are my top picks: The Bible, The Quran, all of Plato and Aristotle, Augustine, Shakespeare, Homer's epics, Kant's Critiques, Hegel's Phenomenology, Nietzsche, Freud, Joyce's novels, Woolf's masterpieces, Beckett, Borges, Zettel's Traum, Women & Men, The Seven Dreams, Darconville's Cat, Infinite Jest, and more. I'd recommend Tolstoy, Dostoevsky, possibly Dickens' Bleak House, some poetry by Pound or Eliot, Cervantes, Rabelais, Sterne, 1001 Nights, and the OED. That's my list of essentials - for now! But what about you? What are your top 30 must-reads? One reviewer gave this book 3 stars, praising it as a good resource but criticizing its bias towards Young Living products. They noted that similar information was available earlier in another format and that the publisher has ties to D. Gary Young, the owner of Young Living. The Essential Oils Desk Reference (7th Edition) covers essential oil uses in history, their popularity in treating ailments, pictures of plants, botanical families, plant origins (mainly limited to Young Living locations), extraction methods, key constituents, ORAC values, historic data, medical properties, and more. However, the book focuses primarily on Young Living products and does not provide information on other essential oil companies. The reviewer also pointed out that Young Living's website has removed its database of essential oils, making it difficult to find information on specific products. The author's experience with Young Living consultant was disappointing when they couldn't answer basic questions about oil purity or versions (absolute, otto). They had to explain the differences themselves. The consultant also wouldn't provide a catalog unless an order was placed, with a catalog price of \$4.00 but offering little beyond the website. This encounter was seen in contrast to Gary Young's controversies, including a murder lawsuit and attempted murder charges that have been largely removed from the internet. The author suggests seeking "The Reference Guide for Essential Oils - Tenth Edition" by Higley and Higley, which offers more comprehensive information on essential oils than books like Gary Young's "Essential Oil Integrative Medical Guide". This guide includes recipes, chemical constituents, properties, historical uses, folklore, and safety data. The author finds this resource invaluable for understanding essential oils and plans to use it in their journey towards a healthier life. Although the book only touched on these topics briefly, I wish it had a mini-section on biology to help readers understand the relationship between phytochemicals and the human body. The inclusion of lesser-known oils would have been beneficial, particularly lilac, plumeria, violet, and freesia. I still prefer this edition over the updated ones, despite their inclusion of newer oils for sale by Young Living. Although I'm no longer affiliated with the company due to business practices, I appreciate this reference volume and keep it on my bookshelf. This book is comprehensive and valuable, making it a reliable resource for essential oils. I often refer to it when answering questions about using various oils. In fact, I recommend at least two copies - one for home use and a portable guide for easy access. As someone who frequently uses this book, I appreciate its accuracy and scientific information. The edition I have is an excellent reference for those interested in Young Living products and alternative therapies.