



Essential Oils: Detox Your Environment

A. L. Elder

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In 2012, I began researching ways to improve our overall health. Oh geeze, I was not your poster child of wellness! I was over-weight, addicted to sugar and processed everything. I began writing a comical memoir about my weight and discovered something truly amazing. I had the choice to continue being unhealthy, or I had the choice to make significant changes to become healthy once again. While the idea began with eating whole foods and detoxing from sugar, caffeine, high-fructose corn syrup—it really evolved into something more when I discovered essential oils. I quickly turned our kitchen into an essential oils lab. I concocted everything from chap stick to laundry detergent in a matter of weeks. I was on a mission to rid our environment of everything toxic. This is when I decided to write this book. I had successfully integrated essential oils into cleaning and detoxing the air we breathe inside our home and wanted to share my recipes with everyone wanting to incorporate them too. I also wanted to create a place where I could organize them and find them all in one place. Before writing this book, I had recipes scattered from one end to another on my desk at home. I rated all of the recipes I came across and finally chose our favorites to publish for you.

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