



Tea Tree Oil for Health and Well-Being

By Poth, susanne

Sterling Publishing, 1999. Paperback. Condition: New. For centuries Australian aboriginal tribes have used the medicinal powers of tea tree oil. Now these treatments are supported by scientific research, and are available to you in a handy guide to its healing methods. The oil of the tea tree comes mainly from its leaves, although small amounts are also found in its bark. Available at your local health food store, this natural remedy owes much of its recent popularity to the broad spectrum of its uses. As you learn how to use tea tree oil, and how to prepare its simple applications, you can make use of the A-Z list of ailments that tea tree oil heals, including: a variety of fungi (intestinal, food, skin, nail); toothaches, headaches, muscle and joint aches; acne; colds and coughs; insect bites, and dozens more. Other types of applications are also featured, such as how to use tea tree oil as a first-aid travel kit, as aromatherapy, as a household disinfectant, in cosmetic products, and for pet care.



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