



KG Stiles: The Essential Oils Complete Reference Guide Over 250 Recipes for Natural Wholesome Aromatherapy

Local author, metaphysical consultant and international educator KG Stiles has just completed her first traditionally published book entitled *The Essential Oils Complete Reference Guide*. She's sold 10s of thousands of ebooks through Amazon, Barnes and Noble, iBooks and other online vendors, but that all changed when she attracted the attention of well-known literary agent, Marilyn O'Shea, in the summer of 2015. KG was asked if she was interested in authoring an authoritative book about Essential Oils.

KG congratulations on your new book. Please tell us about it.

Thank You! This book is a Do It Yourself Guide for people who want to take an active role in their own health. I wrote this book because I wanted to provide an easy to access tool for people who want to feel empowered to take responsibility for their health. It represents more than 3 decades of investigation and practical experience in holistic health and the safe and effective use of essential oils. I am very fortunate to have had great support from family and many friends and mentors through the years. This is my gift back to everyone who has supported me on my journey.

Now that the book is published and out in the world what are your hopes for it?

That readers will be inspired by the practical know-how presented in the book to create the changes they want in their life. My book offers you tools for a better quality of life at all levels, body, mind, spirit and emotions.

This is not your ordinary sit on the bookshelf kind of book. It was designed to be used. Please tell us more.

Exactly, I designed my book for Action Takers, people who want to take action, people who want to realize the dream, not just fantasize or talk about it. It's a real DIY manual. I think we are in a DIY revolution. There are more and more people who want to take charge of their health and my book empowers them to do just that.

Many people are disillusioned with the status of health care. How can this help?

I agree the majority of people, especially in Ashland, understand that conventional medicine merely masks symptoms and is not a long term solution for creating a healthier, happier life. I want to inspire people who want to take responsibility for their health to take a look and try some different things I present in my book.

How did you discover and first realize the power of essential oils?

I realized early on it was the way people were thinking that caused most, if not all, of their problems. I became passionate about changing the way people think about their life situation. Insatiably curious I became a lifelong student of fitness, wellness, nutrition, philosophy, metaphysics, astrology and psychology. After discovering the work of Carl Jung and Rudolph Steiner I traveled to the Findhorn community in Scotland and became even more immersed in the transformational healing arts.

After being introduced to essential oils, I realized that I had found what I had been looking for my entire life. One sniff of pure plant essences can instantly shift a person's thinking and mental attitude.

I've utilized essential oils in my professional practice with clients to relieve a variety symptoms. From aches and pains, to allergies, anxiety, depression and stress essential oils can often promote relief. For instance a client after using a particular essential oil I suggested over a period of 6-12 months was able to overcome her long term allergies that had previously required weekly shots and daily medications.

KG, I'd love for you to talk more about your own commitment to the path of health.

I know what it is to suffer. I overcame a 10-year physical disability using the formulas, programs and methods I outline in my book. During that time I went from doctor to doctor and just kept getting worse. After spending 10s of thousands of dollars and trying both traditional, as well as alternative methods of health care I finally took a time out and started following my own inner guidance and started getting better. The practical experience I've learned over the past 30+ years has made me into who I am. I needed solutions but was getting nowhere. I took my health into my own hands. Now I want to pass it on.

Please explain how the Essential Oils Reference Guide is organized.

"The Essential Oils Complete Reference Guide" is well-organized and user friendly. It's very easy to use and navigate. Everything is laid out for easy access and is right at your finger tips. It presents a true and comprehensive understanding of aromatherapy and how to use essential oils. As Sylla Sheppard-Hanger, Founder and Director of Atlantic Institute, says of my book, "For the novice user, to get started on the right path, as well as long time aromatherapist. There's something for everyone in this book!"

In total how many essential oils does the book go into?

There are over 40 in-depth profiles of essential oils. From some of the most commonly used essential oils: Bergamot, Eucalyptus, Frankincense, Geranium, Helichrysum, Lavender, Lemon, Peppermint, Roman Chamomile, Sweet Marjoram, Tea Tree, Vetiver, Ylang Ylang, to Supplemental Oils to have in your aromatherapy toolkit (some of which you may never have heard of) like Blue Tansy, Cypress, Ginger, Grapefruit, Ledum, Palmarosa, Galbanum, Black Spruce, Carrot Seed, Black Pepper, Clary Sage, Neroli, Melissa, Yarrow, Thyme, Oregano, Sweet Orange, Red Mandarin, Rose Otto, Sandalwood, Patchouli, Myrrh and Lemongrass. Though some are not as commonly well known they are all readily available for purchase, and people get good results when using them.

The guide is also used for referencing symptoms. Please give us a sample usage.

There are a number of easy to use reference charts inside, so you can get a visual of the aromatherapy delivery pathways within the body, as well as their electro-chemical (hormonal) effects. There are also Quick Reference Guides in the back of the book, including a Safety and Dilutions Guide, Symptoms Guide and Super Oils to Use that make it easy to look up what each oil is good for promoting within the body.

I notice the book is very specific, direct and to the point.

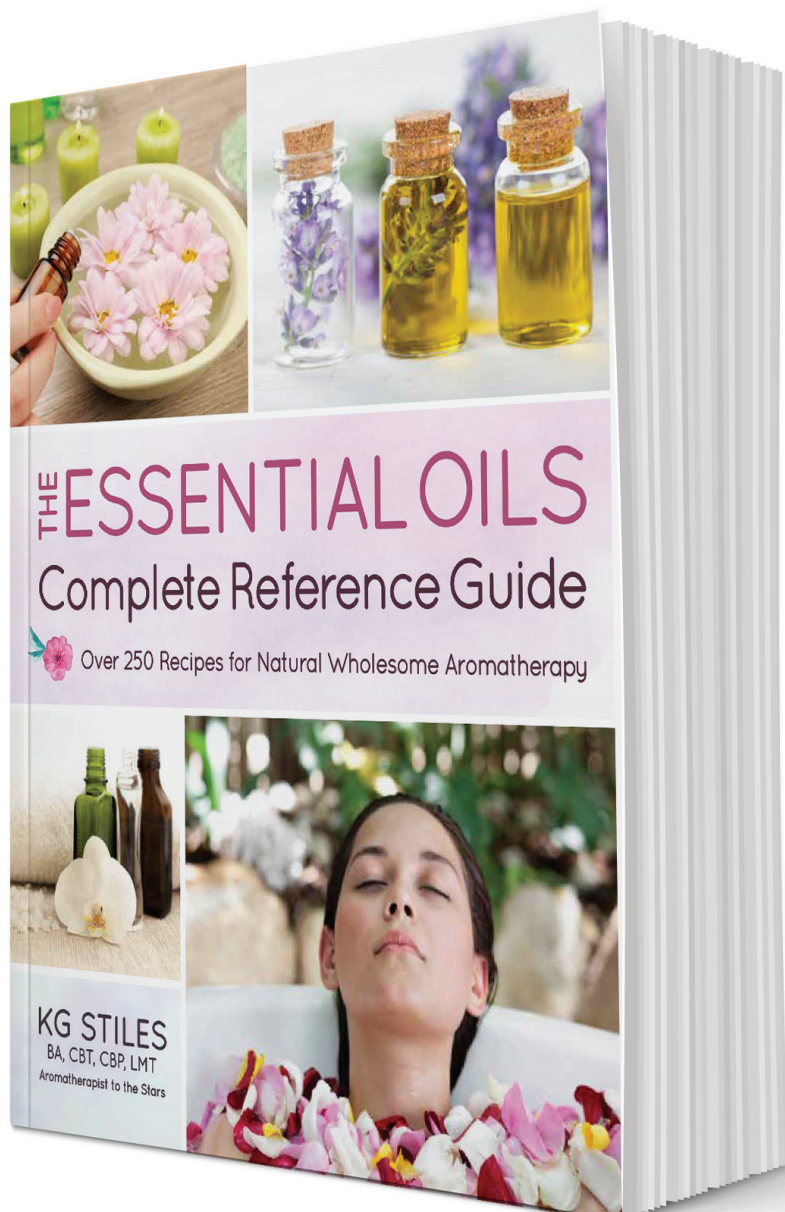
Yes, it is very tightly edited and very easy to read. Everything is very grounded and practical. My book is pretty much exactly the book that I wrote. This was a very hands-on process for me. I wrote the book and choose the images.

Immediately after signing a contract her agent submitted KG's book proposal to over 150 publishers. Soon after KG was meeting with some of the most well-known luminaries in the publishing industry who offered her a book deal.

After several weeks of negotiation with publishers KG got a fantastic offer and signed a book contract. Her deadline was only 3-months after signing, so she had to work nonstop to assemble all the material. Fast forward to May 2017 the book is now published and available around the world and locally at a number of local retailers including Soundpeace, Bloomsbury Books and the Ashland Community Food Store.

KG's book is the culmination of over three decades of training and applied knowledge. I was able to meet with KG to learn about her new book. I was immediately impressed by the density and span that her book covers. Sitting at more than 450 pages with over 300 stunning images the book is beautifully designed to be an easy to use reference guide for all levels of essential oil enthusiasts.

Now people all around the world make use of this essential guide to aromatherapy!



How does this book compare to other books that are out there and what did you decide to do differently?

This is a gorgeous full-color, beautifully designed, and visually stunning book. You won't find the high quality of paper and attention to detail with any other aromatherapy book available in today's marketplace. It's definitely unique! Most aromatherapy books have few, if any, photo images. You can actually see what each plant looks like that an essential oil is extracted from. You can touch into and explore the world of aromatherapy on many different layers with this book. It has over 300 captivating images and each was carefully chosen to tell its own small story and has its own caption. Also, I reveal little known historical facts and legends about essential oils, as well as bust a few myths.

My book is designed after high-end recipe books and when you open the book it actually stays open to the essential oil recipe you are formulating. You can use it just like you would any reliable and trusted reference book. This is the book I always wanted but never had. It is exactly the book I wanted to see out in the marketplace. It definitely fills a need in the essential oils book market.

Your book also offers a lot of insight and understanding to why things work the way they do.

Yes, my book offers plenty of anecdotal evidence-based results, but there is also a nice balance of the science behind why and how aromatherapy works, such as the chemical proprieties of an essential oil, as well as current research studies. Readers will feel comfortable and gain confidence along the way, as I hold their hand and walk them step-by-step through the entire process of how to use essential oils safely and effectively. You'll understand exactly how to go out and select your own essential oils and how to use them.

What are some specific topics and conditions you cover?

My book has more than 250 recipes for many common ailments. There are entire chapters for Massage Blends, Healing Blends, Healthy Lifestyle Formulas and Programs. There are formulas for Women's Health Issues, Relaxation and Emotional Support, Spa and Beauty Treatments, Around the House, Animals and Pets, Love and Romance, Babies and New Mommies, Spiritual Blends, Workplace and Daily Life, as well as a complete menu of Recipes for Cooking with Essential Oils.

Currently the book is being sold around the world in English. Are there any plans for the book to be translated?

I am very fortunate to be working with an independent book publisher, Page Street Publishing, which means I've enjoyed personal involvement with everyone working on my book project, including my editor, the creative design team, my publicist and even my publisher. Page Street's distribution is handled by Macmillan, one of the big five publishing houses. Macmillan has the largest networked sales force in the world. They will be promoting my book at all the major book conventions, as well as selling foreign rights. It's really the best of all possible worlds for a book's long-term success.

What type of feedback have you been receiving?

Soon after publication Barnes and Noble®, one of the world's largest book sellers purchased quite a large quantity of my books which really delighted me!

My book has been getting rave reviews. It's endorsed by many well-known experts in the field of healing and aromatherapy, including Award Winning Sound Healing Recording Artist and Grammy Nominee, Jonathan Goldman, who says, "This well may be the most comprehensive book yet written on this subject. Highly recommended!"

I've been invited to make guest appearances on Summits, Radio Shows and at Conferences. I'm also busy writing feature articles and giving interviews.

In addition to your book you also offer online trainings and coaching. Please tell us how the two work together in conjunction with the book

Recently we launched the new KG Learning site where my Online Courses are offered. Presently there are two Online Courses available: "Weight Loss Without Dieting 4-Week Course (Using Essential Oils)" and "The Aromatherapy 8-Week Online Multimedia Course." I will be launching more Online Courses this year in conjunction with the publication of my book.

Can you please explain more about how the online course work?

All of my Online Courses are self-paced and suitable for beginner to expert. Each course has a video component, as well as written and audio components. PDF handouts are also available that you can download. Courses are available for purchase 24/7 around the world. So, if you want you can get started right now. You receive your first class lesson immediately after enrolling in a course. For details about each course visit my website: www.kgstiles.com

Where can our readers buy your book?

Locally you can buy "The Essential Oils Complete Reference Guide" at Soundpeace, Bloomsbury Books and Ashland Community Food Store. You can also buy my book online at Amazon, Barnes and Noble and IndieBooks, as well as at other fine book sellers.

KG, what's next?

Right now I'm busy promoting my book through guest appearances on Summits, Radio Shows and at Conferences, as well as writing articles and giving interviews. We're about to launch a new KGStiles.com website and plan to launch a new KG Learning Online Course sometime this year.

Finally are there any last thoughts or comments you would like to share with our readers?

You Can Do It! You can turn your Biggest Fears into your Greatest Opportunities!!

Learn More:

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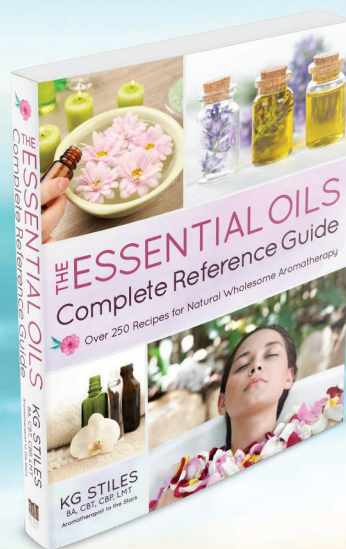
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The Essential Oils Complete Reference Guide

Over 250 Recipes for Natural Wholesome Aromatherapy

By KG STILES BA, CBT, CBP, LMT - Aromatherapist to the Stars



Also Available as an eBook!

"Beautifully designed and put together, you will refer to this book again and again."

- DR. STEVEN FARMER, best-selling author of Earth Magic, Animal Spirit Guides, and Healing Ancestral Karma



kgstiles

"There's something for everyone in this book!"

- SYLLA SHEPPARD-HANGER, LMT, founder and director Atlantic Institute of Aromatherapy



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