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Rock it like a redhead!-beauty, skincare, fashion and confidence tips to embrace those wild strawberry locks. How to Be a Redhead is a beauty book for women with red hair, both natural and by choice. More than a beauty and style guide, How to Be a Redhead is meant to inspire confidence for a group of women who are often unsure of their looks and need specialized beauty advice. From helping readers identify "redhead-friendly products" to how to take the perfect redhead selfie and what hashtags to use on social media to make the most of your look, the book is a step-by-step instructional for redheads. How to Be a Redhead includes makeup, hair, skin and fashion sections, with guides such as Freckle-Friendly Foundation & Cream, Conquer Those Fair Lashes, Choosing the Right Shampoos & Conditioners, Seasonal Skin Care and Day to Night Looks. The theme of confidence and individuality will run throughout the book. Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

Collects home remedies from around the world for common illnesses and complaints, including practical cures, medicinal herbs, healing foods, green housecleaning, sustainable cosmetics, alternative therapies, and lifestyle changes.

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Spending money is the last thing anyone wants to do right now. We are in the midst of a massive cultural shift away from consumerism and toward a vibrant and very active countermovement that has been thriving on the outskirts for quite some time—do-it-yourselfers who make frugal, homemade living hip are challenging the notion that true wealth has anything to do with money. In *Making It*, Coyne and Knutzen, who are at the forefront of this movement, provide readers with all the tools they need for this radical shift in home economics. The projects range from simple to ambitious and include activities done in the home, in the garden, and out in the streets. With step-by-step instructions for a wide range of projects—from growing food in an apartment and building a ninety-nine-cent solar oven to creating safe, effective laundry soap for pennies a gallon and fishing in urban waterways—*Making It* will be the go-to source for post-consumer living activities that are fun, inexpensive, and eminently doable. Within hours of buying this book, readers will be able to start transitioning into a creative, sustainable mode of living that is not just a temporary fad but a cultural revolution.

Ditch Damaging, Toxic Deodorants & Enjoy Making Your Own Healthy, Organic Deodorant At Home Today! Do you know about the nasty chemicals in your store-bought deodorant and the damaging effects they can have on your health? Neither did I, but now that I do I would never expose myself to these toxic nasties again! Many store-bought deodorants contain a vast array of toxic chemicals which you introduce to your body via your skin every time you apply them. Once in your body, these chemicals build up over time and can contribute to a myriad of health problems. Making your own natural deodorant at home is quick, easy, inexpensive and fun. Whats more, not only are these deodorants good for your skin, your health, and your wallet,

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they're also good for the environment as all the ingredients used are non-toxic and non-polluting. In this book you'll learn more about exactly why you should ditch toxic, store-bought deodorants which are full of mysterious chemicals, and start making your own healthy, homemade alternatives today. This book also includes 20 amazing natural homemade deodorant recipes each of which clearly lists the ingredients required and is beautifully laid out with simple step by step instructions, making it easy for you to follow along. Here's A Preview Of What You'll Learn... What The Chemical Nasties Lurking In Your Store-Bought Deodorant Are And Their Potential Effects On Your Health! The Natural Ingredients You Can Use In Your Homemade Deodorants And The Benefits Of Each Insider Tips On Creating Your Own Deodorants Natural Deodorant Recipes With Flower Bases Green & Easy Vegan Natural Deodorant Recipes Fruity Natural Deodorant Recipes Natural Deodorant Recipes With Natural Oil & Butter Bases (Coconut Oil, Shea Butter, Cocoa Butter etc.) Combination Natural Deodorant Recipes - Combining Various Halthy Ingredients For Wonderfully Unique Deodorants! Includes Deodorant Recipes For Those With Sensitive Skin and Overly Active Sweat Glands FREE BONUS! Includes a Free Sample Chapter Of One Of My Other Best Selling Books! You can have fantastic smelling deodorants which keep you fresh and dry without taking risks with your health!. Download "Homemade Deodorant - A Complete Beginner's Guide To Natural DIY Deodorants" today. You'll have access to 20 natural, healthy, organic deodorant recipes which you'll be making in no time!

"A refreshingly raw, contrasting perspective on the foolproof idea of motherhood."--POPSUGAR "By turns painful and funny... A searingly candid memoir."--Kirkus "Far from your cookie-cutter story of addiction... [I'm Just Happy to Be Here] describes Hanchett's journey to recovery and sobriety in

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imperfect and unconventional ways."--Bustle In this unflinching and wickedly funny memoir, Janelle Hanchett tells the story of finding her way home. And then, actually staying there. Drawing us into the wild, heartbreaking mind of the addict, Hanchett carries us from motherhood at 21 with a man she'd known three months to cubicles and whiskey-laden domesticity, from judging meth addicts in rehab to therapists who "seem to pull diagnoses out of large, expensive hats." With warmth, wit, and searing B.S. detectors turned mostly toward herself, Hanchett invites us to laugh when we probably shouldn't and to rejoice at the unconventional redemption she finds in desperation and in a misfit mentor who forces her to see the truth of herself. A story of ego and forced humility, of fierce honesty and jagged love, of the kind of failure that forces us to re-create our lives, Hanchett writes with rare candor, scorching the "sanctity of motherhood," and leaving beauty in the ashes.

We take you through your home, office and garden and show you how to do just about everything in a more eco-friendly way. From upcycling projects you can do with your kids, to making your own make-up and everything in between, this book is a comprehensive guide for those who want to live a leaner, greener and healthier life. Make awesome stuff, save the planet, have fun & save money!

A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind

@ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because,

while one person eliminating all their waste is great, if thousands of people do 20 percent better it will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to begin to create your own change at home, especially in the kitchen. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less--you can, for example, banish plastic wrap by simply inverting a plate over your leftovers--and, finally, the recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a loaf from the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save five bucks (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they become waste--including end-of-recipe tips on what to do with your ingredients next--Bonneau lays out an attainable vision of a zero-waste kitchen. "Good Earth Art" contains over 200 easy fun art projects that develop an awareness of the environment and a caring attitude towards the earth. Projects use common materials collected from nature or recycled. The book is filled with sensible

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creative ideas to help recycle and reuse through art, for all ages, and includes a charted Table of Contents, two indexes, and a great list of environmental resources. 1992 Benjamin Franklin Gold Award 1992 Midwest Book Association Gold Award for Excellence

What would you do if you discovered the cleaning and personal care products you use daily on your body and in your home contain dangerous chemicals and toxins? In *Anyone Can DIY with Essential Oils*, Amy shares her wealth of knowledge about natural ingredients and affordable ways to swap out chemically toxic products with over 70 of her tried-and-true homemade DIY recipes. From household cleaning and personal care, to pampering and child-specific recipes, you are sure to find something that will help you on your personal journey to eliminating chemicals and toxins from your daily routines.

Easy recipes, DIY projects, and other ideas for living a beautiful and low-waste life, from the expert behind @simply.living.well on Instagram.

EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Treat yourself to a DIY spa day with these simple, natural, and affordable recipes to replicate your favorite beauty products—from bath bombs to face masks!—from Lush, the Body Shop, and more. Do

you love indulging in self-care with fun beauty products, but want to save some money? Or maybe you take comfort in knowing exactly what you're using on your skin. Or maybe you just love do-it-yourself projects! With *DIY Beauty*, you can learn to make your favorite beauty products from some of today's most popular brands. Try making face scrubs inspired by Sephora, a homage to The Body Shop's Body Butter, or a homemade version of Burt's Bees ever-popular lip balm. From bath bombs to rival Lush to skin care products like e.l.f.'s blemish treatments, these inexpensive imitation recipes include easy step-by-step instructions to help you customize your beauty product routine. Find products that suit your unique skincare needs, modify your favorites for best results, and choose which organic or all-natural ingredients you prefer. Make your favorite must-have beauty products even better—by making them yourself!—with *DIY Beauty*. Create *Fabulous Modern Soaps The Truly Natural, Eco-Friendly Way* With this new comprehensive guide, herbalist Jan Berry offers everything the modern-day enthusiast needs to make incredible botanical soaps. Beginners can join in the sudsy fun with detailed tutorials and step-by-step photographs for making traditional cold-process soap and the more modern hot-process method with a slow cooker. Jan presents 50 easy, unique soap recipes with ingredients and scents inspired by the herb

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garden, veggie garden, farm, forest and more. Sample soap recipes you won't want to miss are Lavender Milk Bath Bars, Sweet Honey & Shea Layers Soap, Creamy Avocado Soap, Citrus Breeze Brine Bars, Mountain Man Beard & Body Bars and Classic Cedarwood & Coconut Milk Shave Soap. Featured resources are Jan's handy guides to common soapmaking essential oils and their properties, oil and milk infusions with healing herbs and easy decoration techniques. The book also contains Jan's highly anticipated natural colorants gallery showcasing more than 50 soaps that span the rainbow. Soap crafters of all levels will enjoy referencing this book for years to come. *All recipes are sustainably palm-free!* Expand your herbal product collection with these other books in Jan Berry's bestselling series: - Easy Homemade Melt & Pour Soaps - The Big Book of Homemade Products for Your Skin, Health & Home

Supermaker is a guide to business and career development by Jaime Schmidt: acclaimed entrepreneur, founder of Schmidt's Naturals, and icon of the Maker Movement. In Supermaker, she shares how you too can start or grow your own business with advice on branding, product development, social media marketing, scaling, PR, and customer engagement, all based on her own hard-won mastery. In just seven years, Jaime Schmidt went from making natural products in her

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Portland, Oregon, kitchen to turning her brand into a household name and selling her company to Unilever—without sacrificing the integrity of her product or her creative vision. • Readers learn how to get ahead on their own terms and while maintaining their commitment to fair and sustainable principles. • A valuable resource to the ever-growing community of business owners and entrepreneurs who want to go from maker to magnate. • Candid advice from an industry disruptor. Following her growth from farmers' market stand to international brand, Jaime's book is a riveting mix of inspiration, the honest airing of mistakes, and indispensable instruction. Supermaker empowers and unites the next generation of entrepreneurs. • A go-to guide for the passion-to-profit journey. • The perfect read for aspiring entrepreneurs, makers, creatives, and anyone with an interest in natural products, selling your products online, retail strategy, and digital marketing. • Great for anyone who enjoyed Start Something That Matters by Blake Mycoskie, Craft, Inc: Turn Your Creative Hobby into a Business by Meg Mateo Iasco, and The Girls' Guide to Starting Your Own Business: Candid Advice, Frank Talk, and True Stories for the Successful Entrepreneur by Caitlin Friedman.

150 all-natural skin, hair and body care recipes that are inexpensive, toxin-free, and easy for readers to make themselves. Homemade Beauty is a

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beautifully packaged collection of 150 all-natural skin, hair and body care recipes. From turning blueberries into a lush detoxifying mask to fresh lemongrass into a non-toxic bug repellent, *Homemade Beauty* takes the ubiquitous eat-local, farm-to-table concept and brings it to the beauty category. As reports on the dangers of chemicals in cosmetics become increasingly alarming and the aspiration to live a more natural life grows, many of us are eager to take beauty regimens into our own hands to ensure we are putting only the safest and most natural ingredients on our bodies.

Commercially available organic beauty products are expensive, but they are easy and cheaper to make at home and most require 5 simple ingredients or less. Recipes like Almond Rose Body Lotion, Coconut Lavender Shampoo, and Brown Sugar Vanilla Scrub will enchant you with heady scents – and thrill you when you realize these pampering products take only 5 minutes to make!

A revised edition of the bestselling guide to easy and effective home beauty treatments from America's natural beauty expert *Beauty in modern America* is a multibillion-dollar industry, and consumers spend hundreds of dollars on beauty products only to discover that they aren't satisfactory or effective. *Natural Beauty at Home* includes over two hundred of Janice Cox's recipes (many have been passed down through three generations of her family) for

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everything from shampoo and mouthwash to face masks and lip gloss, so readers can customize their beauty regimen, save money, and have fun, all at once. In this new edition, Cox has refined over twenty years' worth of simple and self-indulgent recipes for body and soul, including: - cleaners and scrubs - creams and lotions - massage oils and aromatherapy - hair-care products

This valuable, practical guide is your answer to provide your family with a life free from harsh everyday chemicals. With *Natural Solutions for Cleaning & Wellness* and a few ingredients from your kitchen, you can clean your home and treat minor ailments, naturally! Halle Cottis shows you how to use all-natural concoctions to transform your house into a toxic-free home. She details how common kitchen ingredients can be used as natural solutions to save time and money, both in the home – with Kitchen Disinfectant Cleaner, Dry & Liquid Laundry Detergent or Pest Control – and for your health, whether you are dealing with Headaches & Migraines, Skin or Digestive System issues. This book will have 100 recipes for remedies and cleaners.

Homemade Deodorant is one of the easiest and most fun beauty products that you can make. There is nothing more satisfying than making your own natural beauty products. In this book I show you how easy and simple these products actually are to make

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at home. They can be created out of the smallest amounts of wholesome natural ingredients. There is a good chance that you already have most of these ingredients in your kitchen already so you will be good to go as soon as you read it. If you implement the use of natural beauty products into your life, you will not only benefit from healthier underarm skin, you will also FEEL better because what you actually put ON your body actually works its way INTO your body. This is just a small sample of the recipes in this book: -- Natural Deodorant Recipes Basic Baking Soda Deodorant Lavender Deodorant Shea & Arrowroot Deodorant Tea Tree & Lavender Deodorant Epsom Salts & Coconut Deodorant Deodorant For Men Lemongrass & Beeswax Deodorant -- Natural Body Spray Recipes Himalayan Salt Body Spray Raw Alcohol Spray Frankincense Spray Cedarwood & Juniper Spray Grapefruit & Lavender Spray Rosemary & Patchouli Spray The book also discusses the harmful chemicals in store bought deodorants and sprays, a list of common everyday ingredients used and their health benefits, the basic set up and equipment needed to make your own deodorants and body sprays and a couple of nifty other uses for the body sprays that you will love. Quite simply, there is nothing better than going NATURAL. When you make your own deodorants and body sprays you know EXACTLY what is in them and you can alter any recipe to suit your mood

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or in order to use your favorite essential oils. Are you ready to learn how to make your own natural

homemade deodorants and body sprays? Yes?

Then click to buy and let us get started!

DIVTry These Timeless Treatments Supported by Cutting-Edge Science!/div DIVLook no further! From

insect bites, insomnia, and upset stomach to nasal congestion, stress, and heart health, this

authoritative and comprehensive guide offers easy, effective recipes to bolster your resistance to illness, ease aches and pains, and manage minor ailments naturally./divDIV The authors explain the science

behind these remedies, debunk common myths, and let you know when to call the doctor. In addition, they provide a blueprint for wellness for you and your family. The bookâ€™s 500 recipes contain readily

available, inexpensive, and safe ingredients. Many youâ€™ll find within your cupboards or at the grocery store. For instance:/divDIV/div Dab on tea tree oil to

clear up acne Gargle with sage and thyme tea to combat sore throat Engage in mindfulness exercises

for weight loss Eat chia seed to help with hay fever Whip up a calendula salve for diaper rash Heal dry

skin with coconut oil Lift mood with a gratitude journal Take elderberry syrup for influenza Apply

aloe vera gel and peppermint essential oil to sore muscles

Jill Winger, creator of the award-winning blog [The Prairie Homestead](#), introduces her debut [The Prairie](#)

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Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin *The Pioneer Woman Cooks* meets *100 Days of Real Food*, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher

These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many

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people are surprised to learn you can make yourself. Beyond these recipes, *The Prairie Homestead Cookbook* shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

Make your own delicious cultured foods-safely and easily! The art of fermenting foods is an ages-old craft that is enjoying a resurgence as people are discovering not only the health benefits of live-culture foods, but the true pleasure of creating their own fermentations at home. From kombucha to kefir, and from sourdough to kimchi, research is proving that live-culture foods can help reduce high cholesterol, strengthen and support digestive and immune systems, and help fight and prevent chronic diseases. *The Complete Idiot's Guide® to Fermenting Foods* covers the amazing health benefits of fermented foods and the techniques for safely fermenting food at home. Here's what you'll find in *The Complete Idiot's Guide to Fermenting Food*: Over 100 unique and delicious recipes for ferments of all types, including beverages, cultured dairy, fermented grains, vegetable ferments, and much more, and each with detailed instructions. Helpful insight on the tools and techniques you'll need to know to safely create nearly any type of fermented food. Detailed guidance on how

fermentation works, how to troubleshoot common fermentation issues, and how to grow your own starters

Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, *How It All Vegan!* will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook. . . ."—BUST

Created by the expert hosts of the popular *Well-Fed Women Podcast*, a step-by-step food and fitness plan for women, that teaches them how to improve their health by changing the quality—not the quantity—of the food they eat. To eat your way to better health, you don't need to limit your calorie intake, or cut out carbs or fat. You don't need to count "points." Better health doesn't come from limits. It comes from focusing on the quality of food that you eat—not the quantity. Instead of limiting your food intake you should be enriching it, argue Noelle Tarr and Stefani Ruper. The popular hosts of the *Well-Fed Women Podcast* want you to focus on the good things you eat. They want to make sure you get enough food so that your body has the fuel and nourishment it needs to support a healthy, long, and energetic life. Noelle and Stefani know about eating for health firsthand. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic

ovarian syndrome, hypothyroidism, and anemia.

They discovered that the secret to improving wellness was actually more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. In *Coconuts and Kettlebells*, you'll eat at least 2,000 calories a day thanks to a delicious selection of dishes that are all gluten-free, grain-free, and paleo. Within those 2,000 calories, setting a minimum intakes of protein, fat, and carbohydrates instead of the usual maximums will ensure that your diet is full of nutrients, while also providing flexibility to enjoy what you're eating. Noelle and Stefani identify the Big Four foods—grains, dairy, vegetable oils, and refined sugar—that cause the most health problems among women. While many diets require you to eliminate these foods entirely, *Coconuts and Kettlebells* provides an easy-to-follow step-by-step program to test these foods and determine which you need to cut back on—and which you don't—to feel better. To help you discover how your body responds to the Big Four, you'll choose from two simple 4-week meal plans: one for the Butter Lover (people who tend to feel more satisfied eating higher ratios of fats) and one for the Bread Lover (people who tend to feel more satisfied eating higher ratios of carbs). Each meal plan comes with a weekly shopping list, a guide to kitchen tools and equipment, and instructions on how to batch cook, meal prep, and stock the pantry.

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In addition, you'll have access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free of the Big Four foods) for every meal of the day, including: Coconut Chai Latte Kale and Bacon Breakfast Skillet Apple Pie Smoothie Thai Coconut Curry Shrimp Moroccan Lamb Meatballs Shrimp and Cabbage Stir Fry Parsnip and Carrot Fries Mango Jalapeno Salsa Chocolate Cherry Energy Bites Lemon Raspberry Mini Cheesecakes To go along with the meal plans, Noelle and Stefani also provide three 4-week fitness plans tailored to three experience levels: beginner, intermediate, and advanced. All of the workouts can be done anywhere—at your home or on the road—and take no more than thirty minutes. A comprehensive whole body program to get and keep you healthy inside and out, *Coconuts and Kettlebells* provides the knowledge and tools you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. *Coconuts and Kettlebells* is illustrated with color photos throughout.

Heartfelt + handmade = the perfect gift. In *Simple Gifts*, Jennifer Worick offers step-by-step instructions for creating easy and inspired handmade gifts that won't break the bank. Learn how to stitch a wine bag for your favorite foodie, sew pajama pants for a tried-and-true friend, roast coffee beans for an office pal, or felt a ring for your sweetheart. Also included is Jennifer's helpful, witty advice on choosing the right gift for anyone—man, woman, or child—and how

to wrap up your present with style. From a sweet knitted apron to a hand-embroidered handkerchief, personalized note cards to soothing natural lip balm, a quilted baby blanket to a manly wooden toolbox, these heartfelt, handmade gifts are certain to wow and touch your loved ones.

Transform your health with the complete guide to Frankincense Essential Oil! Get 2 FREE Ebooks with this guide Master the powerful natural abilities of Frankincense essential oil with this complete guide. Frankincense is well regarded as a brilliant aid in pain relief and improving sleep. Did you know it can also be used to treat acne, prevent bad breath, reduce the symptoms of arthritis, improve memory and act as a brilliant deodorant? I could go on and on with an endless list of Frankincense's powerful therapeutic applications. It truly is a health powerhouse. Many aromatherapists agree that frankincense should a the cornerstone of anybody's essential oil collection due to the sheer versatility and ease of use. This book has been written to provide a full and thorough breakdown of frankincense essential oil, ranging from its rich history to the modern day applications. Find out what the book contains below! Here is exactly what you will learn whilst reading this book A history of Frankincense Essential Oil's use A breakdown of frankincense essential oils chemical composition The key therapeutic properties of frankincense

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essential oil A detailed explanation of how the oil is extracted How to extract frankincense essential oil at home including how to maximize the purity and yield Complete safety instructions when using frankincense essential oil How to apply essential oils to the body through massage, inhalation, ingestion and topical application The amazing health benefits of the oil 6 remedies using frankincense essential oil exclusively, including stress relief and insomnia treatment 32 easy and effective recipe/remedy blends containing frankincense oil for treating various ailments Cancer treatment blend Jet lag blend Detoxification blend Memory improvement blend Acne Treatment Blend Over 30 more incredibly helpful natural blends! Buy now to learn everything you'll ever need to know about Frankincense essential oil!

The immensely popular blogger behind Little House Living provides a timeless and “heartwarming guide to modern homesteading” (BookPage) that will inspire you to live your life simply and frugally—perfect for fans of *The Pioneer Woman* and *The Hands-On Home*. Shortly after getting married, Merissa Alink and her husband found themselves with nothing in their pantry but a package of spaghetti and some breadcrumbs. Their life had seemingly hit rock bottom, and it was only after a touching act of charity that they were able to get back on their feet again. Inspired by this gesture of

kindness as well as the beloved Little House on the Prairie books, Merissa was determined to live an entirely made-from-scratch life, and as a result, she rescued her household budget—saving thousands of dollars a year. Now, she reveals the powerful and moving lessons she's learned after years of homesteading, homemaking, and cooking from scratch. Filled with charm, practical advice, and gorgeous full-color photographs, Merissa shares everything from tips on budgeting to natural, easy-to-make recipes for taco seasoning mix, sunscreen, lemon poppy hand scrub, furniture polish, and much more. Inviting and charming, Little House Living is the epitome of heartland warmth and prairie inspiration.

Most of us turn a blind eye to the startling array of chemicals lurking in everything from shampoo to baby bottles to the money in our wallets, choosing to believe that government agencies ensure the safety of the products we wear, use, ingest, and breathe in daily. Yet the standards for product safety in North America lag far behind those of other countries. We frequently hear that a substance we've relied on for years turns out to have serious effects on our health, the environment, or both. After coming to terms with the fact that the autism and cancer which had impacted her family were most likely the result of environmental toxins, author Deanna Duke undertook a mission to dramatically reduce her

family's chemical exposure. She committed to drastically reducing the levels of all known chemicals in both her home and work environments, using the help of body burden testing to see what effect, if any, she was able to have on the level of toxins in her body. Follow Deanna's journey as she uncovers how insidious and invasive environmental toxins are. Learn about your day-to-day chemical exposure, the implications for your health, and what you can do about it. And find out whether the author's quest is mission impossible, or whether she is ultimately able to improve her family's health by taking steps towards leading a chemical-free life. Deanna L. Duke is an environmental writer, urban homesteader, and author of the highly acclaimed environmental blog *The Crunchy Chicken*.

Ever think of making your own beauty products -- handmade, high performance, healthy alternatives to just about every chemical laden product you currently put on your face and body? It's easier than you think! In *Make It Up* author Marie Rayma shares the recipes she has developed through years of trial, error, and testing to come up with the very best. This is real makeup and skincare: bright lipsticks, quality mineral powders, long-wearing eyeliners, and masks and cleansers that yield results. Rayma walks you through natural ingredients available online or at health food stores. These awesome oils, butters, clays, and minerals will replace the petroleum

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products, artificial colors, and lab-created mystery fragrances that have untold effects on our bodies.

Products can be tailored for individual needs -- from swapping out ingredients not suitable for sensitive skin to whipping up the perfect colors suited for any complexion. With easy-to-follow instruction, **Make It Up** provides more than 40 essential cosmetics and skin care projects so you can make just what you want, when you need it.

More than 100 Remedies and Recipes for Vibrant Health! Packed with step-by-step instructions to make your own herbal remedies, simple recipes for cooking with herbs and spices, and beautiful photographs, this might be the most comprehensive guide to natural remedies ever published. Here readers can learn about alternative medicine and homeopathic approaches, aromatherapy and essential oils, and much, much more. **Natural Healing for Common Ailments** **Cooking with Superfoods** **Juices & Cleanses** **Edible Wild Plants** **Planning an Herb Garden** **Everyday Treatments for Women & Children** **Natural Cleansers for the Home** **Homemade Non-Toxic Cosmetics** **Revitalizing Tinctures & Shots** **Anti-Inflammatory Foods** Take charge of your family's health and well-being with this comprehensive guide.

* Treat coughs, colds, allergies, rashes, stomach aches, and more * Simple recipes made at home * Easy-to-find ingredients for kid-safe cures

Its undeniable that society's reliance on the quick-and-easy fix is causing mayhem for human health, our planet, and future generations. Naturally Inspired is the perfect resource for those on a mission to live a natural life free from avoidable toxins. By replacing a few store-bought products with DIY alternatives, not only will you improve your overall health and wellbeing, youll also save money and reduce waste. With her gentle and realistic approach, Krissy Ballinger will help you reduce your bodys toxic burden with recipes for common day-to-day essentials like deodorant, sunscreen, magnesium oil, dishwasher tablets, cleaning sprays and much more. Its easy to be inspired by the simplicity of the recipes and the stunning photography, along with the inclusion of thermal appliance methods and seemingly endless ideas on how to use essential oils. Natural DIY has never been so easy and rewarding.

A guide to an eco-friendly lifestyle provides suggestions for using an array of "green" home, garden, and beauty products, with recommendations on affordable options for renewable energy solutions, allergen-free textiles, and toxin-free cleaning products.

With the emergence of Artificial Intelligence (AI) in the business world, a new era of Business Intelligence (BI) has been ushered in to create real-world business solutions using analytics. BI

developers and practitioners now have tools and technologies to create systems and solutions to guide effective decision making. Decisions can be made on the basis of more reliable and accurate information and intelligence, which can lead to valuable, actionable insights for business.

Previously, BI professionals were stymied by bad or incomplete data, poorly architected solutions, or even just outright incapable systems or resources. With the advent of AI, BI has new possibilities for effectiveness. This is a long-awaited phase for practitioners and developers and, moreover, for executives and leaders relying on knowledgeable and intelligent decision making for their organizations. Beginning with an outline of the traditional methods for implementing BI in the enterprise and how BI has evolved into using self-service analytics, data discovery, and most recently AI, *AI Meets BI* first lays out the three typical architectures of the first, second, and third generations of BI. It then takes an in-depth look at various types of analytics and highlights how each of these can be implemented using AI-enabled algorithms and deep learning models. The crux of the book is four industry use cases. They describe how an enterprise can access, assess, and perform analytics on data by way of discovering data, defining key metrics that enable the same, defining governance rules, and activating metadata for AI/ML

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recommendations. Explaining the implementation specifics of each of these four use cases by way of using various AI-enabled machine learning and deep learning algorithms, this book provides complete code for each of the implementations, along with the output of the code, supplemented by visuals that aid in BI-enabled decision making. Concluding with a brief discussion of the cognitive computing aspects of AI, the book looks at future trends, including augmented analytics, automated and autonomous BI, and security and governance of AI-powered BI.
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