

# American Author Ann Sullivan Releases New Guide: Cilantro Essential Oil

*October 13, 2016*

October 13, 2016 - PRESSADVANTAGE -

Boynton Beach, FL: Ann Sullivan, a respected and reputable leader in the alternative wellness industry, proudly announces the release of a new essential oils guide titled Cilantro Essential Oil. Ann-Sullivan.com is a "green" company that prefers to reduce environmental impacts and carbon footprints when possible. Keeping in line with this company policy, Cilantro Essential Oil will only be available in digital format through the Amazon Kindle store.

"Stress is the underlying cause of so many medical issues," explains Ann Sullivan, author of Cilantro Essential Oil, as well as several other essential oil books. "Stress relief is often difficult to master by yourself. Cilantro essential oil [may have] the ability to help alleviate the symptoms associated with stress. Our daily lives often place us in stressful environments, which can trigger other wellness issues. With Cilantro essential oil we can enter these environments and remain calm and confident."

Digitally published with flip book style formatting, this information rich resource is designed to incorporate the familiarity of traditional physical print publications. Cilantro Essential Oil provides a veritable treasure chest of educational material regarding the properties, advantages, benefits, and uses of Cilantro essential oil. Readers will discover the recommended procedures for application techniques, suggested safety precautions to follow when using the oil, as well as the proper procedures for storing the oil when not in use.

"Several of the people I associate with on a daily basis suffer from issues that stem from being overly stressed," states Sullivan. "Anxiety, mental fatigue, physical exhaustion, and depression are very serious issues that can adversely affect our overall well-being. By applying Cilantro essential oil appropriately, or simply diffusing it throughout the house, we can experience an invigorating and uplifting mood enhancement which will reduce the harmful effects associated with stress related illness issues."

As a rising leader and respected member of the alternative remedies industry, Ann-Sullivan.com strives to provide the most up to date and relevant information on essential oils to all of their clients, as well as to new members.

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## **Ann-Sullivan.com**

*I am an author who specializes in alternative wellness remedies as well as delicious cuisine specific recipe books. My goal through this combined effort is to help those who want to enjoy an invigorating and exciting lifestyle.*

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