

US Author Ann Sullivan Releases New eBook: Clary Sage Essential Oil

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October 21, 2016; Boynton Beach, FL: Ann Sullivan, a leading voice of reason and respected member of the alternative wellness community, eagerly announces the release of her latest eBook effort titled Clary Sage Essential Oil. Ann-Sullivan.com is an eco-friendly company that prefers to carbon footprints and environmental impacts when possible. In keeping with this highly valued company policy, Clary Sage Essential Oil will only be available in digital format through the Amazon Kindle store.

"My family has a strong female presence," states Ann Sullivan, author of Clary Sage Essential Oil, as well as several other essential oil guides offered in digital format. "And several of those females are old enough to experience the monthly menstruation cycle, and as any of them will tell you, the aches, pains, cramps and conditions are all very real; that's where Clary Sage comes onto the scene. This essential oil can help alleviate many of these symptoms."

This digital edition has been published with flip book style formatting to incorporate a touch of familiarity with physical print publications. An information rich resource, Clary Sage Essential Oil offers a veritable wealth of educational material detailing the properties, advantages, and benefits associated with Clary Sage Essential Oil. Readers will learn the recommended procedures for application techniques, suggested safety precautions to follow when using essential oils, as well as the proper procedures for storing the oil when not in use.

"The menstrual cycle strikes differently for all females," explains Sullivan. "Some experience very little discomfort, or have an extremely high pain tolerance. Others are almost bed ridden for the first couple of days after their cycle starts. Clary Sage essential oil will help manage those miserable moments and make the aches, pains, and cramps easier to contend with. As a matter of fact, it can also be used by women going through the stages of menopause as well."

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 their clients, as well as to new

members.

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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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