

American Author Ann Sullivan Releases New Book: Cypress Essential Oil

November 04, 2016

November 04, 2016 - PRESSADVANTAGE -

November 4, 2016; Boynton Beach, FL: Ann Sullivan, a leading voice of reason and respected member of the alternative wellness and recovery industry, excitedly announces the release of her latest essential oils effort titled Cypress Essential Oil. Ann, through her self-titled company Ann-Sullivan.com, strives to create and maintain an eco-friendly atmosphere and attitude by reducing carbon footprints and environmental impacts at every opportunity. In keeping with this mission statement, Cypress Essential Oil, as well as Ann's other publications, will only be available digitally through the Amazon Kindle store.

"The cooler fall weather is already upon us," states Ann Sullivan, a rising and respected author in the essential oils industry. "That means that the much colder weather of winter is just around the corner, and with it the cold and flu season. One of the best essential oils to have an abundance of during this time of year is Cypress. Catching a cold, or coming down with the flu, is a miserable experience to say the least. Cypress can alleviate many of the symptoms associated with these seasonal maladies."

This digital rendition has been published with flip book style formatting; incorporating familiarity with traditional physical print publications. Cypress Essential Oil is an information rich resource that serves as a veritable wealth of educational material that details the uses, properties, and benefits associated with Cypress essential oil. Readers will discover the proper methods of applying essential oils, the recommended safety precautions to employ when using and applying the oils, as well as the suggested procedures for securely storing the oils when not in use.

"Cypress essential oil is an absolute must have around the homestead during the cold and flu season," explains Sullivan. "Not only can it assist with pain relief, it is also considered a natural sedative which will help cold and flu sufferers get some much-needed sleep and rest. As an added bonus, Cypress essential oil also possesses inherent properties that make it a useful application for upper respiratory ailments such as bronchitis and asthma."

As a respected member and reputable leader of the alternative wellness and recovery industry,

Ann-Sullivan.com aims to furnish the most up-to-date, relevant, and pertinent information regarding essential oils to all clients, new members, and the rest of the essential oils community.

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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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