

Sneak Preview

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NAMES AND FACES

KG Stiles' New Book on Aromatherapy to Be Released This Month

**The Sneak Preview — Pages 48-49
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Ashland's **KG Stiles**, an aromatherapist, metaphysical coach and holistic health educator of more than 35 years, will have her first traditionally published books about essential oils released by Page Street Publishing this month.

She has used essential oils in conjunction with other holistic healing methods to recover from early childhood issues of abuse, as well as suffering with a ten-year physical disability that included chronic fatigue, chronic patterns of pain, heavy metal toxicity, Candida and allergies. During that time, she relentlessly spent tens of thousands of dollars searching and trying dozens of allopathic and alternative treatments, none of which ever helped. As a matter of fact, her symptoms of pain and dysfunction just kept getting worse.

KG's happy to have created a socially conscious online presence that positively touches hundreds of thousands of lives around the world. Her online aromatherapy product offerings, trainings, books and metaphysical coaching programs help people live true to themselves, free to take meaningful action and create a life they love.

Her new book, *The Essential Oils Complete Reference Guide*, is the culmination of all that work. It will be available for purchase at local book retailers. You can also visit kgstiles.com/welcome for more information.

KG moved to Ashland in 1983 and over the past three decades has worked with many celebrities. She has been referred to as the "Aromatherapist to the Stars!" Her advice and services have included not only internationally famous celebrities and athletes, but also entrepreneurs and top executives, individuals, small business owners, spa therapists, hospitals and medical centers.

It all started when, at a very young age, she discovered she had a genuine interest in helping people feel better. Her mother, a licensed cosmetologist, influenced her natural interest and love for creating beauty in the world. Being born-and-raised by the coastal waterways of Wilmington, North Carolina, also inspired her natural love of beauty.

KG realized early on it was the way people were thinking that caused most, if not all, of their problems. She became passionate about changing the way people think about their life situation. She became a lifelong



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student of fitness, wellness, nutrition, philosophy, metaphysics, astrology and psychology.

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