

# Boosting the Immune System

Something everyone seems to want to do this time of year is boost their immune system. This is a good goal, especially as what it really is is a goal to improve your overall health.

## Ways to boost the immune system:

- Drink more water (this helps flush waste and toxins, those things that harbor and strengthen bacteria, out of your system).
- Avoid sugar and processed foods (did you know that sugar has an almost immediate negative effect on your immune system—it's an immune-suppressant!)
- Use 100% pure essential oils (just about every essential oil has a beneficial action on the immune system!)
- Take a probiotic (the gut is the root of your immune system!)
- Get at least 8 hours of sleep a night.
- Exercise (we all know we need it).
- Get some sunshine! Sunshine is the number one way for our body to get Vitamin D. Vitamin D is an incredible help to the immune system, combating flu, cancer, skin disease, mood swings, and much more!
- Eat more fruits and vegetables, especially fresh and raw.
- Drink a dose of Masaji™ every day! (This is like a multivitamin extraordinaire.)
- Reduce stress, increase meditative moments. (I know, you've heard it before and you're to the point where it causes you stress to read the words reduce stress, then focus on increasing your meditative moments. Right, you say, like you can even get in a yoga position. That's not what I said, I said increase your meditative moments. Set a timer and each hour stop and breathe deeply for 10 breaths. Try to turn off the stereo or the TV to do this. You may even have to hide in the restroom to get something that resembles quiet. Give it a try and see if you notice the difference.)
- Take a walk. It can even be a short walk to get the mail, just notice that you're taking a walk, instead of thinking you're running to get the mail.

## How to use essential oils to strengthen the immune system

Just using an essential oil will strengthen the immune system, but I want to give you a few quick ideas of how you can easily incorporate a few essential oils into your daily routine with a minimum of time involvement and stress.

- In your medicine cabinet (up high so the kids can't get into them) keep a bottle of Eucalyptus, Tea Tree, and Spice for Life blend. After you brush your teeth, put a drop or two of Tea Tree in a cup of water and gargle with it. (Don't swallow, just spit it out.) This will help strengthen the respiratory system enabling you to avoid coughs, colds, flus, viruses, etc. Either brush your teeth with Spice for Life or put a drop or two in about a tablespoon of water and use as a mouth wash, too.
- After you shower (or bathe) take your bottle of Eucalyptus essential oil and, while your skin is still moist and warm, rub some on your chest, back, and feet. This will help protect your whole body from germs. During especially contagious times you may want to add Tea Tree or the Spice for Life blend to this routine. If you find these oils are too "hot" for you, apply them with a carrier oil to "cool" them down.
- When you get home from work/school/outings diffuse an essential oil for 15-20 minutes. This will kill any germs you brought home with you and protect your house all over (kills mold spores, bacteria, virus, etc. Diffusing in the home also helps repel insects and mice.) It will also affect the people in your home emotionally, making it a more positive place to be. You may choose to

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diffuse before leaving home, too, this will help protect you from any germs you run into while you are out. (Note: If you have a baby diffuse in a different room than the child is in and don't take the baby into the room where you diffused for 30 minutes after diffusing. Also be aware of your pets—don't diffuse with birds, reptiles, or fish around, it kills the bacteria they need to survive. Diffuse gentler scents if you have a cat or dog as their noses are tender and make sure they have an exit available if they don't want to be in the room where you are diffusing.)

- Add essential oils to your lotions (about 10-20 drops of essential oil per 8 oz lotion, make sure that it is free of toxic chemicals and synthetic fragrances, you may want to just replace it with Message oil), this will allow you to absorb the essential oils throughout the day.
- Do your liver cleanse (that's one drop of Lemon, one drop of Peppermint, and 1 teaspoon to 1 tablespoon of fresh lemon juice every morning—make sure you're using an essential oil that's approved for internal use, like Be Young essential oils, or you're risking your health rather than supporting it.) Disease thrives in a body that is acidic, the liver cleanse corrects this by changing the body's pH.

**To order, for class information, or if you have questions contact:**

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