

How to lose weight. . .

Why do we gain weight? (in no particular order)

- Hormonal imbalance
- pH imbalance
- Lack of exercise
- Lack of necessary enzymes
- Consumption of processed foods
- Consumption of MSG (Monosodium glutamate)
- Emotional imbalance
- Lack of water
- Parasites
- Stress
- Pollution/Toxins
- Sugar consumption
- Health imbalance

Wow, what a list! There are definitely more reasons as well. From looking at the list I hope you can anticipate that we are not going to give you a magic key and you will soon lose 100 pounds. What we are going to try to do is give you a winning hand of cards—if you don't use those cards and have faith in them, you will not win the pot.

We're not going to address all things in this class. Different health issues, their causes, and solutions are for a separate class. We encourage you to attend those classes that pertain to you, as you will get more help in achieving your goal of good health. We are also not going to address toxins, fake sugars, MSG, processed foods, etc. Those are for classes on nutrition (which we encourage all to attend as well).

Two warnings:

1. You did not get this way overnight and you are not going to lose all of this weight overnight.
2. You did not develop your eating habits or health problems overnight and you are not going to change them overnight.

THIS IS GOING TO TAKE SOME TIME, DEDICATION, AND PATIENCE!

We are here for you! You can e-mail us or call us at any time and we will give you new ideas and encouragement. We will help you make changes quickly or slowly; we will help you restart if you stop. We love helping people improve their health!

This is our suggested starting point:

This week I will: (select 5 things from the list below that you will do this week)

1. _____
2. _____
3. _____
4. _____
5. _____

Items to choose from:

These are all wonderful things you can do to lose weight and restore health. Ideally, you would do all of them—that's not going to happen tomorrow! So, the way to achieve the ideal is to start slow, line upon line, precept upon precept, take baby steps, and work your way up. Select five of the items below, try to get some from each category, and work them into your life this week. I highly suggest that three that are always on your list are Masaji, Liver Cleanse, and Water.

Although the items below are general, you need to make them specific in your plan. For example, instead of just writing down "Drink a glass of Be Slim," you need to write down, "I will have a glass of Be Slim

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young's 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2009 (208-852-2295, www.TracesEtc.com)**

for my snack before I go to bed on Monday, Wednesday, and Friday instead of my usual bowl of cereal.” The more specific you are the greater your chance of doing it—include what you are going to do, how you are going to do it, when you are going to do it, even where, why and with whom you are going to do it. Realize this is not set in stone. If you put down that you were going to exercise for 15 minutes on Wednesday at 3:00 pm and your kid calls you from school sick as a dog on Wednesday at 2:56 pm and you have to go pick him up, you can still exercise on Thursday or maybe even later in the day on Wednesday (perhaps while the kid is soaking in a tub with some Eucalyptus and Epsom Salts to help them get better).

Foods:

- Drink a glass of Be Slim instead of eating a meal. (Yes, you can make this your midnight snack meal.)
- Instead of a meal or a snack drink another glass of Be Slim
- Drink an extra glass of water
- Eat 50% of a meal raw
- Have a glass of freshly juiced vegetables, apples, or a combination of the two
- Eat a piece of fruit
- DON'T USE ARTIFICIAL SWEETENERS! Other options include Stevia, Honey, raw cane sugar, or even regular sugar is better than artificial!
- Drink a serving (or more) of Masaji every day. This provides your body with probiotics (a must), vitamins and minerals (you're not getting these unless you're growing your own food in an organic fashion), and nutrition. Actually, you'll find that your daily dose of Masaji actually cuts food cravings because it provides your body with what you need so it doesn't send out food cravings in its search for the nutrients it needs.

Exercise:

- Yoga
- Meditation
- Aerobic
- Weight training
- Go for a walk
- Soak in the tub (with essential oils and salts!)
- Receive an Emotional Aromatic Touch Treatment (or give yourself one on your toes).
- Exercise is a two-fold process, it is not only anything that makes you sweat (sweating gets rid of toxins, less toxins = less fat) and exercise is also a process that relaxes and renews you (not TV watching, sorry), but this can be the soak in the tub, yoga, meditation, it can even be scripture study!

Essential oils:

- Orange (diuretic, decreases cellulite)
- Mars or Venus oil blends (choose for your gender type) (hormone balancer)
- Clary Sage (hormone balancer)
- Lemon (diuretic, decreases cellulite)
- Rosemary (balances metabolism, breaks down fats in your body)
- Dill (lowers blood sugar, diuretic)
- Geranium (diuretic)
- Cypress (increases circulation, diuretic)
- Lemongrass (diuretic)
- Birch (diuretic)
- Fennel (hormone balancer, helps control food cravings, tones the skin as you lose weight)
- Peppermint (helps control hunger)

Cleanses:

- Liver Cleanse
- Gallbladder Cleanse

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young's 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2009 (208-852-2295, www.TracesEtc.com)**

- Digestive Cleanse
- Colon Cleanse

The items on our list are suggestions; don't be afraid to substitute something of your own choosing.

Note: There is a glossary of terms at the end, use this to find out what all those things above are that you aren't aware of. Chances are they are Be Young products. These are all available on our website at www.TracesEtc.com or for faster FedEx delivery or international orders see us at www.BeYoungEO.com/TracesEtc

Next week, pick from the following:

- Add another item or two
- Stay the same
- Change out some items, but stay at five

Start reasonably! If you haven't exercised in the last 5 months, don't start with running 10 miles every other day. I started with 3 minutes every day, I know others who have started with going up 3 steps every day, and others are able to start with running 3 miles a week. You know you! If you can muscle test I seriously recommend you use it to determine what type of exercise and how often. This is what I did and I had no down time due to painful muscles. We recommend you consult your physician before starting any exercise routine.

You over did it:

I know there are some of you who will fall into this category. So, here are your remedies:

- Physical Touch essential oil blend for all overdid it owies.
- Peppermint applied immediately to bruises, sprains, and strains will often stop them before they start.
- Basil rubbed on will get rid of a muscle cramp (and prevent the ache that often comes afterwards).
- Lemongrass is for connective tissues (ligaments, tendons, cartilage, etc).
- Birch if for bones (breaks, bone pain, etc).
- Lavender for the sunburn you got while outside.
- A soak will go a long way towards helping any and all tired muscles.
- Make sure you are staying well hydrated! Add a drop of orange to your glass of water.

Some tips:

- Put 5 drops lemon and 5 drops orange in 1 gallon of water and drink throughout the day.
- When you're hungry, drink a glass of water and wait even 5-10 minutes before eating. Often, you will no longer be hungry, or at least not eat as much (especially if you add a drop of Peppermint to it).
- I will often tell myself—"You can have that (cookie, piece of pie, etc) if you will first drink a glass of water." Once I've drunk the water I no longer want the goodie. I know some people who will say, "I can have that goodie if I will first eat a piece of fruit."—they say that gets rid of their craving for the sweet.
- Treats are okay—if you do nothing but deprive yourself, you will be miserable. I buy a large bag of almond M&M's (get the kinds with nuts, the nuts provide something nourishing), divide it up into small baggies, putting ¼- ½ cup of M&M's in each baggie. You can have one baggie a day/every other day/a week, whatever works for you. (I know a lot of people get their baggie on Sunday's, it's their munchie day.) Now, DON'T eat these by the handful—eat them one at a time and eat the whole one before eating the second one. They last tons longer and are more satisfying and you don't eat as many this way!

Drink Water:

Drink water—water is water. Water is not juice, water is not tea, water is not pop, water is not Kool-aid, water is not amplified with vitamins and minerals. Water is water! How much? Divide your weight in

half, that's how many ounces a day you should shoot for. So, if you weigh 100 pounds, try to drink 50 ounces of water a day. This is something you will probably need to work up to.

Drink water. Helps you feel full and will also help flush the toxins that will be released as you change your diet.

Some water stats:

- In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the #1 trigger of daytime fatigue.

What kind of water should I drink? I honestly don't know. I have read many experts' opinions on the subject. Some say only distilled, some say only spring, some say reverse osmosis, some say some of each. The only thing I can see that they really agree on is that it should be as close to just water as possible—no additives (like vitamins or chlorine). Most will agree that you can add lemon juice to your water and it's still okay. So, you don't have to limit yourself. I don't want to hear the excuse, "I just can't drink straight water, it tastes terrible to me." I have also found that if you "wean" yourself off of the sugar you've been drinking by using lemon juice to flavor your water, you will soon re-discover the sweet, sweet taste of clean, pure water.

Soaking (see, water really is your big time ally in this process):

Soak with pretty much any essential oil and Epsom salts—you can lose 1-3 pounds of toxins with each soak. Try weighing before and after.

Weight Loss soak:

January 30, 2008 we had an oil training call on the Health and Vitality of Men. At the beginning of it a lady was asked to share her experience as she created a weight loss soak. Below are her results.

Recipe

1 cup Starflake Salt (Epsom or sea salt if you don't have the other)
2 drops Orange
5 drops Geranium
5 drops Rosemary
3 drops Cypress
3 drops Birch
Lemon or Lemongrass optional
All of the above essential oils are diuretics.

Soak in the above in a warm tub of water for 45-60 minutes. When get out, put Orange oil on as like a body splash, then Rosemary and finally Cypress, rub them on straight, it will be kind of hot. These are all cellulite oils. Layer these oils on from your shoulders to your knees. She didn't use a Carrier, just put them on straight. She said she used mostly Orange, then a little less Rosemary, and finally a little less Cypress. Those with sensitive skin may want to use a Carrier Oil.

She bathed about 5 times a week and noticed she lost about 8 pounds between the first and second bath! She continued losing, losing a little less as time went on, by the third week she was averaging a loss of ½ to 3 pounds every time she takes a bath! She suggested you weigh yourself before every bath and keep a record of your progress. She also commented that it's really invigorating!

I don't have a clue if the above results are typical or not. I do know I'm going to give it a try!

Eat foods raw:

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young's 100% pure, therapeutic-grade essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2009 (208-852-2295, www.TracesEtc.com)**

Try to eat, bare minimum, one meal a day (ideally three meals a day) that include 50% raw foods. Now, stop, don't freak and think I'm telling you to eat raw meats, I'm telling you 50% of your meal should be raw—this could be a salad, a vegetable plate, adding an apple or orange, coleslaw, a freshly made fruit and/or vegetable juice, a sprinkling of fresh ground flax seeds, some sprouts, pumpkin seeds, raw sunflower seeds, raw nuts, and more. I discovered that this is far easier than I thought it would be. I just love throwing raw pumpkin seeds and sprouts onto pretty much everything I eat.

Let's look at breakfast for a moment. What is a typical breakfast? A bowl of cereal. Okay, let's modify it a little: first, try to avoid the sugar bombs, I like Cheerios, you may like shredded wheat, I also like Germade or cracked wheat, you may prefer oatmeal. Whatever we've got here, let's dress it up with our 50%. First, I put raw milk on my cereal (this can be raw cow or goat milk, soy milk, almond milk, whatever). You may still be drinking the pasteurized stuff, that's okay, you'll just miss out on this really easy way to 50% breakfast. Okay, sweetener. How about some lovely raw honey (terribly good for you, strengthens the immune system and gets rid of allergies all at the same time), you may prefer some raw cane sugar, or some molasses (molasses isn't generally raw, but it's still pretty good for you). **DON'T USE AN ARTIFICIAL SWEETENER!** (These cause you to crave real sugar, they also increase weight gain—yes they do! Besides that they're poisons. This is another class, just take my word for it for now, or search the web.) Okay, so we've got our bowl of cereal and some of us are already at 50% raw, others are still struggling—so, how about some fresh orange juice, carrot juice, or other juice. Don't want to juice it, eat it—slice up an apple (add some Spice for Life to it—yummy and immune stimulating!), dress a peach with a little cream or honey (my favorite), grab any kind of fruit—in a hurry, just grab a handful of raw nuts. Or, you can skip the whole deal and drink a Be Slim Meal Replacement.

Try to avoid ALL processed foods! Eat your foods in as natural a state as you can. I know you have time constraints, we all do, but the processing (and killing) of our foods is part of what is causing us to gain weight (and die). Do you know how much irradiation it takes to make it so a loaf of bread has a shelf life of a month? Do you know what that does to your body? (For the answers, attend a nutritional class or do some research on the web.)

For dealing with emotional aspects:

If dealing with an emotional aspect, go through the oils (you may want to smell each one, buy some sample smells, or muscle test) and discover one or two that create positive emotions/feelings within you. When you have the desire to eat something you shouldn't, diffuse (or sniff) the aroma(s) you have chosen. It's best if you can diffuse it and combine it with a positive action.

For example: I hate to exercise, I just can't seem to make myself do it, but I know I need to. TV time is a premium for me, I'm always studying or working, so TV time that is totally a no-brainer is a real treat for me. So.... when I exercise I get to watch a favorite show. I'm almost up to 22 minutes on the Eclipse (which, by the way, is really exciting because a ½ hour show with no commercials is 22 minutes). It's been a huge reward for me to increase in stamina because I get to watch more and more of my show. I started with 3 minutes a day—this really sucks, you just get into the show, it takes a whole week (no missing a day) to watch a whole show. I'm now up to 17 minutes 4-5 times a week. This means I get to watch almost a whole show. I am really pushing myself to get up to that 22-minute mark. Now, to “set” the whole exercise experience as a positive thing I diffuse an essential oil that is a “happy” oil to me. In my case this is almost always a citrus—Blossom blend, Lemon, or Orange. Now, can you imagine how good this is for your body to do all that deep breathing you're doing while you work out with an essential oil in the air? Oh, what an incredible gift I am giving to my body! Now, because of this scenario I've set up for myself, if I want to pig out on a box of chocolates, if I stop and open a bottle of one of my chosen essential oils (Blossom blend, Lemon, or Orange), it changes that craving, I now want a glass of water with lemon juice in it (what I always follow my workout session with).

Can you see how you can retrain your behavior? Essentially, you identify the problem (lack of exercise, over-eating, eating wrong foods, emotional distress, etc) and you use a pleasurable aroma (one of the strongest triggers we have) to change the desires of your body to a positive one (a healthy snack, a workout session, it can even be singing a song), this will change the whole process from one of total willpower to

something that brings a positive influence into your life as an anchor while the negative is washed away. This is going to be something that is totally individual, unique to you. Some people find that it helps them to keep a journal during this process or to take time out to meditate and record their emotions.

Relax!

“No diet will succeed without stress management. Stress messes up your adrenal glands, then your cells become more insulin resistant.” --Dr. Hugo Rodier

Develop habits that make eating a relaxing event. Do not wolf your food; do not watch the news or other stressful show. Enjoy your food, take time to chew it (this is when it starts being digested), try to avoid stress, enjoy eating your healthy meal. This helps you digest your food on both an emotional and physical level. Prayer (or expressing gratitude to whoever prepared your meal) is an excellent way to begin your meal because it causes you to stop, relax, think good thoughts, and unwind as you prepare to eat.

Binging:

To break the binging pattern: Before each meal put a trace of Basil on the back of your hand and enjoy the aroma while you rehearse how good you will feel when you are at your ideal weight and the ways you are using to get there. Lean forward with your elbows on the table and massage the back of your neck with a few drops of Basil. Brush your teeth immediately after meals and use a trace of Tea Tree to break the digestive response after eating that could lead to binging. Also, massage the lower parts of your ears, both front and back, with a drop of Basil (you may want to put it in a carrier oil).

As You Lose Weight:

As you lose weight you will discover that there is a smaller you living in a larger skin. Use fennel oil to tone and tighten the skin back up. Take 4-5 drops in a teaspoon of carrier oil and rub on a large area (your body). Pay special attention to the face and breast area as these tend to sag more. Do this at least three times a week, but not much more often than that. The Quiet Scent blend can also work wonders on wrinkles and sagging skin on the face.

If you have stretch marks apply Lavender to those areas. If they are severe you may need to add Frankincense or Helichrysum.

Glossary of Terms:

- Be Slim meal replacements. These come in Chocolate, Vanilla, or Raspberry flavors, there is also a vegan version that is vanilla flavored. Mix 2 scoops (I do one and then I can have two drinks a day) in 8 oz water, milk, or rice milk. Add ice, bananas, nuts, berries, etc if you want. Blend it up or shake it up. These contains vitamins and minerals as well as probiotics, digestive enzymes, and amino acids. They are sweetened with honey powder and sucrose.
- Carrier oil: An oil used to deliver an essential oil to your body. Be Young has two: Message and Gergalim Baru.
- Cleanses: Cleanses are a class in and of themselves. The Liver Cleanse is the most common (information is on our site in the library section www.TracesEtc.com). If you want to start with a different cleanse drop us an e-mail or call us and we will get you the information you need. There are the following different kinds of cleanses: Liver, Parasite, Digestive, Lung, Immune Strengthening, Gallbladder, Lymphatic and Fasting. If you have digestive problems we suggest you start with the Colon Cleanse before the Liver Cleanse as the Liver Cleanse will begin releasing toxins and other garbage for elimination.
- Diuretic: A substance or drug that tends to increase the discharge of urine.
- Di-gest Blend will help with challenges with excess gas bloating as you start cleaning the tubes and pipes, keeping the digestive system going properly.
- Eclipse: an exercise machine.
- Emotional Aromatic Touch: The *Emotional Aromatic Touch* program is focused on work with the energy centers of the body, or “chakras” as they’re known in the energy-healing world. The word Chakra is Sanskrit for “wheel” or “disk;” energy centers of the body that are sending and receiving

- energy. Different essential oil blends are used to stimulate each chakra, helping you release emotional baggage.
- EOBBB: The rigorous testing process that all of Be Young's essential oils go through (batch by batch—every bottle is guaranteed to be up to their incredibly exacting high standards).
 - Essential oil. All essential oils mentioned in this document are Be Young brand essential oils. These are all 100% pure, organic or wild-crafted, EOBBB guaranteed, therapeutic essential oils. Many of them are approved by the FDA for internal consumption, others are rated GRAS (generally regarded as safe) for consumption. Of course, these are all to be used responsibly, keeping in mind that essential oils are powerful, concentrated products. Please keep them and recipes containing them, out of reach of children, and avoid the eyes or other sensitive areas when applying them. We also recommend that you dilute them with a Carrier oil when applying them unless you are very familiar with them and how your body will react to them. Further information on all of these oils can be found in the library section of our website at www.TracesEtc.com Be Young essential oils mentioned in this document include:
 - Blends: Blossom, Di-gest, Physical Touch, Mars, Venus, Spice fo Life
 - Singles: Basil, Birch, Clary Sage, Cypress, Dill, Fennel, Geranium, Lavender, Lemon, Lemongrass, Orange, Oregano, Peppermint, Rosemary, Tea Tree
 - Masaji: A super-food produced by Be Young. It contains Marine Phytoplankton, Maqui, Acai, Goji, Bilberry, Blueberry, Chokeberry, Cranberry, Red Grape, Mangosteen, Pomegranate, Olive Leaf, essential oils of Rose, Frankincense, and Ginger Root.
 - Oregano. You can seldom go wrong taking one or two drops a day in a capsule with Message oil. Take only Be Young Oregano internally.
 - Parasite Cleanse: Over 88% of all Americans have parasites. Depending on where they infect the body either we can't gain weight or can't lose.
 - Starflake Salt: Flavor your food with sand-free Starflake Salt. We use a unique process to remove the microscopic sand that clouds the water of other salts. Try the experiment yourself. Stir in a teaspoon of regular salt in one glass and a teaspoon of Starflake Salt in another. Also great to use as a bath salt base (add your own essential oil mix).
 - Spice for Life essential oil blend. Take in a capsule with carrier oil for those in between meal times when your stomach is going to start feeling empty, especially for the first couple of days as you start your dieting. Quiets the hormone that your body releases that makes you feel hungry.
 - Stevia: An herb that can be used in place of sugar—very potent, a very little bit goes a long way. Available in liquid and powdered form at your local health food store or we can order some in for you.

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

Debby or Penny Swann
208-852-2295
www.TracesEtc.com