

# April 2008 Newsletter

Traces, Enhancing your life with Essential Oils

[www.TracesEtc.com](http://www.TracesEtc.com)

## Our 2008 goals

### Improve Eating Habits

*How close are you? The general guideline for how much good, pure water to drink per day: take your weight, divide it in half, and change pounds to ounces, and that is how much water to drink per day. Each month add another cup or so of water per day until you reach this maintenance level. Another way to determine how you are doing is the color of your urine. The lighter the color, the better. The more dehydrated you are, the darker the color. Eat at least 4-6 fruits and vegetables every day in March. That's one more every day than last month. This time of year there are so many great tasting fruits and vegetables, it's just fun to eat them.*

### Exercise More

Again, wherever you are now, add 2-3 minutes a day or 5 minutes, three times a week towards your maintenance goal exercise routine. If you haven't been exercising at all, you may need to start even slower. You can always add more time later, but don't hurt yourself and have to stop. Always consult your physician before beginning an exercise program. As the weather gets better, spend a little time outside taking a walk and getting some sunshine and good old Vitamin D. By the way, Balance is a great sunscreen. (See specials)

### Get Organized

*Organizational goals can be like exercising. There are three levels: beginning, medium, and advanced. I call doing a room a month advanced. Medium can be half a room, a closet, a ten by ten space. Overwhelmed? Try a drawer a week; you're still making progress.*

### Be More Prepared for Emergencies

Summertime is coming and many of us will be traveling more, maybe doing some camping or fishing, etc. We will be going over some of the oils in the First Aid/96 hour kit so that you can learn about them and we will be putting the things you need on sale to help you build your kit. Also a great idea for a missionary.

\*\*\*Essential Oils are powerful, always keep them and "recipes" containing them out of the reach of children.\*\*\*

**Always make sure the oils you use are pure. ForeverYoung essential oils are E.O.B.B.D. tested. They are not cut with carrier oils, nor do they have synthetic ingredients. They are organic or wild crafted.**

## Oils for your Emergency/96 Hour Kit

**Lemon** – Effectively kills airborne and surface bacteria; mix with water in spray bottle and mist air and surfaces to disinfect.

- Anti-bacterial properties which cleanse and neutralize to help prevent the spread of disease.
- Reduces stomach acidity.
- Used with Peppermint essential oil to detoxify the liver. This will help reduce allergies.
- Great “odor eater.” Don’t mask odors with artificial smells, they aren’t good for you anyway. Lemon is a great oil to get rid of odd smells. Great for musty basements. The Lemon essential oil will give your home a clean, fresh smell. Bugs don’t like Lemon essential oil, so it will help discourage them from moving in.

**Peppermint** – Relieves pain of bruises, anti-inflammatory properties. Provides cooling action, drops a fever.

- Detoxifying; relieves headache, nausea, colic, activates lymph flow and drainage.
- Antiseptic properties.
- Relaxes and soothes muscles.
- A couple of weeks ago I fell and injured my shoulder. I used arnica homeopath and several applications of Peppermint essential oil, and instead of stiffening up, I began to feel better throughout the night, and have continued to feel better every day since.
- Used with Lemon essential oil to detoxify the liver. This will help reduce allergies.
- *Box Elder Bugs: To one bottle (about one pint) of rubbing alcohol, add 4-5 drops of peppermint essential oil. Put in a spray bottle to spray on the bugs outside. Keep away from children and pets.*
- *Use Peppermint essential oil to get rid of sugar ants.*

**Lavender** -- The Universal oil. Immune system stimulant, anti-microbial (anti-viral, anti-bacterial, anti-fungal)

- Relieves pain from burns, aids in healing, and reduces scarring (I am also using this on my shoulder so that I don’t build up scar tissue from the injury.)
- Relaxes and soothes the nerves when faced with anxiety.
- Helps relieve vertigo, depression, headache and migraine, hypertension, and earache.
- Anti-spasmodic properties that calm asthma, colic, labor, sprains, strains, and stress.
- Provides allergy relief.
- Effective insect repellent and great for itchy bites.
- Add 10-20 drops of Lavender to lotion to relieve weather stressed, chapped or sun burned skin.
- Used to comfort the mind and spirit.
- Lavender helps move lymph, which helps detoxify the body.

Please see our website for more information and success stories that will help you see how other people are using the oils in their daily lives.

## April Classes

*I apologize. This shoulder has been a real setback for me. I don't know what I would have done without the oils. I am just getting so that I can type, and I am finally feeling well enough to try and catch up. So, I am still working on the classes.*

*We will send out an email and post the information on our website. We have some fun and interesting things to learn: Physical Aromatic Touch, Emotional Aromatic Touch, Lymphatic Touch, Emotional Freedom Technique, Energy Routines, and Tracing Meridians. These are things you can learn to do for yourself and your family to help cope with pain, improve your immunity, get rid of toxins, and overcome emotional stresses. If you live out of the area, but not too far away, call or email and see if we are coming your way. Please let us know if there is a specific topic you would like to have addressed.*

## April Specials

Please see our website for information on the following. There are articles and success stories that will help you see how people are using these oils.

ForeverYoung essential oil specials:

Lemon Essential Oil 10 ml. Regular Price \$14.95, *Sale Price \$13.46.*

Peppermint Essential Oil 10 ml. Regular Price \$19.95, *Sale Price \$17.96.*

Lavender Essential Oil Blend 10 ml, Regular Price \$23.95, *Sale Price \$21.56.*

Balance, Regular Price \$19.95, *Sale Price \$17.96.*

Any single order totaling \$100 or more, get 10% off. For ordering online, use coupon code "MarSp".

*Limited Time Products:*

Blossom Seasonal Blend Essential Oil Blend and Spa Bath Salts are available Spring only (March thru May) These are heavenly!

*Blossom Oil Blend 10 ml, \$33.95, Sale Price, \$30.56.*

*Blossom Spa Bath Salts are \$24.95, Sale Price, \$22.46.*

*Winter is officially over, and HHA Colloidal Silver is again available!*

500 ppm, 2 oz dropper, \$21.95.

500 ppm, 4 oz refill, \$32.95

500 ppm, 8 oz refill, \$59.95

Please contact us or go to our website for more information: [www.TracesEtc.com](http://www.TracesEtc.com)

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