

**August 2007 Newsletter**  
**Traces, Enhancing your life with Essential Oils**  
[www.TracesEtc.com](http://www.TracesEtc.com)

First Things First

August's winner, Peggy Christensen, will choose from our "Prize Box." Congratulations!!!

**August cleaning tips:**

- *10 drops Tea Tree in 2 ½ cups water, spray, will prevent fungus and mold*
- *8-10 drops Tea Tree, 5 drops Rosemary, 4 drops Lemongrass in H2O, sprayed on black mold = mold GONE!*

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

**Bug notes:**

- *Sugar ants: use peppermint essential oil on surfaces (lemon and vinegar are other choices)*  
*Success story on sugar ants:* "Recently, the lid on a Tupperware cereal storage container in our pantry was left slightly open. Tiny black ants literally invaded the pantry ... they were EVERYWHERE! Ugh! I vacuumed them up ... they returned. I sprayed ammonia on them ... they returned. I used Simple Green ... and still they returned. I then put approximately 20 drops of Peppermint essential oil in a 2oz. spray bottle filled with water and sprayed liberally. Hallelujah ... no more ants!! Plus, as an added bonus, the pantry smells great!" Lyn
- *Fruit flies (those annoying little buggers)—We just received a success story from a lady who eradicated them by spraying down her kitchen with peppermint essential oil and water. Just mix in a few drops of peppermint, spray away and have a delightful smelling kitchen without the bugs!*
- *When we open our windows at night we spray the screens with Orange essential oil, (a few drops mixed in a little pump sprayer) to help discourage those little bugs who like to come through the screen at night. It helps, and it smells good!*
- *See August specials for spray bottles*

**Recipe of the month:**

**Fruit and Yogurt –great as a topper or a side dish**

1 navel orange, peeled

1 plum, pitted

¼ cup watermelon (scoop out balls with melon baller)

½ cup cherries, pitted

1½ cups vanilla yogurt

Cut up fruit and mix with yogurt. Yum!

**Cool tips:** Scoop watermelon pieces with a melon baller and freeze to substitute for ice cubes in cold drinks. Grapes or pitted cherries are also yummy. A fun way to make a glass of water a real treat.

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August Classes:

*We will have a class on Thursday, August 16, from 1-3 pm.  
We will discuss Muscle testing, Daily energy routine,  
some types of pain control,  
Urinary tract infections, and Colloidal Silver,  
Mood Magic for Women & Mood Magic for Men - magic is the word for these!*

*Life is so busy, if you have questions, or just can't get to class when we are having one, give us a call. We can arrange a time for us to work with you personally. There is no charge for consultations. If you live out of the area, but not too far away, call or email and see if we are coming to your area. Please let us know if there is a specific topic you would like to have addressed.*

*Classes are free, and are held at our home in Mink Creek. Take hwy 34 north out of Preston, then turn east on hwy 36 (just past Riverdale Resort). About 8 miles up the canyon there will be a sign that says Mink Creek. Turn right here, go to the stop sign and turn left on Capital Hill Road. Go past the church, going down the hill, and our house is the one on the left, light grayish blue, with quakies in the front yard.*

## **“The Practical Uses & Benefits of Pure Therapeutic-Grade Essential Oils”**

**Physical Aromatic Touch, developed by Dana Clay Young, is an advanced system of tuning in to your body's innate intelligence by employing the powerful senses of touch and smell. The body's response to each unique oil indicates which 'body system' needs attention.**

*In this class we will be learning Physical Aromatic Touch, developed by Dana Clay Young. It helps you identify the essential oils that your body needs and then the oils are applied to the back with a warm compress. This is like an expensive “spa” treatment. It is wonderful.*

**This is your chance to get some real hands on training on how to use essential oils.  
For questions contact: Debby or Penny Swann**

**208 852 2295 or [Pennybugs@yahoo.com](mailto:Pennybugs@yahoo.com)**

**Pre-register and the cost is only \$20 per person/\$30 per couple (Bring a spouse or a friend). This helps us plan better. At the door: \$25 per person/\$40 per couple.**

**The class will be 3-4 hours long. We have not yet set a date, though we plan to have it in September. If you are interested in coming, let us know, and you can have input on the date and time. Price includes use of our oils for the “PAT” – you will get one and perform one!**

## August Specials

Please go to our website for more information on these and other products.

### Announcing Maggie's Soap Nuts for your laundry!!! (We LOVE these!)

- *Clean your clothes naturally.*
- *Excellent for people with eczema or other skin conditions.*
- *The flyer on Maggie's Soap Nuts is on our website in the library*

### Super Sale so you can try the soap nuts:

Family Size box (36-50 loads or more): Regular price \$18.99, Super sale \$12.00

Small Box (16-20 loads or more): Regular price \$9.99, Super sale \$6.50

### Colloidal Silver from Herbal Healer Academy will be on sale until Oct 1.

They cannot ship once the weather gets cold and there is danger of it freezing:

500 ppm: 2 oz dropper Regular price 21.95, Sale price 19.75, \$9.875/oz

4 oz refill Regular price \$32.95, Sale price 29.65, \$7.4125 /oz

8 oz refill Regular price 59.95, Sale price 53.95, \$6.74375/oz

32 oz Regular price 199.95, Sale price 179.95, \$5.6234/oz

### Glass Spray Bottles

1 oz size, Regular price \$1.99, Sale price \$1.79

2 oz size, Regular price \$2.19, Sale price \$1.89

4 oz size, Regular price \$2.29, Sale price \$1.99

### Forever Young essential oils and oil blends:

*We have two terrific oil blends called Mood Magic for Men and Mood Magic for Women. Where do we start? At the very beginning. For babies with colic, apply diluted 75% in carrier oil to the bottom of the feet, Mood Magic for Men for boys, and Mood Magic for Women for girls. And later in life...*

#### *Mood Magic for Women*

- *Helps balance hormones, thus balancing mood swings, cramps, hot flashes, headaches, and other hormonally rooted challenges. Think: teenagers without the drastic mood swings; readjusting the hormones after giving birth or having a miscarriage; menopause without hot flashes. Also supports feminine openness and communication with spouse/partner.*

#### *Mood Magic for Men*

- *Was formulated to help balance male energy and to regulate testosterone overload. This can be helpful for boys or men who seem to be too aggressive or just need to feel more balanced.*
- *Enhances male ability to perform physically, and be emotionally available for partner*
- *Although originally formulated to balance the hormones of men, it has been found to help women who are experiencing the "change of life" and find themselves too hormonally driven*

Mood Magic for Women Blend, 10 ml, Regular Price \$27.95, Sale Price \$21.95.

Mood Magic for Men Blend, 10 ml, Regular Price \$27.95, Sale Price \$21.95

**Birch Essential Oil**, Regular Price \$15.95, Sale Price \$12.95. *Known for ability to alleviate bone pain.*

*Analgesic and anti-inflammatory; rheumatism, arthritis, and gout. Strengthens bones and joints; restores and heals. Significant pain reliever. Relieves headaches and mental strain from working with facts and figures.*

**Basil Essential Oil**, Regular Price \$24.95, Sale Price \$19.95. *Calms spasms associated with asthma, bronchitis, muscular aches and pains (great on a "charliehorse"), gout, rheumatoid arthritis; ulcers, vomiting, gastric spasm, hiccups. Stimulates blood flow, heart tonic. Eases anxiety, hysteria, migraine from liver and gall bladder problems. Cleans kidneys, eases cystitis and uterine and prostate congestion. Skin tonic, aids hair growth.*

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