

August 2008 Newsletter
Traces, Enhancing your life with Essential Oils
www.TracesEtc.com

Our 2008 goals

Improve Eating Habits; Exercise More; Get Organized; Be More Prepared for Emergencies

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

*****News Flash!*****

We will be at the Franklin County Fair
In Preston, Idaho
Thursday, Friday, and Saturday
August 14, 15, and 16
From 11 am to 6 pm

We will be inside one of the Main Buildings

If you have questions, come and talk to us

Better Health Through Bio-Communication
Get a FREE scan to see just what your body needs to make the most
positive impact on your health in the least amount of time.
(\$25 value)

If you cannot make it to the fair, call us and make an appointment to come by at our home for your
free scan. Available to everyone on our mailing list for free! If you are out of our area, call or
email and see when we will be near you.

We have just returned from an essential oil Boot Camp. This is a four-day intensive study of the new oil blends that Dana has developed and the essential oil Bay Laurel. I know we have been talking about these oils since we began learning about them in May, but they are so important, I am going to spend one more newsletter on them.

- *We now have three Essential Oil Blends to target bacterial, viral, and yeast/fungal infections:*
 - *Spice of Life Blend. We have been using this wonderful oil blend for some time now on all three types of infections. Though it works on them all, it is superior at giving our body what it needs to knock out viral infections.*
 - *Defense Blend. The super bug eradicator!*
 - *Guardian Blend. Yeast and fungal infections can be tough to conquer. Your body can do wonders if it has the right nutrients. Tap into the essential oils in this blend to help your body conquer these challenges. Also, there are some theories coming to light about the relationship between fungal infections and cancer. Very interesting...*

How do we start coaching health and maintain it?

- Spice of Life essential oil blend targets viruses
- Guardian essential oil blend targets fungi
- Defense essential oil blend targets bacteria

Question: I thought I had a bacterial infection, but Defense essential oil blend didn't work. Why? Because the bacteria were in the process of morphing into a virus or fungus so the Defense essential oil blend was unable to kill it. You need to cycle through the three oils because of this.

Stick to the following order:

- Spice of Life essential oil blend for breakfast
- Guardian essential oil blend for lunch (Fungus has a growth spurt in the early afternoon.)
- Defense essential oil blend for bed (Bacteria grows twice as fast at night as it does during the day! Bacteria have a very large challenge with sunlight.)

Dosages:

1 drop is generally ample for maintenance

2-3 drops for crisis

4-6 drops for acute

We suggest that you put the drop(s) in a capsule, fill with Message oil (or olive oil, or other consumable carrier oil). Spice of Life essential oil blend tastes pretty good, but the others aren't the yummiest.

- **Maintenance:** 1 drop, do daily for 2 weeks, then take 1 week off. If symptoms begin to return, go back on. (i.e.: 1 drop Spice of Life essential oil blend for breakfast, 1 drop of Guardian essential oil blend for lunch, and 1 drop of Defense essential oil blend before going to bed.)
- **Crisis:** 3 times a day (2-3 drops) for 5 days. (i.e.: 2-3 drops of Spice of Life essential oil blend for breakfast, 2-3 drops of Guardian essential oil blend for lunch, and 2-3 drops of Defense essential oil blend before going to bed.)
- **Acute:** take every 15 minutes (4-6 drops) for 2 hours—then revert to crisis dosage for 5 days—then revert to maintenance for 30 days AND DRINK LOTS OF WATER! We would also recommend that you do at least one soak in Healing bath salts and that you consume fresh ground flax (work yourself up to ¼ cup of flax a day). (i.e.: assuming you're starting at 10:00 am—take 4-6 drops of Spice of Life essential oil blend at 10:00 am, take 4-6 drops of Guardian essential oil blend at 10:15 am, take 4-6 drops of Defense essential oil blend at 10:30 am, ROUND ONE COMPLETE, repeat round one starting at 10:45 am (Spice of Life), 11:00 am (Defense), and 11:15 (Guardian). ROUND TWO COMPLETE, repeat, taking at 11:30, 12:00, skipping the third dose of Guardian). The next day start the crisis dosage.

Make sure you take time off to give your body a rest.

You NEED to LISTEN to YOUR BODY! If you have any negative reactions you will need to retreat from the use of the oil, continue the Liver Cleanse, and re-visit it in two weeks.

A child under 2 years—75% dilution of essential oil.

A child between 36-24 months—50% dilution of essential oil.

Can the essential oils be used on location? Not Spice of Life. Yes Guardian and Defense.

We will be learning about these oils, why they work, and how to use them in your daily life to help you embrace health. Check our website for class information. Call or email if you want to arrange for a class near you.

August Specials

Please see our website for information on the following. We are working on articles and success stories that will help you see how people are using these oils. Some of these are new and are still a work in progress.

ForeverYoung Essential Oil Specials:

Spice of Life Essential Oil Blend 10 ml. Regular Price \$35.95, Sale Price \$32.00.

**Wholesale \$28.95 (plus shipping)*

Guardian Essential Oil Blend 10 ml. Regular Price \$60.95, Sale Price \$54.00.

**Wholesale \$48.95 (plus shipping)*

Defense Essential Oil Blend 10 ml, Regular Price \$25.95, Sale Price \$23.00.

**Wholesale \$20.95 plus shipping)*

Bay Laurel Essential Oil 10 ml, Regular Price \$24.95, Sale Price \$22.50.

**Wholesale \$19.95 plus shipping)*

Any single order totaling \$100 or more, get 10% off. (Does not apply for wholesale orders.)
For ordering online, use coupon code "MarSp".

**Joining ForeverGreen*

Is it worth it to join?

You can join ForeverGreen for \$29.95. Cheaper than Sam's Club or CostCo and, as long as you buy something once in a while, it is a one-time fee, not a yearly one. You can then buy your oils and other ForeverGreen products at wholesale prices. Joining gives you access to the weekly oil calls. These help you learn about the oils and how to use them. You can purchase directly from the company at wholesale prices. If you have a small order and it works better for you to order through us, we are always here to help you with your order, or questions. Additionally, ForeverGreen members always get 10% off our non-ForeverGreen products (our carry cases, bottles, etc) no minimum order required.

Contact us for a sign up form or sign up online at www.MyForeverGreen.org/536852

Classes

Come and learn how to use essential oils in your everyday life and experience the miracles your body can perform if it has the right tools.

We will be announcing more classes after we are done at the fair.

Please contact us or go to our website for more information: www.TracesEtc.com

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