

December 2007 Newsletter
Traces, Enhancing your life with Essential Oils
www.TracesEtc.com

Merry Christmas!

A few words on what we have dealt with the last month:

Many people have had the cold, cough, laryngitis, sinus infection, etc. that is going around.

- First of all, prevention. Eat properly, get enough sleep, exercise, take steps to lower stress. Give your body what it needs to be healthy: FrequenSea for total nutrition, essential oils to target your needs, and lots of good, pure, water.
- Spice of Life essential oil blend. Get one drop daily, on your toothbrush, or just take a drop on a spoon or do the “lick trick.” Be sure to chase it with a glass of water. Great for the immune system. If you are already sick, 3-5 times a day. For kids, stick a toothpick in the oil, then stick it in a slice of apple several times-yum, spiced apple!
- Eucalyptus or a Eucalyptus blend such as Exchange (great respiratory blend) **will help with breathing, coughing, throat issues. Put on the bottom of the feet or use with a carrier oil around the throat.**
- **Bath salts such as Healing bath salts or Holiday spa are soooo incredible and a wonderful, fun way to help the kids feel better faster.**

Fun new things for the coming year

Question and answer section, so if you have a question for us, email or call and we may address it in the newsletter.

Goals for each month to a healthier you.

Give yourself the gift of health for 2008!

Questions and Answers:

I have had several questions regarding mixing and applying essential oils.

Do not mix oils unless specifically instructed to do so, layer them instead.

Also: Essential oils should not be used less than one hour before or two hours after taking medication, over the counter or prescription. This can make them both less effective and you may not get the result you want from either one.

Question:

I have heard that essential oils and homeopaths can sometimes cancel each other out. Is this true?

Whenever you are dealing with herbs, essential oils, homeopathic remedies, over-the-counter medications, or prescription drugs, it's a good idea to do a little research. Talk to your pharmacist or a health care professional or do the research yourself. There are books that talk about interactions, and information on the internet.

Generally speaking, the essential oils, herbs, or foods that are apt to cancel out your homeopaths are Tea Tree, Eucalyptus, and mints, i.e. Peppermint, Spearmint, and Rosemary, and coffee.

This month we are spotlighting Frankincense essential oil. We all seem to associate Frankincense with the Holiday Season because it was one of the gifts presented to the baby Jesus by one of the Wise Men. It is considered a holy oil in the Middle East and was used in ancient times for improving the communication skills with the Creator. Frankincense supports the immune system. It is an antidepressant. When we have a better attitude, we have a stronger immune system. It is valued for skin diseases or disorders, circulation problems, coughs, colds, bronchitis, rheumatism, urinary tract infections, antiseptic, antibacterial. Also helps alleviate mental fatigue, headaches, laryngitis, stress, nervousness, sciatic pain, and sores. Use in times of stress, tension, fear, anxiety, and mental exhaustion. Apply to appropriate areas of the feet, or directly on area of concern.

Recipe of the month:

Make it simple and healthy. Pears, fresh (use some fruit fresh to keep them white), or canned, with pomegranate seeds sprinkled over the pears. Simple, pretty, healthy, and delicious.

Hint: Open the pomegranate in a deep dish of water, and separate the seeds under the water. This way you won't get pomegranate juice all over.

No Classes in December

We are working on finding a place in town where we can have classes, starting in January. We will also be scheduling some classes in other areas.

December Specials

Please see our website for more information on the following

Forever Young essential oil specials:

Frankincense Essential Oil, 10 ml, Regular Price \$62.49, Sale Price \$52.45.

Myrrh Essential Oil, 10 ml, Regular Price \$55.95, Sale Price \$47.20. *A true gift, although it doesn't have a pleasing aroma! It is said to help open our hearts and minds to receive the gifts of the spirit and of the material world. Other valuable uses: asthma, bronchitis, coughs, diarrhea, digestion, gingivitis, ringworm, sore throats chapped and cracked skin.*

Holiday Essential Oil Blend: Regular Price \$33.95, Sale Price \$28.50.

Holiday Spa Bath Salts: Regular Price \$24.95, Sale Price \$20.95. *This essential oil blend and bath salt are designed to help you cope with the stress of the holiday season. Great to diffuse to bring the holiday spirit to your home without any artificial scents, and, essential oils are anti-viral!*

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

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