

February 2008 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

For February, Take a giant leap for health, Love your liver!

Please take a few minutes and read the enclosed/attached article on the ForeverYoung Liver Cleanse. We just received this from Lorene and it is an excellent article that may, as it states, just be the missing key to your optimum health! Be sure to print it out and put it in the health binder you started in January.

Our 2008 goals

Improve Eating Habits

Continue drinking your water. Eat at least 2-4 fruits and vegetables every day in February. Emphasize fruits and vegetables with deep bright pigments such as orange, yellow, red, and green colors as they are very cleansing for the liver (e.g. carrots, pumpkin, citrus fruits, red cabbage, yams, and red and green peppers.

For your liver: Drink a glass of water with your ForeverYoung Lemon and Peppermint essential oils and at least one tablespoon of fresh lemon juice every morning. I like to eat at least one fourth of a lemon.

Exercise More

Again, wherever you are now, add 5 minutes a day or 10 minutes, three times a week.

If you haven't been exercising at all, you may need to start even slower. Try a few days at only 30 seconds or 1 minute to see how you feel. 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.

For your liver: Exercise helps you sweat, which gets toxins out of your system, which helps your liver. Make sure you shower to get the sweat and toxins off of your skin so they don't get reabsorbed.

Get Organized

Stress is not healthy. Being organized helps keep down the stress level.

"A place for everything, and everything in its place."

This is a fantasy for me, but I am going to work on it this year by going through one room a month.

"Clean sweep, clean out, and throw out." I am still working on my first room again for February. I still have some shelves to go through to finish my January room. Told you this one is a fantasy – but not impossible.

For your liver: Your liver does its job better when it is not stressed. Its job is to process the toxins that come into your body and get them out.

Be More Prepared for Emergencies

One of the best ways I can think of to be more prepared for an emergency is to be healthy, so you are more able to handle it. A healthy liver is a primary defense. Make sure you do the Liver Cleanse every day – you will notice a difference.

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

February Classes:

February is an “Open House” month. If you have some questions or specific problems to discuss, give us a call and tell us when you would like to come up and we will work with you. We can do this on an individual basis or with a group if you want to bring some friends. Or, if you need some information or suggestions, you are always welcome to call us. 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.

February Specials

Please see our website for more information on the following

ForeverYoung essential oil specials:

- Lemon Essential Oil, 10 ml, Regular Price \$14.95, Sale Price \$13.15.
- Peppermint Essential Oil: Regular price \$19.95, Sale Price \$17.55. .
- Smokin’ deal! Couple’s Only Oil Pack Retail value \$111.85, Sale Price \$79.95! *These are three oils you don’t want to do without at an incredible price!*
 - *1 Mood Magic for Women*
 - *1 Mood Magic for Men*
 - *1 I-Vision*
- **Sweet Embrace Pack, Retail value \$86.80 & a free Holiday Candle, Sale Price \$79.95**
 - *1 Quench****
 - *1 Balance (I can’t live without Balance. I have to have at least two.)****
 - *1 Renew Lavender****
 - *1 - 24 Karat Chocolate Her Mint Teasers (20 count) (anti-oxidants)****
 - *1 Holiday Candle*
- Pamper Her Pack, Retail Value \$91.75 + 1 free Bath Pillow and 1 free Holiday Candle, Sale Price \$79.95
 - *1 Quench****
 - *1 Silk - Introduce yourself to your new favorite body wash that is actually good for your skin. ****
 - *1 Renew Lavender****
 - *1 Juice Citrus Squeeze Shampoo****
 - *1 Juice Ylang’ Y Colada™ Conditioner****
 - *1 Bath Pillow*
 - *1 Holiday Candle*

*****PPTHMDML – Personal Products that Help me Detox my Life**

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

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