

February 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

From our class, "Deep cleaning your home with essential oils:"
It's time for a little Spring-cleaning. Time to freshen up the house, get rid of stuffy winter smells, and, at the same time, discourage the springtime pests from invading your home.

First of all, essential oils are about cleansing the air, NOT masking bad smells.

When used correctly, essential oils are safe for you and the environment. (1 gallon of a popular household cleaner has enough phenol to kill an adult three times over. Phenol is oily, and easily absorbed through the feet after mopping, etc. Do you really want to picture your children/pets barefoot, or, as I saw in a commercial for a floor cleaner, a baby crawling, on your "clean" floor?) I am not trying to pick on any one product. This is just an example of things to think about when you clean.

Cleaning tips:

- *10 drops of Spice of Life Blend + 2 ½ cups H₂O to clean and disinfect and mop floors.*
- *10 drops lemon, 8 drops Eucalyptus, 5 drops Rosemary, 3 drops lemongrass; add to water, shake and spray. Use to wipe down cabinets, sinks, tub, toilets, doorknobs, and fixtures to protect from bacteria.*
- *1 cup baking soda + 2 drops Peppermint + 5 drops rosemary + 3 drops lavender. Use in place of comet cleanser.*
- *Sneaker tamer: put the above in shoes at night (1 tablespoon), shake around, leave overnight and shake out in the morning.*
- *Put Spice of Life in cleaning water with a mild soap to thoroughly clean and disinfect the bathroom.*

“Our Scented World”

When Penny was in college, she had a roommate who was really into dried, scented floral arrangements. Her asthma was really giving her problems and I took her to the doctor for some additional help. When we arrived at the doctor's office there was a large scented floral wreath on the wall of the waiting room. As we went inside there was a candle warmer with a scented candle. The number of children with asthma is approaching epidemic numbers. I wonder why? Perhaps you can see the correlation. (By the way, Penny no longer has asthma. Notice I did not say it is under control, I said that she no longer has asthma.)

The problem with scented products is not particularly the smell as much as the chemicals needed to produce the smell. Nearly all scented products are mostly synthetic chemicals, generally derived from petroleum or coal tar. Nearly one-third of the chemical additives used in scented products and perfumes are known to be toxic. Fragrances are not regulated by any health agency. As these products deaden your natural ability to smell, you tend to use more and stronger fragrances. What seems to you to be a light fragrance will be overbearing and unpleasant to those around you.

Using some of the above cleaning techniques will help your home smell inviting and fresh without the use of unhealthy air fresheners. Regular use of household cleaning sprays and air fresheners have been linked to asthma. Phthalates, known to cause reproductive problems and hormone disruptions were found in virtually all air fresheners. Walgreen's has pulled its air freshener products from its shelves.

Fabric softeners are some of the most toxic products made for daily household use. They contain chemicals that are known to cause cancer and/or damage to lungs, brain, and nerves. And guess what--these chemicals are even more dangerous when

heated in clothes dryers! And, because these chemicals are so pungent, hefty fragrances are added to hide the chemical smell. These then enter the body through inhalation or are absorbed through the skin producing such symptoms as headaches, nausea, vomiting, dizziness, central nervous system disorders, fatigue, difficulty breathing, skin irritation, difficulty concentrating and remembering, cancer, irritation to skin, mucus membranes and respiratory tract, and liver damage.

So many problems are caused by overloading our bodies with toxins – that is why we usually recommend that people begin with the liver cleanse (if you don't know what this is see “liver cleanse” on our website.) So often we hear the comment, “I try to eat right, how can I be toxic?” It is not just what we eat.

Safer alternatives to fabric softener:

- o Add a quarter cup of baking soda to wash cycle to soften fabric.
- o Add a quarter cup of white vinegar to rinse to soften fabric and eliminate cling. (I personally have not found anything that eliminates cling, but it's a theory.)
- o Check out your local health food store for a natural fabric softener that uses a natural base like soy instead of chemicals.
- o Borax or Borateem added to your wash helps soften fabrics.
- o I add a couple drops of a favorite essential oil to the wash cycle and/or the dryer for fresh smelling laundry. (I especially like orange.)

On Sale for February

Be Young Premium Therapeutic Grade

Bay Laurel Essential Oil, Retail \$25.00, Sale \$22.50

Bergamot Essential Oil, Retail \$27.00, Sale \$24.30

Maggie's Soap Nuts, the natural way to wash your clothes. Does 35-50 loads of laundry. Go to library, Maggie's Soap Nuts for more information. I use these all the time.

Regular Price \$18.99 Sale Price, \$16.99

Classes – Let's get some classes going!!!

Every Wednesday in February we will be in the Board Room (inside, past the check out counter and to the right) at the Larsen-Sant Library in Preston from 1:30 to 3:00 pm. You can "drop in" with questions and get a free compass scan.

Please look over the attached list of classes. If you are interested in attending one, let me know so we can make sure you are notified when we have it. If you would like to host a class (or classes), please let me know, we are introducing some special offers for our hosts:

1. Your class is free (with five attending guests)
2. There will be special hostess gifts
3. There will be recipes, instructions, notes, and a free gift for all attendees
4. Email or call for more information

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

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