

January 2007 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

According to a Gallop poll, the top 10 New Year's Resolutions are:

1. Spend more time with family and friends
2. Fitness
3. Tame the bulge, lose weight
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

Quotable quotes:

"Always bear in mind that your resolution to succeed is more important than any other one thing."

Abraham Lincoln

"If at first you don't succeed, you are running about average." M. H. Alderson

For more information, or if you have questions, go to our website, or call us. 208 852 2295

www.TracesEtc.com

Thoughts on New Year's Resolutions

When making New Year's resolutions, take some time to reflect on past years. Generally, we want to make resolutions that will make a change in our life. Many make them, but 25% of New Year Resolutions will be abandoned in the first 15 weeks. Those who keep their resolutions more than six months have generally tried five or six times already.

So how can we succeed?

- Set appropriate expectations. (I want to lose 475 pounds and feel like I did when I was 15 is probably not an appropriate expectation)
- Learn what you need to be successful.
- Find out what action steps are necessary.
- Focus on what you want to do.
- Make it fun, have a great year with it.
- Concentrate on what you can add to your life. If there is something you want to get rid of in your life, concentrate on something to replace it. DO NOT LEAVE A VOID.
- Get support. Research tells us that support is vital if you want to create and maintain health.
- We will customize a health plan that will work for you, and support you on each step of your health journey.

In our Health Offer classes and consultations

We will talk about simple steps you can take in your everyday life to create better health.

We may be able to come and do a class in your area, or a personal consultation.

208 852 2295, ask for Debby

FrequenSea is a part of this health plan, as a whole food supplement to give your body the building blocks it needs on a cellular level. For more information on this product, go to:

<http://www.forevergreen.org/videos/ByLandBySeaHigh.wmv>

Disclaimer: The experience shared herein is that of the writer and is intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein.