

January 2008 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

It's a new year, and from what I can see the favorite resolutions are not surprising:

1. Improve eating habits
2. Exercise more
3. Get organized
4. Be more prepared for emergencies

I know these turn up on my list most every year, so obviously I have not conquered them, but I keep trying. Perhaps we need to be more specific. Since I get to sit down and contemplate at the beginning of every month, I thought I would divide these goals into monthly steps. I am better at steps than mountains, so I thought I would share some steps that I plan to take each month this year and hopefully some of them may be of value to you, too. Our goal here at Traces is to do our best to help you feel better.

For January

Improve Eating Habits

- Drink more water. If you generally drink 1-2 glasses of water a day, drink 2-3 glasses daily. Only WATER counts. The goal is 8 glasses of water per day.
- Make sure you eat 1-2 servings of fruit and 1-2 servings of vegetables daily during January. If you already eat that many, try adding in one more. Pick some favorites, make it a treat.

Exercise More

- 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.

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." Surely I do not need everything that I have. I wonder what it would be like to have just a little extra room on the bookshelf or a little extra room in my drawer or closet.

Be More Prepared for Emergencies

- I plan to carefully add to my food storage at least one item every month.
- My January goal is to organize my 96 hour kit. We will be working on this with tips on our website in the upcoming months.
- I intend to learn more about essential oils so I can take care of my family during emergency situations.
- We will have Emergency Preparedness specials every month—See specials.

Colds and Flu

Essential oils can ward off sickness and hasten recovery by boosting the immune system. They can also ease discomfort. You can use Essential Oil Blends, such as Exchange, or make your own blends with the following recipes.

Have a drop or two of Spice of Life every day. On a cold day, have some hot cider with a drop of Spice of Life in it. Brush your teeth with it. Take a drop and chase it with a glass of water. Dip a toothpick in the bottle and then on some apple slices. (Great way to give your kids some)

Use Eucalyptus daily on your feet, diluted and rubbed on your chest, back, or throat.

Diffuse (with a diffuser or in some warm water) any of the following, they all strengthen the immune system:

Lemon, Orange, Basil, Clary Sage, Eucalyptus, Frankincense, Helichrysum, I Vision, Harvest, Exchange, Marjoram, Myrrh, Rosemary, Tea Tree, and Thyme. Pick the ones you like.

Put a few drops of essential oil in your dishwasher, dishwasher, laundry (washer or dryer).

Already Sick?

Keep doing the above, but more often. Take a bath in Healing, Harvest, or Seasonal Spa Bath Salts. Or, use the ForeverGreen Sol saltz or some Epsom salts and make your own bath salts.

Cold and Flue Fighting bath

*3 drops Lemon Stir oils into salt, add to bath water; careful not to get chilled.
3 drops Tea Tree You can also diffuse this blend or put it on a handkerchief to inhale.
2 drops Chamomile
1 drop Marjoram
1 drop Myrrh
½ cup Salt*

Cold and flu chest rub

*4 drops Eucalyptus Mix with carrier oil and apply to chest and/or back several
3 drops Rosemary times a day.
2 drops Frankincense Dilute well for small children.
2 drops Thyme
1 drops Fennel*

Colds and Flu Continued

Compress for fever or chills

1 quart hot water for chills
1 quart cool water for fever
2 drops Orange
1 drop Rosemary
1 drop Fennel
2 drops I vision.

Stir vigorously.
Apply compress to chest, forehead, or back.
You can also apply these neat,
and then put a moist towel on the area.
(Be sure to dilute with carrier oil for children)

Cold combating diffusing blend:

20 drops Orange
10 drops Eucalyptus
6 drops Basil
6 drops Rosemary
4 drops Fennel
2 drops Chamomile

Blend and put in diffuser or warm water

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

We will be specifically designing 1-2 pages of our newsletter each month so that they can be filed or placed in a binder. Hopefully this will help make the information more accessible when needed for reference.

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

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January Classes:

Our class this month will be at April Longmore's home on Thursday, January 24th from 1-3 pm. Her house is at 888 South 800 East in Preston. Turn left at the Junior High, go all the way down the road to the stop sign, turn right; her house is just past the dairy on the right hand side.

Life is so busy, if you have questions, or just can't get to class when we are having one, give us a call. We can arrange a time for us to work with you personally. There is no charge for consultations. 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.

January Specials

Please see our website for more information on the following

Forever Young essential oil specials:

- Spice of Life essential oil Blend, 10 ml, Regular Price \$35.95, Sale Price \$30.55. *One of the very best essential oils to strengthen the immune system.*
- Exchange Essential oil blend: Regular price \$28.95, Sale Price \$24.60. *Extremely effective in supporting the body in working to clear out any type of respiratory congestion.*
- Healing Bath Salts, Regular Price \$24.95, Sale Price \$21.20
- Rosemary Essential Oil, Regular Price \$19.95, Sale Price 16.75.

Emergency Supplies Save 20% or more: These items must be ordered and paid for by January 20th.

- Hotties, 18-hour Hand & Body Warmers, Regular Price \$.95, Sale Price \$.75.
- Freeze-dried Tomato Chunks. Each #10 can makes 24 ½ cup servings. Excellent in chili or vegetable soup. Regular price \$27.95, Sale Price \$22.00.

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