

January 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

Here we are again, it's a new year, and from what I can see the favorite resolutions are back again:

1. Improve eating habits
2. Exercise more
3. Get healthier!!!

Take charge of your health. What do you want your health to be like in 6 months, a year, or five years from now?
It's up to you—start today.

We get several health newsletters via the mail and by email and the main theme for January is still the same, "How do I get and maintain a healthier lifestyle?"

As health coaches, we are here to help with:

- Weight loss and nutrition
 - How to use essential oils in your daily life
 - Pain management
 - Emotional Health
 - Diabetes
 - High Blood Pressure
 - Candida
 - Infections: Bacterial, Viral, and Fungal
 - Getting toxins out of your home and your life
 - Being prepared to care for your family
 - Skin Care
 - Chronic and acute conditions
- We have classes, newsletters, an informative website, and we do personal consultations

Let's start with weight loss. (Always check with your doctor before beginning a weight loss or exercise plan.) We have had several requests for healthy ways to lose weight.

One of the tips for success is to have a mentor to monitor your progress. Someone who can give you some feedback on your success, or lack thereof, and give you some help. Someone who cares.

Two words come to mind, commitment and reward.

We have come up with a weight loss system that offers commitment, reward, and support.

When you sign up you commit to:

- Email or call us once a week (every Monday) and report
 - Did you lose weight, gain weight, or stay the same?
 - Did you meet your exercise goals?
 - Did you keep a diary of everything you ate and how much you exercised?

You only have to report in every week to receive your reward. We are not the diet police, we are just trying to make you aware of how you are doing by reporting in to us. Sometimes just having to check in and tell someone how you are doing helps us stay more committed. You must report in every week, regardless of the results to receive your reward. If you do not check in, you forfeit your reward. This is the stimulus to keep your commitment. The objective here is to look at the reward and the commitment and say, "Wow, I do not want to lose the money that I paid, the essential oils and the \$10 that I will get back if I report in every week." Then, since you know you will be reporting in, you will want to have something good to report and you will think, "I have to work harder at this so I have something good to report."

Goals

Exercise.

- Walking 3 times a week for 30 minutes is a good place to start. According to the New England Journal of Medicine, walking just 30 minutes a day, three times a week, reduces the risk of death from all natural causes by 55%.
- Do Tai Chi or get an exercise tape if it is too cold outside. Choose something that gets you moving.

Improve your choice of foods

- Whole grains
- Limit processed foods
- Eat the whole fruit instead of the juice

- o Drink plenty of water
- o Limit sugar intake
- o Eat plenty of fruits and vegetables
- o Eat reasonable portions of lean meats and dairy products
- o 4-6 Tablespoons of ground flaxseed daily (start with less and work your way up)
- o Do not use artificial sugar
- o Avoid MSG like the plague that it is. (When scientists need overweight rats for experiments they feed them MSG.)

If you like something more structured, there is a fairly simple diet at

www.mayoclinic.com/health/dash-diet/H100047.

If you would like to join our weight loss program:

Choose the commitment and reward you prefer to keep on track: Go online to sign up or you can come by or mail in your check. Remember, you must check in each week to earn your reward or you forfeit your money. We want some serious commitment here, we want you to succeed. As soon as your weeks of commitment are completed, we will have your reward ready for you to pick up or we can mail it to you.

1. 10-week commitment, \$70. Reward: Chamomile essential oil plus \$ 10 back. Chamomile is great for soothing nerves, so if you tend to eat junk food when you are nervous, reach for the Chamomile instead!
2. 6-week commitment, \$45—reward Lemon and Peppermint essential oils plus \$ 10 back. Lemon and Peppermint are used for the liver cleanse, which helps your body get rid of toxins, which helps you lose weight.
3. 4 week commitment \$30. Reward: Rosemary essential oil plus \$ 10 back. Rosemary is invigorating and supports self-esteem which you need to stick with your plan. Also fights infection to help you stay on top of your game.
4. 4 week commitment \$35. Reward: Bay Laurel essential oil plus \$ 10 back. Bay Laurel helps move lymph, thus helping move toxins out of the system which helps you lose weight.
5. 3-week commitment, \$30. Reward: Fennel essential oil plus \$ 10 back. Fennel helps tighten sagging skin. It also helps control appetite.
6. 2-week commitment, \$25, Reward: Orange essential oil plus \$ 10 back. Orange essential oil stimulates the artistic, creative part of the brain, so it can help stimulate your interest in projects to keep you busy (and not sitting and munching).

We will have weekly tips and articles to help you on your way to a newer, healthier you.

Organizational Sale for January

- o Carrying case and 5/8 dram bottles, Regular price \$27.00; Sale Price \$21.60
- o Presentation Case for
 - o 16 vials, Regular Price \$22.00; Sale Price 17.60
 - o 32 vials, Regular Price \$33; Sale Price \$26.40
 - o 64 vials, Regular Price \$39.95; Sale Price \$32.00

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

Monday, January 12th, 1:00 pm, we are starting out the new year with a FREE class on natural solutions for weight loss, Diabetes, and High Blood Pressure

It will be in the Board Room (inside, past the check out counter and to the right) at the Larsen-Sant Library in Preston. You can "drop in" but seating is limited. To guarantee a space and that we will have handouts for you, please RSVP.

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

Debby and Penny Swann 208 852 2295

7455 N. Capital Hill Rd., Preston, ID 83263

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