

# **January 2010 Newsletter**

## **Traces, Enhancing your life with Essential Oils**

[www.TracesEtc.com](http://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.**

### ***Clean Sweep Your Life!***

#### ***Sweep out:***

- ***Stress***
- ***Clutter***
- ***Major bad for you food\****

#### ***Sweep in:***

- ***Destressers***
- ***Exercise***
- ***Good for you food\****

#### **Constructive relaxation:**

- **Take a walk**
- **Cook for fun (try a new recipe for a no guilt dish that is yummy)**
  - **Play an instrument**
  - **Soak in the tub with some essential oils**
- **Set some realistic, specific goals that can be achieved each month**

#### **\*Food**

- **Drink one less sugary drink a day - cutting one can of soda or fruit drink a day can add up to a weight loss of one pound a**

**month! (Replace it with good pure water, not anything with artificial sweetener.)**

- **Cook one more home-made meal a week**
- **Double the amount of vegetables and fruit on your plate**
  - **Add one more activity to your day.**

**\*Some things that can make you fat:**

- **Artificial sugar (can increase cravings and your weight)**
- **Avoid MSG like the plague that it is. (When scientists need overweight rats for experiments they feed them MSG.)**
- **High Fructose Corn Syrup (read labels – it's everywhere)**  
**"Fructose is the number one source of calories in the United States – It could be programming your body to become fat (Several studies have linked dietary fructose to increased food intake and weight gain). And fructose is likely fueling the obesity crisis." Dr. Mercola Further from Dr. Mercola, when you eat 120 calories of glucose, less than one calorie is stored as fat. When you eat 120 calories of fructose it results in 40 calories being stored as fat. Consuming fructose is essentially consuming fat!**

**Bath Salts are Back! (\$28.00 retail, \$25.20 with member code)**

- *Healing\**
- *Blossom\*\**
  - *Bliss\*\**
  - *Harvest\*\**
  - *Holiday\*\**
- *Stimulating\*\**
- *Relaxing\**
- *Plain (no oil)\**
- *\*available now*
- *\*\*coming soon*

It seems sometimes in learning about essential oils that many of them seem to treat the same things. Think of essential oils and compare them to going to the produce department at the grocery store. You can go in and buy a box of oranges or you can get a few oranges, apples, lemons, some broccoli, tomatoes, and carrots. All of them are good for you and will help with slightly different vitamins and minerals so it is good to use several different items instead of only one. If you have scurvy, most of the fruits and vegetables will help, but some more than others for that particular situation.

Oils are the same way. Spice for Life, Defence, and Guardian all help the immune system fight bacteria, fungus, and viruses. Spice for Life is more effective against viruses, Defence against bacterial infections, Guardian against fungal infections. If I were fighting bronchitis I would use Eucalyptus or Breathe on the throat and chest. If I were working with a child I would be more likely to start with Tea Tree. Rosemary is approximately 10 times stronger than Tea Tree, so if the Tea Tree doesn't do the job, go to Rosemary. Ravensara is about 10 times stronger than Rosemary. So, it may depend on whether you want to start with a sledge hammer.

I recently got an eye infection. I was concerned that it was getting worse so I took Spice of Life, Guardian, and Defence internally as described on our website in the "Getting and Maintaining Health" article. I did not want to put these stronger oils near my eye, so I used Lavender near my eye with a carrier oil. It is also good to rotate oils and not use the same every day. They will be more effective that way, just as it is good to rotate fruits and vegetables in your diet.

I use all of the oils. When you get a new oil, go to our website and read the information on that oil. If you still have questions, let us know. Listen to the oil calls on Wednesday evenings. Every time I take the time to learn about an oil, I have a new favorite oil. Physical Touch is a great oil for joint pain, but if you know your problem is cartilage, Lemongrass will really help this heal. It will also help sore muscles, but Marjoram will really soothe. If you fall down, Peppermint will help you feel better and prevent bruising. Learn to use the oils you have, then add a new one to work with.

The monthly oil special will help you add to your supply and save money. The oils for January are: Chiro Touch, Physical Touch, Lemongrass, Marjoram, and Birch. Retail value \$140, wholesale value \$111, wholesale price for the pack on autoship, \$100. You can sign up for this autoship and, as long as you make changes 2-3 days before it ships, you can cancel it if you need to. Autoships also qualify you for Quick Start bonuses if someone signs up under you and orders. If you have questions or need help, email or call, we will be glad to help.

## **Sale for January**

### **Be Young Premium Therapeutic Grade EOBBB tested Essential Oils**

Chiro Touch Essential Oil Blend, Retail \$36.00, Sale 32.40, Wholesale \$29.00\*

Physical Touch Essential Oil Blend, Retail \$36.00, Sale \$32.40, Wholesale \$29.00\*

Lemongrass Essential Oil, Retail \$21.00, Sale \$18.90, Wholesale \$16.00\*

Marjoram Essential Oil, Retail \$27.00, Sale \$24.30, Wholesale \$22.00\*

Birch Essential Oil, Retail \$20.00, Sale \$18.00, Wholesale \$15.00\*

**\*Oil of the Month Club will save you \$11 off the wholesale price on these five oils. Want to buy wholesale? Sign up as a member of Be Young and you can buy your oils directly from Be Young at wholesale prices or you can buy from us at a discount on any oil you buy, not just the ones on sale. There is no membership fee and no obligation to buy a minimum amount. Call us to sign up!**

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

We are setting up classes in Logan, Preston, and Idaho Falls area. Watch your email or check our website for more information. We would like to schedule one in Pocatello, let us know if you would like to host one or have a suggestion where we could have a class. If we do not have to pay for a place to have the class, it is free.

*Please contact us or go to our website for more information:*

*[www.TracesEtc.com](http://www.TracesEtc.com)*

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