

July 2008 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

Wow! We have been learning about some new oil blends (Defense, Guardian) and the essential oil Bay Laurel. These are wonderful oils that can help you defend your family against the ills of today. We will be teaching about the oils in our upcoming classes. These will help get rid of recurring bacterial and yeast infections.

Our 2008 goals

Improve Eating Habits

Last month we talked about avoiding high fructose corn syrup. This is a great one to avoid, especially if you are trying to lose weight. NaturalNews.com reported today that a Seattle-area food cooperative, PCC Natural Markets has removed all products containing high-fructose corn syrup from its shelves, and has announced that it will no longer carry any product sweetened with the controversial ingredient. Careful, such “healthy” foods as Special K, Raisin Bran, and Sara Lee Breads contain the sweetener. Another culprit on the weight lose scene is MSG. Especially at a time when there are more and more children who are overweight, we need to be aware of this food additive. When scientists need overweight lab mice, they feed them MSG. MSG can also spike your blood sugar (Diabetes alert). So, this month we are back to reading labels and avoiding MSG. We’ll start with the tip of the iceberg: snack foods, prepared foods, and fast foods. McDonalds, Burger King, KFC (generally cited as the King of MSG). Now I know why I got a royal case of the hives after eating at KFC several years ago. The other thing about MSG is that it is addictive. It is an excitotoxin (so is heroin). Okay, enough on MSG (except, of course, now they are going to spray it on your healthy vegetables because it makes them grow faster). Google MSG sometime and learn more about it.

Exercise More

It’s summertime! Ride a bike; go for a walk; work in the garden or the yard. There is so much to do. Have some fun and get some vitamin D (from the sunshine). Remember, you don’t get your vitamin D if you use sunscreen, so, as long as you are not in danger of getting sunburned, get a little sunshine. Safe sunlight exposure has been shown to protect against as many as sixteen different types of cancer. Always avoid sunburn. Do some research on sunscreens. See recipe below.

Get Organized

Busy, busy, busy! Work on a room if you can. Clean out a drawer a week if you can’t.

Be More Prepared for Emergencies

Some observations on recent flooding in the Midwest: Generator: have more fuel on hand. The hospital was flooded and closed. Plan your medical emergencies accordingly. Get a battery powered AM/FM radio with headphone jack so you can listen to local news without disturbing others.

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

Recipes

Sunscreen

4 drops Geranium
4 drops Lavender
1 tsp. Message Carrier Oil

Spider Mites

4 drops Ease Blend
6 drops Dill
2 oz water

Spray on baseboards or plants or whatever – kills the mites.

General Pest Control

40 drops Oregano
10 drops Spice of Life
1 quart water

Shake and spray plants (can add Basil if desired)

Store in a glass container.

(Will change the color of rose petals.)

- *To prepare a plant dip for houseplants that have become infested with spider mites, just place 2 cups of buttermilk in 1 gallon of water. Dip the plant in the solution and allow it to remain overnight before rinsing it off.*
- *Citrus oils obtained from the peels of citrus fruits have chemical properties that tend to kill or discourage certain insects such as potato beetles, fire ants, aphids, mites, flies, and wasps.*
- *Sugar ants: use peppermint essential oil on surfaces (lemon and vinegar are other choices) Success story on sugar ants: “Recently, the lid on a Tupperware cereal storage container in our pantry was left slightly open. Tiny black ants literally invaded the pantry ... they were EVERYWHERE! Ugh! I vacuumed them up ... they returned. I sprayed ammonia on them ... they returned. I used Simple Green ... and still they returned. I then put approximately 20 drops of Peppermint essential oil in a 2oz. spray bottle filled with water and sprayed liberally. Hallelujah ... no more ants!! Plus, as an added bonus, the pantry smells great!” Lyn*
- *When we open our windows at night we spray the screens with Orange essential oil, (6-10 drops mixed in a little pump sprayer that holds 1 oz water) to help discourage those little bugs who like to come through the screen at night. It helps, and it smells good!*
- *Mosquitoes do not like Peppermint Essential Oil! Put a few drops of Peppermint in a spray bottle with some water and spray it on to repel mosquitoes. Always keep it away from the eyes.*

Always make sure the oils you use are pure. ForeverYoung essential oils are E.O.B.B.D. tested. They are not cut with carrier oils, nor do they have synthetic ingredients. They are organic or wild crafted.

July Specials

Please see our website for information on the following. We are working on articles and success stories that will help you see how people are using these oils. Some of these are new and are still a work in progress.

ForeverYoung Essential Oil Specials:

Orange Essential Oil 10 ml. Regular Price \$12.49, *Sale Price \$11.00.*

Peppermint Essential Oil 10 ml. Regular Price \$19.95, *Sale Price \$18.00.*

Rose Geranium Essential Oil 10 ml, Regular Price \$28.95, *Sale Price \$26.00.*

Oregano Essential Oil 10 ml, Regular Price \$24.95, *Sale Price \$22.50.*

Any single order totaling \$100 or more, get 10% off. For ordering online, use coupon code "MarSp".

Classes

Attached is a flyer describing classes, locations, and dates.

If there is not one near you, and you would like us to come to you, please email or call.

Classes will also be listed on our website.

Come and learn how to use essential oils in your everyday life and experience the miracles your body can perform if it has the right tools.

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

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