

## March 2008 Newsletter

Traces, Enhancing your life with Essential Oils

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

*For March, take a giant “Spring” forward for health. Hopefully, you have either started your Liver Cleanse or been more diligent. I decided to be more diligent on my Liver Cleanse six weeks ago. It has made a difference; I feel better and have more energy and I am sleeping better. I talked to our friend April the other day and told her how great she looks. She said it just comes natural. Since doing the liver cleanse she has more energy and feels better. She said when you feel better, you want to look as good as you feel, and I think she looks great!*

### Our 2008 goals

#### **Improve Eating Habits**

Continue drinking your water and, if you drink soft drinks (i.e. any drinks with flavorings, colorings, and sugar or artificial sugar) make them scarce or eliminate them altogether. Read labels, just because they say they're healthy drinks, *read the label*, or, just drink good, pure water. Eat at least 3-5 fruits and vegetables every day in March. That's one more every day than last month. Some good choices: apples, asparagus, avocados, bananas, bell peppers, blueberries, broccoli, cauliflower, and Brussels sprouts.

#### **Exercise More**

Again, wherever you are now, add 2-3 minutes a day or 5 minutes, three times a week towards your maintenance goal exercise routine. If you haven't been exercising at all, you may need to start even slower. 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. As the weather gets better, spend a little time outside taking a walk and getting some sunshine.

#### **Get Organized**

Stress is not healthy. Being organized helps keep down the stress level.

*“A place for everything, and everything in its place.”*

“Clean sweep, clean out, and throw out.” Whether you get through a whole room or a dresser or a stack of papers, keep at it!

#### **Be More Prepared for Emergencies**

When storing water: if you use plastic containers, be certain they are food-grade plastic. When storing water barrels make certain they aren't sitting directly on concrete. Anything that has been on or in that concrete will find its way into your plastic water barrel. This includes the lime in the concrete and any hazardous materials that have been on the concrete previously, or such natural substances as algae.

Vapors from nearby gasoline, pesticides, etc. can also permeate plastic barrels. Even if these things do not contaminate the stored water, it can make it unbearable to drink by influencing the taste.

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

## Daily routines with ForeverYoung essential oils that will bolster your immune system.

Sometimes it just makes it easier if we work our oils into things that we do every day so we don't forget them.

- Of course, the first thing to do each morning is your Liver Cleanse. Fresh lemon juice, a drop of ForeverYoung Lemon Essential Oil and a drop of ForeverYoung Peppermint Essential Oil. See our website if you don't know how to do the Liver Cleanse.
- Brush your teeth with Shine (By ForeverYoung, see our website), Spice of Life Blend Essential Oil, or Birch Essential Oil. Birch is especially good for people with sensitive teeth.
- After baths (or showers) put Eucalyptus Oil or Exchange Blend on the bottom of the kids' feet (and your own) **every day**. If there is a challenge with sinuses or colds, dilute and put more Eucalyptus or Exchange Blend on the throat, chest, and/or back.
- Sometime during the day, slice an apple, put an appropriate amount of Spice of Life Blend on the slice (this varies, one drop for older children and adults, use a toothpick to put some on the slice for younger children.)
- Put some extra punch into your routine and dilute and apply Oregano Essential Oil to the bottom of your feet each day.

Okay, you are doing these things every day. This is just going to make life better all over, but sometimes life just says "Gotcha!" Here are some things that may help. (The following is for informational purposes only. Your physician is your source for medical care.)

What oil would you use?

- |                             |                            |
|-----------------------------|----------------------------|
| 1. Upset tummy L, H         | A. Rose Geranium           |
| 2. Sore throat I            | B. FysicalTheraP           |
| 3. Sunburn G                | C. Helichrysum and Cypress |
| 4. Insect bites G           | D. Basil                   |
| 5. Spider bites C           | E. Quiescent               |
| 6. Sore muscles B, D, L     | F. Frankincense            |
| 7. Cramping muscles D, B    | G. Lavender                |
| 8. Motion sickness H        | H. Ease Blend              |
| 9. PMS J                    | I. Spice of Life           |
| 10. Mosquito repellent L, A | J. Mood Magic for Women    |
| 11. Depression F, G, K      | K. E-Motion                |
| 12. Insomnia E, G           | L. Peppermint              |
| 13. Stress K, G, E, A       |                            |
| 14. Fear K                  |                            |

One of the things about essential oils is that there are generally several oils that can help with any one situation. Dana often says, "use the oil you have." Even though it may not be the "recommended" oil, it will often suffice. Notice I have suggested more than one oil from the short list on the right for several situations. Often when someone calls about a problem, my first question is "What oils do you have?" and we work from there. Penny has put a lot of information on the website in the last little while. I would suggest that you take some time and peruse the oil sheets and articles that Penny is adding weekly so that essential oils can truly enhance your life.

### March Classes

*We are working on a variety of classes that we will be offering over the next several months. As soon as we have more on this we will let you know the particulars. We will send out an email and post the information on our website. We have some fun and interesting things to learn: Physical Aromatic Touch, Emotional Aromatic Touch, Lymphatic Touch, Emotional Freedom Technique, Energy Routines, and Tracing Meridians. These are things you can learn to do for yourself and your family to help cope with pain, improve your immunity, get rid of toxins, and overcome emotional stresses. If you live out of the area, but not too far away, call or email and see if we are coming your way. Please let us know if there is a specific topic you would like to have addressed.*

### March Specials

Please see our website for information on the following. There are articles and success stories that will help you see how people are using these oils.

ForeverYoung essential oil specials:

Oil of the Month Pack. This month's pack features 1 Message Oil, 8 oz, and 1 Helichrysum, 5 ml, Regular Price for the pair \$95.90, Sale Price \$79.95.

Spring Chocolate Special. Take advantage of this pack before the Chocolate Shipping Surcharge goes back into effect. (Surcharge covers ice packs to keep the chocolate cool during shipping.) Includes 2 boxes Natural Teasers (60 count each box), 1 box Mint Teasers (20 count), 1 box Almond Teasers (20 count) and 1 box Fondue Wafers.

Total retail value \$161.75. Sale Price \$129.95

Cypress Essential Oil 10 ml. Regular Price \$20.95, Sale Price \$18.86.

Eucalyptus Essential Oil 10 ml. Regular Price \$14.95, Sale Price \$13.46.

Exchange Essential Oil Blend 10 ml, Regular Price \$28.95, Sale Price \$26.06.

Spice of Life Essential Oil Blend 10 ml, Regular Price \$35.95, Sale Price \$32.26.

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

### Limited Time Products:

Blossom Seasonal Blend Essential Oil Blend and Spa Bath Salts are available Spring only (March thru May) These are heavenly

Blossom Oil Blend 10 ml, \$33.95

Blossom Spa Bath Salts are \$24.95.

Nice Bar of the Month Pack

Cherry/Lime or Cherry/Lime Chocolate \$39.95

*With a variety of nuts and seeds, lime, and real cherry, this bar remains a top favorite.*

*These are yummy and good for you. Great "take along." 12 bars per box.*

Please contact us or go to our website for more information: [www.TracesEtc.com](http://www.TracesEtc.com)

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