

April 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

See us at the Preston Health Fair April 14th

We will be giving away flyers on the 96-hour Essential Oil kits.

We will be at the Preston Health Fair April 18th, from 8 am to noon at Preston High School.

Come and get a free compass scan ~ See which essential oils your body is hungry for!

It's Springtime!

Bug notes:

- *Box Elder Bugs: To one bottle (about one pint) of rubbing alcohol, add 4-5 drops of peppermint essential oil. Put in a spray bottle to spray on the bugs. Keep away from children and pets.*
- *Boric Acid is one of the best baits to control ants. Combine it with a little corn syrup, jam, or jelly to attract the ants.*

Essential Oils and Education

- When you attach aroma to a learning experience, that long-term memory is one of the most clear and sustained of memories. Years later, an aroma can cause an instant, vivid recall of an event.

How can you use this to your Advantage?

- When you start a learning event you need to choose an aroma. You don't need a different aroma for each subject, but you may decide to categorize the aromas that you choose. Dana does it this way...

Anything that has to do with ...

- Health, he uses Rosemary
- Spiritual level, he uses Frankincense
- Basic element (everyday life) he uses Peppermint
- Calming stories he can use while teaching, etc, he uses Lavender
- He has about 15 different categories and he has assigned each category a different oil.
- Choose your category and your oil and start your learning experience.

- If you're easily distracted or have problems focusing – use Quiet Scent. Ten to fifteen minutes prior to the learning experience, put Quiet Scent on the bottoms of your feet, specifically on the big toe, then put your shoes and socks on and wash your hands. Now the Quiet Scent is there, the neuro chatter is gone, we are very focused, the aroma is no longer there because we have our shoes and socks on.
- Now take the oil of choice, say Rosemary, to use while studying anatomy, put a drop right on the forehead, right between the eyes, about ½ inch above the eyebrows and massage a drop of Rosemary in there. (Use carrier oil if you have sensitive skin) Smell the oil, take 3-4 deep big breaths with each nostril so it will go to both sides of the brain. Now start your learning experience. Read the research, as you are reading along, reach over and pick up the bottle of Rosemary, take a sniff, put the lid back on and then put it back down. Read some more, smell again. Once you've done that and been very focused in doing it, it will be implanted very directly into short term memory.
- To shift from short-term memory to long-term. Take a very large breath/inhalation of the oil you've chosen for this exercise (Rosemary) and focus, like a wiper blade moving from the left side of the brain, over your left eye, and wiping it over to the right side. You may need to find your own little technique or process for moving the thoughts to the right side of the brain, where the long term memory is.
- When you need to have the recall, put the oil back on the forehead, take a deep breath of the oil and it's just there. Some people say it's like in their minds they can flip the pages and read them all over again.
- There are several reasons to have memory challenges. One of the primary ones is too many toxins in the system. Liver Cleanse!!!! Improves memory and helps clear brain fog.
- Orange enhances creativity, Lemon helps you relate to logic, math.

On Sale for April: These are all oils that can be used for calming, focusing, and for developing a greater tolerance in the learning aspect

Be Young Premium Therapeutic Grade

Quiet Scent Essential Oil Blend, Retail \$43.00, Sale \$38.00

Lavender Essential Oil, Retail \$24.00, Sale \$21.60

Geranium Essential Oil, Retail \$29.00, Sale \$26.00

Gratitude Essential Oil Blend, Retail \$50.00, Sale \$45.00

We will be offering the following classes over the next 4 weeks. Please call or email for time and place or if you would like to host a class in your area. We will do classes up to about 120 miles (like Rexburg to Provo)

Essential Oil Emergency and First Aid Kits. Approximately 1-2 hours, \$10 class fee

- Learn which oils to have in your first aid or 96 hour kit and how to use them
- If there is no doctor available, can you relieve a fever, soothe an upset stomach, purify water, relieve pain from a burn, stop an infection, open the respiratory system, deal with shock? Learn these and more!
- Essential Oils are an effective first line of defense at home and in emergency situations. Learn to replace items in your medicine cabinet with healthy natural alternatives.

Deep Cleaning your home with Essential Oils. Approximately 1-2 hours, class fee \$10.

- Clean and sanitize.
- How to make everything smell wonderful without artificial toxic scents.
- Get rid of the bugs!
- How to create the mood you want in your home with essential oils.

P.A.T. – Physical Aromatic Touch – The 7 indicators of Health. Approximately 2-3 hours, \$30 class fee.

- Experience natural pain management specifically fine-tuned for your own body. The only side effects are feeling better!
- Explanation of each essential oil in the PAT program.
- Demonstration of PAT assessment.
- Demonstration of Back application.

Emotional CPR. Approximately 1-2 hours, \$15 class fee.

- Learn emotional health with Be Young Essential oils. This modality was developed by Dana Clay Young to help you embrace an emotionally fulfilling life and clear emotional issues.
- See, hear, and practice Emotional CPR.

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

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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