

# August 2009 Newsletter

Traces, Enhancing your life with Essential Oils

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

## Beating Diabetes

So many people are dealing with diabetes anymore and now many are being diagnosed as being pre-diabetic and are being put on medications. I thought I would put a few thoughts out each month for a while to help you understand what can be done to help tame this monster.

“80-90% of all degenerative diseases (arthritis, Alzheimer’s, cancers, heart disease, diabetes, etc.) are due to environment and lifestyle and are PREVENTABLE.”

-The National Institute of Health, Circa 2006

- Here is where the Masaji comes in that is mentioned below under announcements. It is absolutely essential to have a quality whole food supplement to help your body cope with Diabetes. Diabetes starves your body nutritionally, and this nutritional deficiency contributes to the many side effects that come with this disease. I have been diabetic for many years and have personally found that a supplement like Masaji has made a huge difference for me, helping me have more stamina and more ability to heal. This helped me to finally overcome a constant rash on my legs and ease the pain of neuropathy. I recommend 2-4 oz. daily, without fail
- The essential oils that work together to support the pancreas and help the cells of the body be less insulin-resistant are Coriander, Dill, and Fennel. Apply 2-3 drops of each of these on the feet in the morning. Then, in the evening apply these same oils together over the pancreas and cover with a warm, moist compress. If it gets too hot, put some carrier oil on and reapply the compress. Leave it on until it turns uncomfortably cold. The warmth is pushing in the oils, the cold is drawing out toxins. If you don’t leave it on long enough you won’t get the toxins out onto the compress.
- A 10 minute walk after a meal has shown some good results on stabilizing blood sugar.
- Make sure you monitor your blood sugar as you do these things, especially if you are on medication. Do not stop taking medication without the direction of your medical advisor.

Thought for the day: "Taking drugs for a health problem is like taking the batteries out of your smoke alarm if it goes off." –Dr. Frank Yurasek, Barefoot Medicine Society

*A few tips:*

*Sleepiness:* Don't reach for caffeine, sniff Peppermint essential oil.\*

*Headache:* Drink a glass of pure water, and apply 3 drops of Lavender and 1 drop of Peppermint to the back of the neck at the hairline.

*Sunburn after a day outside:* Put a few drops of Lavender in a spray bottle with some pure water and spray on the sunburn (careful of eyes)

*Heat Stroke:* Drink liquid, especially pure water. Pour some cool water over your head (this comes from my son's army training for Iraq). Get out of the sunshine. Put a drop of Orange essential oil (or Peppermint) in your drinking water. If you are going to be outside, avoid the whole heat stroke thing and start out with a drop of Orange essential oil in your water to keep you hydrated. Use only Be Young essential oils, do NOT ingest any other brand.

\*Caution: if you have high blood pressure, balance Peppermint with some Lavender.

\*\*\*Essential Oils are powerful; always keep them and "recipes" containing them out of the reach of children.\*\*\*

Announcements

- Dana Clay Young's "Desk Reference for Pure Therapeutic Essential Oils" is now available and we even have a few in stock. It is the essential home reference for a lifetime of good health.
- Masaji whole food nutritional supplement will be available any day now. We are just waiting for the marine phyto-plankton to make it through customs from Australia. Build your body on a cellular level with this wonderful supplement full of anti-oxidants. Penny will be sending out an article on it soon. (See comments on Diabetes in this newsletter.)
- We have some new essential oils being released: Brain Gem Blend, Juniper Berry, Ravensara, and Rose (the queen of flowers and essential oils.) We will be coming out with info sheets on these.

### Challenge:

*Eat more fresh fruits and vegetables, fewer processed foods and sugar. (Reference the statement above from the National Institute of Health.) Now that is not really even a challenge this time of year. Would you really rather eat an Oreo than a bowl of fresh, succulent watermelon?*

### Essential Oils on Sale for August:

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

Lavender Essential Oil, Retail \$24.00, Sale 21.60, Wholesale \$19.00\*

Peppermint Essential Oil, Retail \$21.00, Sale \$18.50, Wholesale \$16.00\*

Coriander Essential Oil, Retail \$35.00, Sale \$31.50, Wholesale \$28.00\*

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

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

\*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!

The following are some of our favorite classes and we will again be offering them 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)

Too far away? Ask about our phone classes. Get a few friends together and we can do a class using your speakerphone. We will send handouts and samples to sniff. Then we will be on the phone to teach the class and answer your questions.

- If you want to come to a class at our house there is no class fee
- If you wish to host a class and live within 75 miles of Preston, Idaho, arrange to have at least 5 people at the class (including yourself) and we will do the class for free.\*

\*If less than 5 people attend, regular class fees apply.

\*Excludes specialty classes such as P.A.T. or E.A.T.

#### 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. For classes where the attendees pay a fee, we have some special offers for the host:

1. Your class is free (with five attending guests)
2. There will be a special host (or hostess) gift (with five attending guests).
3. There will be recipes, instructions, notes, and a free gift for all pre-paid attendees

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

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

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