

December 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

Be Young Oils of the Month Club: *During the month of December you may join the Be Young Oils of the Month Club. This will become a monthly Autoship order through customer service. You may order the Featured Essential Oils of the month as part of your Autoship for \$100.00 (plus shipping). This gives you a savings of 10-15% (wholesale, member price directly from Be Young.) After 12 months, you will have a majority of the Be Young Essential Oils in your collection. If you need help setting up your autoship, let us know.*

December oils are:

- *Spice for Life Blend*
- *Guardian Blend*
- *Defence Blend*
- *Healing Bath Salts*
- *The wholesale price of Spice for Life, Guardian, and Defence is \$100, so essentially, you get the Healing Bath Salts free with the Oils of the Month Club.*

Spice for Life

During the great plague in Europe in 1413, a small band of Spice Traders turned thieves were captured in Marseilles, France, and charged with robbing the dead and dying bubonic plague victims. Although this "Black Death" (*Pastuerella pestis*) was highly contagious, not one member of this morbid band of Spice Traders ever contracted the disease. Why? Related by blood to a lineage of apothecaries the thieves were familiar with a combination of specific plant oils that, when rubbed over their bodies, protected them from contracting this most feared and deadly disease. They rubbed a concoction that included Clove, Rosemary, and Cinnamon on their hands, ears, and temples. Spice for Life is Dana's own special blend of these and other enhancing oils.

How to Use:

- *Topical: Can be used with "lick trick" (put a drop on the back of your hand or arm and lick it off)*
- *Put a drop or two on the bottom of the feet. Rub in.*

- *Internal: Put a drop or two on a slice of apple, it's delicious! Helps children to ingest the oil.*
- *Use instead of Altoids or similar breath freshener.*
- *Add 3-4 drops into an empty capsule; fill the balance of the capsule with Message oil. Swallow. Use 2-3 times daily if you're fighting off a bug.*
- *Blend 3-4 drops of oil with 1 Tablespoon of raw honey, pour hot water over and make an immune boosting tea.*
- *Inhalation: Place 1-2 drops in the palms of your hands or on a carrying cloth and inhale any time of the day. Breathe through each nostril 2-3 times. Repeat after 15 minutes if necessary.*
- *Diffuse: To use as a traditional remedy for protection when the body is most challenged, diffuse 15-20 drops in 10-15 minute intervals throughout the day, making sure to give 30 minute breaks between intervals. (Some people find this bothers their eyes, so try it for a couple of minutes the first time.)*

Guardian Blend of Essential Oils: A healthy immune system maintains quality of life. This blend protects against fungus and speeds convalescence. It is an oil blend that will contribute to the overall health and well-being of yourself and your loved ones.

Ingredients: 100% pure, premium, therapeutic-grade, organic and wild-crafted, EOBBB guaranteed oils of Cinnamon, Black Cumin, Frankincense, Ravensara, Dill, Thyme, Rosemary, Geranium, Eucalyptus, Oregano, Clary Sage, and Chamomile.

Fungi absorb their nutrients from the environment that is around them. They accomplish this by growing through and within the strata of that which they are feeding on. They produce a network of thread-like strands through the wood, cheese, soil, or flesh from which they are growing. This network secretes digestive enzymes that break down the strata that they are growing in making it easier for the fungus to absorb the nutrients from that food source. Wherever adequate moisture, temperature, and organic substrates are available, fungi are present.

Candida (yeast infection) is a fungus. There is also growing evidence that cancer is a fungus. Athlete's foot is also a fungus. Dandruff is another example of a fungus. As you

can see, fungi are all around us and many of us have fungal infections, even though we may not recognize them as fungus. Fungus infections are occurring more frequently with the continuing use (and overuse) of penicillin and other antibiotics.

Defence Essential Oil Blend

Ingredients: 100% pure, therapeutic, premium-grade, organic and wild-crafted, EOBBDD guaranteed oils of Nutmeg, Thyme, Rosilena, Rosemary, Eucalyptus, Pine, and Peppermint.

- We're seeing a lot of super-strong bacteria out there that have been morphed and mutated to the point where they're creating a major challenge in a lot of different directions. Dana Clay Young, world-renowned essential oil expert, looked at the essential oils in Be Young's arsenal. He wanted something that would give us better control over these bacteria. Thus was the birth of Dana's brainchild essential oil blend called Defence: the natural bacteria buster!

Basic rules of thumb when using these oil blends:

- If you're going to use these blends as maintenance to protect you, take 1 drop a day.
- If you have something going on (crisis), then use 2-3 drops for 5 days.
- If you're in an acute situation, take 4-6 drops, 3 times a day for one day then drop down to crisis.
- We highly recommend you read the article, "Getting and Maintaining Health" on our website (www.TracesEtc.com) for more information on the above.
- Newborns, 75% dilution on the bottom of the feet. Children under two years, 75% dilution, never go over 3 drops in a day. Children 24-36 months old, 50% dilution, never go over 4 drops in a day.
- If you're dealing with a bacteria you want to use the Defence Blend, if you're dealing with a virus you want to use the Spice for Life Blend, and if you're dealing with a fungus you want to use the Guardian Blend.

TIPS FOR MAKING GUARDIAN A PART OF YOUR LIFE

- Do you have Athlete's Foot? Prepare a warm foot soak adding 5-6 drops of Guardian and ¼ cup Epsom salts. Soak your feet for 20 minutes, then rinse and dry. Some people find it only takes once to get rid of the Athlete's Foot this way!

Be Young Essential Oil Essential Spa Bath Salts are infused with pure essential oils along with skin-enhancing, nutritionally rich grape seed oil and fractionated coconut oil. They provide a rich bathing experience...for relaxation at the end of a hectic day, a few soothing “get away” moments, or to enhance and accelerate healing. And if taking a bath isn't practical for you, a soothing footbath with Essential Spa Bath Salts could be just what your body is crying for!

Go to TracesEtc.com, then to Library, then to essential oils and click on one of these oils to get more detailed information on each one.

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

Essential Oils on Sale for December:

Be Young Premium Therapeutic Grade EOBBDD tested Essential Oils

Spice for Life Essential Oil Blend, Retail \$36.00, Sale 32.40, Wholesale \$29.00*

Guardian Essential Oil Blend, Retail \$60.00, Sale \$54.00, Wholesale \$50.00*

Defence Essential Oil Blend, Retail \$26.00, Sale \$23.40, Wholesale \$21.00*

*Oil of the Month Club will save you \$10 off the wholesale price on these three oils and the bath salts. 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!

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

www.TracesEtc.com

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