

February 2010 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

Short term goal: 30 days to a healthier you.

Long term goal: 11 months to a MUCH healthier you.

There were some challenges last month, remember any of them? Refresher: one less sugary drink per day (like a pop), do more soaks with essential oils, read labels – avoid artificial sugar, sugar, msg, cook something “from scratch”, etc.

If we do something every month to be healthier, think how great we will feel at the end of the year!

"Ultimately we will become what we give our hearts to." - Sheri Dew

I watched a special on diabetes the other day on Oprah with Dr. Oz. The following statements come from it. Type 2 diabetes is the fastest growing disease in history. Eighty million people have been diagnosed with diabetes. If it has not touched your life yet, it will. The average person consumes 150 pounds of sugar per year. That is about 40 more pounds of sugar than a generation ago. Our bodies just can't keep up with this.

Some of the advice from the experts on the show:

- Avoid white foods like white sugar, white bread, white pasta, white rice. (I have read this advice at least two other places in the last week.)
- Exercising 30 minutes a day can reduce your risk of getting diabetes by 60%.
- Harvard researchers advise that drinking just one soda per day can increase your risk of developing type 2 diabetes by 83%.

Okay, in case you haven't figured it out, we are going to work on Type 2 diabetes this whole year. We will have tips, information, and recipes.

To help your body fight diabetes with essential oils, every morning take a drop of Coriander Essential Oil, put it on the bottom of the right foot, then the left. Follow with a drop of Dill Essential Oil on the right foot, then the left. Then put a drop of Fennel Essential Oil on the bottom of the right foot, then the left. (A drop is a drop or two, especially with dill as it can come out pretty fast sometimes.)

In the evening apply a drop of Coriander over the pancreas (clockwise). Then a drop of Dill, then a drop of Fennel. Apply a warm, damp compress. If it is too warm (from the essential oils) take the compress off, put some carrier oil on to slow the absorption, then reapply the compress. Leave it on until it is cool.

Goals for this month:

- *Eat more fresh fruit and vegetables. It's winter and they will taste wonderful. Try some whole wheat pasta. Once you have gone to whole wheat pasta the other is so blah. Shop around, it doesn't have to be expensive.*
- *We are actually having some nicer days now - Go for a walk. Don't overdo. You don't have to start with 30 minutes per day. Before you get out of bed do a sit up – so you have to start with one sit up that consists of raising your head one inch off your pillow – do that every day for 30 days and you will get better at it. Careful, any new exercise plan should start with a consultation with your health advisor.*

Recipes to help you make sure the healthy foods you are eating are yummy: (Sorry if I have given you these before, but they are so good and favorites at our house.)

- From our neighbors, the Wilcoxes comes this excellent salad dressing: Juice of one lemon, $\frac{3}{4}$ cup olive oil, 2 cloves garlic, grated, 1 tsp salt, $\frac{1}{2}$ tsp pepper. Blend together.
- Salad topping: Combine in a heavy skillet (I use my cast iron frying pan.): slivered almonds, pumpkin seeds, sesame seeds, sunflower seeds, quinoa, millet, flax or any other edible seeds you like. Cook over low heat to toast, stirring often so they don't burn. They will continue to cook after you take them off the heat so remove them from the pan or keep stirring to make sure they don't burn. Store in the fridge. Spoon over your salad – yummy!

Bath Salts are Back! (\$28.00 retail, \$25.20 with member code)

Stimulating bath salts, one of my favorites is now available!

The monthly oil special will help you add to your supply and save money. The oils for February are: **Di-gest, Fennel, Dill, and Roman Chamomile**. Retail value \$148, wholesale value \$122, wholesale price for the pack \$100. You can sign up for this autoship and, as long as you make changes 2-3 days before it ships, you can cancel it if you need to. Autoships also qualify you for Quick Start bonuses if someone signs up under you and orders. If you have questions or need help, email or call, we will be glad to help. You do need to be a member to qualify for this special. We can help you sign up and there is no fee to do so.*

Di-gest Essential Oil Blend was created by Dana Clay Young to support the digestive system. Helps alleviate indigestion, stop stomach cramps, calms an upset stomach, remedy excessive belching, bloating, and heartburn; alleviate motion, car, or sea sickness. Rub a drop or two clockwise around the navel or apply a drop or two to the back of the hand and lick it off. Follow with water.

Fennel Essential Oil helps eliminate toxins, increases muscle tone, helps alleviate arthritis, edema. Suppresses appetite, promotes courage and mental strength, reduces stress and nervousness, increases milk for nursing mothers, strengthens kidneys. Fennel added to a bath works wonders on sore muscles and helps restore muscle tone after convalescence. Fennel helps quell hunger pains and raise metabolism. Use a carrier when applying topically. Not to be used while pregnant. Use fennel to help tone sagging skin. Some people refer to fennel as “face-lift in a bottle.”

Dill Essential Oil is strongly antibacterial, soothes the stomach and intestines and also relieves upper-respiratory ailments. Dill helps lower glucose levels, normalize insulin levels and support pancreatic function. Apply 1-2 undiluted drops to targeted stomach/intestinal areas. A drop or two to the wrists may help overcome addictions to sweets.

Roman Chamomile, according to Roberta Wilson, “... was nicknamed the ‘plant’s physician’ because it supposedly cured any ailing plant placed near it.” Combats depression, irritability and nervousness, aids sleep. Increases the ability of the skin to regenerate. Helps with skin conditions like acne, eczema and rashes. Properties are very similar to German Chamomile so you can read the info sheet online for German until we get the one up for Roman. Can apply topically with carrier oil or can sniff it, but keep in mind if you have allergies, it is in the ragweed family.

See our website for more information on these and other essential oils.

Sale for February

Be Young Premium Therapeutic Grade EOBBB tested Essential Oils

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

Roman Chamomile Essential Oil, Retail \$75.00, Sale \$67.50, Wholesale \$65.00

***Oil of the Month Club will save you \$22 off the wholesale price on these four oils. 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!**

MASAJI™: Compare the Value

While all of these products contain essential nutritional ingredients, only Masaji™ gives a Nutrient-dense broad spectrum of valuable protection for your well being.

	Masaji™	FrequenSea™	Seven™	MonaVie™	Xango™
Standardized Nutrients					
Resveratrol	Yes	No	No	No	No
Ellagic Acid	Yes	No	No	No	No
Primary Antioxidants	Yes	No	No	No	No
Secondary Antioxidants	Yes	No	No	Yes	Yes
Glyconutrients	Yes	Yes	No	No	No
Flavonoids	Yes	No	No	No	Yes
Polysaccharides	Yes	No	Yes	Yes	No
Polyphenols	Yes	No	Yes	Yes	No
Anthocyanins	Yes	No	Yes	Yes	No
Pure Phyto-nutrients					
Maqui Berry	Yes	No	No	No	No
Acai Berry	Yes	No	Yes	Yes	No
Goji Berry	Yes	No	Yes	Yes	No
Noni Juice	Yes	Yes	Yes	No	No
Apple Juice	Yes	No	No	Yes	Yes
Whole Fruit Concord Grape	Yes	No	No	No	Yes
Whole Fruit Red Grape Extract	Yes	No	No	Yes	No
Mangosteen	Yes	No	Yes	No	Yes
Whole Fruit Pomegranate Extract	Yes	No	No	Yes	No
Bilberry	Yes	No	No	Yes	No
Blueberry	Yes	Yes	No	Yes	Yes
Aronia Berry	Yes	No	No	No	No
Cranberry	Yes	Yes	No	No	Yes
Raspberry Juice	Yes	No	No	No	Yes
Aloe Vera Juice	Yes	Yes	No	No	No
Olive Leaf	Yes	No	No	No	No
Marine Phytoplankton	Yes	Yes	No	No	No
Spirulina	Yes	Yes	No	No	No
Ginger Essential Oil	Yes	No	No	No	No
Rose Essential Oil	Yes	No	No	No	No
Frankincense Essential Oil	Yes	No	No	No	No

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

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