

June/July 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

First of all, make sure that you read the article (following or enclosed) about the new EER (Exterminator, Eraser, Reprogrammer) plan to enhance your health and help you overcome health problems you may have. If you are interested in trying these oils, they must be pre-ordered and paid for by June 29th to get in on the early release. They will not otherwise be available until August (or later). I am very excited to try them as they address underlying health issues and how to help your body have what it needs to overcome them. It is a different way of addressing health problems. Instead of thinking, "I have a headache, I need some Peppermint Essential Oil," it addressing the underlying problem of why you have the headache. For someone like me who is diabetic, the thought of being able to reprogram my body at a cellular level is very exciting. Anyway, read the article.

We will be at the Well Life and Living Green Expo

Friday, July 10, 10 am to 6 pm

Located at Plaza 255 Convention Center, 255 S. Main, Logan Utah

Come and get a free Compass scan (\$25.00 value)

• Tips for Staying Healthy

- *Swine flu, Bird flu, SARS, infections. The best way to avoid panic and be prepared is to practice healthy habits in your everyday life. Are you or your children constantly fighting a cold, sore throat, or ear infection? Don't wait to "treat" an illness, create a healthy atmosphere so that your body is strong enough to resist illness.*

If you didn't read or receive last month's newsletter, go to our website library, click on newsletter archive for ways to use essential oils to keep healthy.

Here are some other ways to stay healthy (from an oil call by Dana Clay Young:

- Wash your hands frequently, at least 20 seconds at a time. DO NOT use anti-bacterial soap or hand sanitizers! (They create more trouble than they're worth.) The anti-bacterial soap changes the acid mantle on your skin that protects you from the onslaught of other bacteria, plus, if you have good bacteria on your skin anti-bacterial soaps and hand sanitizers will morph it into l-forms. (If you don't know what l-forms are, go to our library on our website, click on health topics, and read the article entitled "Getting and maintaining Health.")
- Use Lemon essential oil to sanitize your hands, it will easily knock out only the bad bacteria. Tea Tree, Lavender or Defence blend will also do nicely. Unlike antibacterial soaps, essential oils can tell the difference between good bacteria and bad bacteria. Pretty smart.
- Virus and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, fabrics, desks, etc. Fill a mister bottle with water and add 4-5 drops of Lemon, Lavender, or whatever oil you want and shake it up and mist the whole area.
- Sugar decreases the process of your immune function almost immediately. The second you eat processed sugar your immune system lowers. Read labels, sugar is often where you don't expect it to be. Try agave, honey, Stevia or other natural sweeteners; stay away from fake sugars at all costs, they damage your body at many levels.
- Make sure your gut is healthy. Take high quality probiotics like those in the Be Young meal replacement drinks.
 - Drink lots of water. Heard that one before, haven't you.
 - Take a walk. Exercise.
 - Eat fresh garlic.
- Twenty minutes in the sun, with skin exposed to the sun (without sunscreen) and you will get approximately 20,000 units of Vitamin D to bolster your immune system.

A challenge:

1. Choose 2 foods that you are no longer going to buy. (Think processed foods)
2. Choose 2 foods that you have not generally purchased to add to your arsenal of things to eat that are good for you. (Maybe olive oil, more fresh fruit, more whole grains, yams instead of potatoes)

A few tips:

Fatigue: Eucalyptus and Basil combined really energize.

Stuffy nose: Tea Tree, Rosemary, and Peppermint.

Dry throat: Orange, Lemon, and Bergamot (especially Bergamot)

Dry and itchy eyes: Tea Tree in a humidifier.

Headache: Lavender

Repel mosquitoes or soothe a bite: Lavender

To help you relax, sleep, and dream: Make a mixture of 6 drops Geranium, 4 drops Sandalwood, 3 drops of Lemon. Put 5 drops of this in 2 tsp carrier oil and massage it in.

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

Essential Oils On Sale for June and July:

Be Young Premium Therapeutic Grade EOBBB tested Essential Oils

Exterminator, Eraser, Reprogrammer (set of three) Essential Oil Blends

Introductory price good only June 20 to June 29, \$130.00

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

Bergamot Essential Oil, Retail \$27.00, Sale \$24.00

Tea Tree Essential Oil Retail \$27.00, Sale \$24.00

Chamomile Essential Oil Retail \$83.00, Sale \$74.70

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)

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.

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 have 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 pre-paid 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

Attention please: Experiences and information shared herein are intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before using any products mentioned or applying any information contained herein.