

March 2009 Newsletter  
Traces, Enhancing your life with Essential Oils  
[www.TracesEtc.com](http://www.TracesEtc.com)

We will be in Preston at the library on Saturday morning from 10 am to 11:30 am.  
Come with a friend and you will both be entered in our door prize drawing.  
This meeting is FREE!

It's Springtime!

Allergy season is approaching. Make sure you are doing your Liver Cleanse, this will help keep allergies at bay. Pick up some Bee Pollen at your local health food store and start taking it now. We also have an allergy homeopath that is helpful.

So, the Liver Cleanse can help us lose weight and diminish allergies. What else is it good for? Why do we continue to swallow the fresh lemon, essential lemon oil and essential peppermint oil? (Or, as some people do, continue putting the lemon and peppermint oil on our feet?)

Supporting your liver may just be the key to your optimum health. The liver is responsible for over 300 different functions, one of which is filtering your blood of impurities. When there are too many toxins coming into your system for the liver to handle, you wind up with blood cells contaminated with toxins, even after they have been through the liver. Over time, this causes the body to attack these toxins that are building up in your body and this is the cause of many of the autoimmune diseases, i.e. arthritis, cancer, lupus, fibromyalgia, rheumatism, asthma, allergies, etc. In the 25 years that Dana Clay Young has been studying the human body and essential oils, he has yet to find a single disease that he cannot trace back to the liver!

What are some signs I need to clean my liver?

Allergies, asthma, bad breath in the morning with a coated tongue, cellulite, chronic fatigue, colds and flu, concentration and memory problems, depression, indigestion, irritability, kidney stones, mood swings, difficulty losing weight, elevated cholesterol, dizziness, gall stones, gall bladder disease, headaches, high blood pressure, rashes, hormonal imbalances, weak ligaments, tendons, and muscles, weight gain.....

Go to our website, click on library, handouts, liver cleanse and read the whole article.

### On Sale for March

#### Be Young Premium Therapeutic Grade

Peppermint Essential Oil, Retail \$20.00, Sale \$18.00

Lemon Essential Oil, Retail \$16.00, Sale \$14.40

Guardian Essential Oil Blend, Retail \$62.00, Sale \$55.80

We will be offering the following classes over the next 4 weeks. Please call or email for time and place.

*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.

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

*Debby and Penny Swann 208 852 2295  
7455 N. Capital Hill Rd., Preston, ID 83263*

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