

May 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

When I get ready to write a newsletter, I generally look over last month's newsletter and last year's newsletter. I looked at May 2008's newsletter and this is what I found:

- **Be More Prepared for Emergencies**

- *Bird flu, SARS, infections. The best way to avoid panic and be prepared is to practice healthy habits in your everyday life. In an emergency situation you may not always have access to a doctor or prescription medications. Most essential oils are antibacterial, antifungal, and antiviral. Spice of Life (now Spice for Life), Defense (now Defence), and Guardian have all of these qualities, and, though Spice of Life will help with all these issues, it is more specifically suited to fighting viruses. I take a drop every day (on a spoon or put a drop on your hand and lick it off). Have a drop after going to church or to town. Take a toothpick and put a little on some apple slices for younger children to keep their immune systems strong in their germ world. Defense (now Defence) is designed to be especially effective against bacterial infections. We have been taking a drop of this in a capsule with carrier oil every day to help seek out hidden infections and to give our body what it needs to fight off the many forms of bacteria that we run into every day. Guardian is designed to help us overcome the fungal infections in our body.*

What could be more appropriate today except to add "swine flu" to the list above? The advice is pretty much the same. These three blends, Spice for Life, Defence, and Guardian, are still wonderful to help us fight viruses, bacteria, and fungal infections.

One of the wonderful things about essential oils is learning how to use a variety of them. It is good to rotate them, giving your body a chance to work with the vast amount of different constituents that they have to offer. Carrots are good for you, but you certainly don't want to ignore all the other wonderful fruits and vegetables out there. So it is with essential oils: Lavender is wonderful, but don't ignore Lemon and Thyme and all the other wonderful essential oils.

With all the concern about the swine flu, let's talk about a few of the essential oils that will help you fight viruses.

- **Rosemary**. We talked about this one last month. Remember? It helps you remember. Rosemary is also a great anti-viral essential oil full of ketones and camphor. It also helps your body fight e-coli, strep, and Ebola.
- **Thyme**. Protects your body by increasing the production of white blood cells. Helps you overcome flu, gum disease, general sluggishness, edema, even anthrax!
- **Oregano**. Take a couple drops in a capsule with carrier oil every hour for several hours if you get the flu.
- **Lemon**. Never underestimate the power of Lemon Essential Oil and it is one that you probably have because you are doing the Liver Cleanse. If you are going out in public, put a drop of Lemon on your hands and rub it in. Diffuse Lemon in your home; make it a safe haven, a refuge from the germs out there.
- **Tea Tree**. Another great oil to incorporate into your daily life. Use it to clean, put it on your feet, put some in water and gargle with it.
- **Spice for Life**. I had to bring this one up again. Dana Clay Young, essential oil well of knowledge, created this blend 13 years ago. It has been the #1 best selling essential oil blend through 5 companies for the 13 years. The oils in this blend have been proven effective against infectious diseases over and over again through University studies (including Weber State University and Georgetown University). I know people who keep a bottle of Spice for Life in their office or cubicle where they work and if someone comes in their space who is coughing, etc. they pull out their Spice for Life and take a drop. Sometimes they even give a drop to the coughing culprit who came in! I keep a bottle of Spice for Life on my desk next to my glass of water. That makes it easy for me to take 1-3 drops a day. I simply put a drop on my hand, lick it off, then have some water and swish it around in my mouth. If you do this, it is very unlikely that you will get the swine flu, or the flu, or a cold...

Bug notes, a personal story: *Sugar ants: use peppermint essential oil on surfaces (lemon and vinegar are other choices)* **Success stories:** "Recently, the lid on a Tupperware cereal storage container in our pantry was left slightly open. Tiny black ants literally invaded the pantry ... they were EVERYWHERE! Ugh! I vacuumed them up ... they returned. I sprayed ammonia on them ... they returned. I used Simple Green ... and still they returned. I then put approximately 20 drops of Peppermint essential oil in a 2oz. spray bottle filled with water and sprayed liberally. Hallelujah ... no more ants!! Plus, as an added bonus, the pantry smells great!" -Lyn

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

We have what you need on sale this month to help you keep essential oils in your home and in your life.

- We have the **personal size bags** that include the 5/8 dram bottles (14, empty). These are great for a couple of reasons. Penny carries 3 of these bags in her purse. This means that she has every oil with her at all times! It has amazed me how many times we have used them. It also makes it so that we have a backup of every oil if we happen to run out. Regular Price: \$27.00 Sale Price: \$24.30
- **Diffusers** are a great way to have an aromatic home. It will smell wonderful and protect your family. Run the diffuser with Lemon Essential Oil in it when the kids come home from school to take care of any hitchhiking germs they may bring home with them. Diffusers are all on sale: Regular Price: \$64.00-\$129.90 Sale Price: \$57.00-\$116.00
- Check out the **diffuser necklaces** on our web site. Have your favorite essential oil with you no matter where you go! Regular Price: \$16.99-\$35.95 Sale Price: \$15.29-\$32.35

Essential Oils On Sale for May:

Be Young Premium Therapeutic Grade EOBB tested Essential Oils

Rosemary Essential Oil Retail \$23.00, Sale \$20.70

Thyme Essential Oil, Retail \$27.00, Sale \$24.30

Oregano Essential Oil, Retail \$29.00, Sale \$26.10

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 speaker phone. 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 attendees

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

www.TracesEtc.com

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