

November 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

We will be at the USU Campus Wellness Expo on Tuesday, November 3rd, from 9 am to 2 pm at the Taggart Student Center. Come and get a free scan!

'Tis the "Holiday Season." *It is a time of travel, visitors, hustle and bustle. It is a time to eat right; there is so much sickness out there. The body will perform as well as we feed it! Nourish the body with essential oils, one of the key components that help nourish the body from the outside, clear through the inside, from the top to the bottom. Diffuse some Holiday or Harvest Blend, line up your kids and put some Eucalyptus Essential Oil on the bottoms of their feet. Have some fresh apples, oranges, or persimmons around to snack on. When was the last time you had a persimmon? Eat them when they are hard, like an apple, not mushy. Peel them and cut them up and watch them disappear! One of the things that can quickly lower your immunity is sugar. Eat fruit and drink good pure water instead of sugar laden desserts.*

Need some extra energy this time of year?

Antioxidants (Vitamin A, C, E, selenium, essential fatty acids) will reduce damage to the mitochondria, thus helping us preserve our energy. What is the highest antioxidant out there? Essential oils! Essential oils come in at 100,000-2 million on the ORAC (Oxygen Radical Absorbance Capacity) scale!! Dark Chocolate 13,120, Prunes 5,770, Spinach 1,260, Broccoli florets 890.

Get rid of toxins and get more energy! *The energy cycle within the mitochondria can be blocked by various toxins and incorrect diets.*

Work your legs:

Take Bay Laurel, cross your leg in front of you, reach down, right below the kneecap, put your hand on your shin bone, pull your fingers towards you to where the fingers drop off of the shin bone onto the fatty muscle part. That line right down the shin bone that's right in front of you is the line that you put Bay Laurel on. Put 4-5 drops there and massage them in, working from the ankle bone towards the knee, lightly working it in, rubbing up. After you have done that repeat with Cypress. Work it in gently. Do that to both legs. That will work on your entire digestive system. It will create an amazing function of elimination of toxins.

How can our essential oils help make the season more enjoyable?

- Traveling?

- Peppermint can help you stay awake while driving.
- Lavender can help the children be more calm.
- A combination of Peppermint and Lavender can help your headache go away.
- Di-gest Blend calms the tummy when carsick or just overeating.
- Check out our car diffuser.

Diffuse Holiday or Harvest Blends in your home to invite the holiday spirit in and viruses out.

Be Young Oils of the Month Club: *During the month of November you may join the Be Young Oils of the Month Club. This will become a monthly Autoship order through customer service beginning the month of November (you can cancel at any time). 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.*

November oils are:

- Harvest Blend
- Holiday Gift Blend
- Clove Bud
- Cinnamon Bark

Harvest Blend of Essential Oils

This is a preparatory oil to bring your body to the next step as we prepare our bodies for the colder months ahead. Kids are back to school and the cold and flu season is just beginning. Harvest blend is packed solid with oils for respiratory issues and supporting you physically and emotionally as busy times ensue! This is a time of harvest of all of the work you have done throughout the year. This essential oil blend is designed to strengthen and protect you from the hectic lifestyle and challenges of the upcoming season.

Ingredients: 100% pure, premium-grade, wild-crafted and organic E.O.B.B.D. essential oils of Orange, Lemon, Grapefruit, Tangerine, Nutmeg, Anise, and Clove.

How to Use:

- *Bath: Use in a footbath or bath for calming upper respiratory challenges or for an emotional boost! .*
- *Bath Application: Pure essential oils are most effectively used in bathing when added directly to bath water by using one of the methods listed below:*
 - o *Agitation Method: After adding oil(s) to running water, agitate or vigorously mix the bath water, ensuring even dispersement of the oil(s).*
 - o *Create a Bath Oil: Mix the appropriate amount of oil(s) with Message Carrier Oil and then add the mixture to bath water.*
 - o *Create a Bath Salt Mixture: Add the appropriate amount of oil(s) directly to Epsom™ Salts or Sea Salt, and then disperse bath salt mixture into bath.*
 - o *Always avoid contact with eyes while in bath water.*
- *Diffusion: To create a soothing environment in your home, diffuse as desired. You'll love the freshness!*
- *Massage: Mix Harvest blend oil with 1 Tablespoon of Message oil and use for a whole body massage or rub on feet for a soothing foot massage.*
- *Topical: Apply the Harvest blend oil on back of neck and/or wrists to wear as a fragrance instead of chemically laden perfumes.*

Holiday Gift Blend of Essential Oils

This is a time of high energy and stress. We have many demands financially, spiritually, and emotionally that can leave us in need of support. This essential oil blend is designed to take

you away to a safe place from your childhood. The physical benefits follow the health indications of each oil within the blend.

Ingredients: 100% pure, premium-grade, wild-crafted and organic, E.O.B.B.D. guaranteed essential oils of Cinnamon Leaf, Orange, Spruce, and Vanilla.

Use as directed for Harvest Blend.

Cinnamon Bark Essential Oil

This popular spice was the main reason behind the occupation of Ceylon, first by the Portuguese, then the Dutch, and then the British. Anciently this spice was included in nearly every prescription issued in China. Testing has yet to find a virus, bacteria, or fungus that can survive in its presence. Approximate ORAC 103,448.

Caution: Not for children under 6 years old. Dilute for children over 6. Avoid during pregnancy. Repeated use can result in extreme contact sensitization. Avoid during pregnancy. Can cause extreme skin irritation. Diffuse with caution, will irritate the nasal membranes if it is inhaled directly from the diffuser. Use extreme caution when diffusing cinnamon bark because it may burn the nostrils if you put your nose directly next to the nebulizer of the diffuser.

Clove Bud Essential Oil

This oil has a sweet, spicy fragrance that stimulates and revitalizes the senses. Historically the people of Penang, among the "Spice Islands," were free from epidemics until the sixteenth century when the Dutch Conquerors destroyed the clove trees that previously flourished. Approximate ORAC 1,999,526. Helpful with skin care, athlete's foot, toothache, insect repellent (mosquito). Not for children under 6 years old. Dilute and use with caution for children over 6. Repeated use can result in extreme contact sensitization. Caution during pregnancy. Can irritate sensitive skin. Use only clove bud oil, not the leaf or stem oil.

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

Challenge:

Use an essential oil every day

Essential Oils on Sale for November:

Be Young Premium Therapeutic Grade EOBBBD tested Essential Oils

Holiday Essential Oil Blend, Retail \$34.00, Sale 30.60, Wholesale \$27.00*

Harvest Essential Oil Blend, Retail \$34.00, Sale \$30.60, Wholesale \$27.00*

Cinnamon Essential Oil Retail\$39.00, Sale \$35.10, Wholesale \$32.00*

Clove Essential Oil, Retail \$29.00, Sale \$26.10, Wholesale \$24.00*

Car diffuser: Retail \$17.90, Sale \$15.90,

*Oil of the Month Club will save you \$10 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!

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

www.TracesEtc.com

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