

October 2009 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

It seems the easiest way for me to know what is going on around me is to listen to the questions people ask, take a look at the essential oils that people are buying, and take note of what we are using in our home.

I know the flu is what is on the news, but I am hearing more about sore throats, runny noses, sinus congestion, and coughing.

- Spice for Life is wonderful for the immune system and helps the body have what it needs to fight off viruses. Do the "lick trick," by putting a drop on your hand and licking it off, following with water. I keep my Spice for Life on my desk and lick a drop off my hand several times a day, every day. If you do that, you probably won't get sick.

If you do get sick:

- Spice for Life every hour or so for a day or so will help your body fight it off. Eucalyptus or Breathe Blend, diluted, on the chest, throat, across the sinuses and/or behind the ears will help you breathe better and keep things draining.
- If things get worse for some reason, go to our website library, health topics, getting and maintaining health, and follow the directions using Spice for Life, Guardian, and Defence.
- Do the maintenance routine with Spice for Life, Guardian, and Defence and your body will be more able to defend itself against colds and the flu. It is always better to boost your immunity and not get sick at all.

The wonderful thing about essential oils is that there are several that will do the job. When someone calls me for some advice, usually the first thing I ask is "What oils do you have?"

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| • <u>Lavender</u> | • <u>Cypress</u> | • <u>Breathe</u> |
| • <u>Rosemary</u> | • <u>Marjoram</u> | • <u>Guardian</u> |
| • <u>Tea Tree</u> | • <u>Ravensara</u> | • <u>Defence</u> |
| • <u>Eucalyptus</u> | • <u>Spice for Life</u> | |

These will all help clear bacteria and viruses at school, work, or home. Use whichever oils you feel like. You may want to diffuse Rosemary on a morning when your student has a test, as Rosemary helps with recall. If someone is particularly stressed that day, use Lavender. Put them in a personal diffuser, on the bottom of your feet, under your nose, or in a regular diffuser. Use them in your dishwasher, dishwasher, laundry, cleaning water for everything from counters to floors. One nice side effect ~ fewer bugs in the house (they don't like essential oils).

We run the diffuser in one room and then in another for a while. If you have students, the following are great for concentration (side effects, kills bacteria and viruses):

- Basil
- Orange
- Rosemary
- Lemon
- Peppermint
- Gratitude

Peppermint has over 800 constituents that directly combat bacteria and viruses. It also is the same frequency as the brain so it will get it going at the same time. Caution: if you have high blood pressure put on some Lavender with your Peppermint.

Lavender is the universal oil. If you can only grab one oil as you run out of the house, grab your Lavender. In Bucklerberry, England, they raised and distilled Lavender for perfume making and the scenting of leather goods during the 14th century. This was also the time when the Black Plague was rampant and 80% of the people died. But not one person in a 30-mile radius of Bucklerberry, England ever contracted the Black Death. This has been contributed to the microbial power of Lavender oil. You can see the power that you are giving your kids when they go to school and have been using Lavender essential oil.

Geranium is not only good for all the bacterial and viral garbage that is out there, but also soothing to the emotions. If you or your children are in panic mode because the media loves to drive the nightly news and tell us that we're all going to die because the Swine flu is coming, get out the Geranium.

Hand Sanitizer that is good for you, boosts your immune system, and softens your hands!

- 10 drops Ravensara
- 5 drops Peppermint
- 8 drops Lavender
- 3 drops Geranium
- ¾ cup Aloe Vera gel
- ¼ cup Coconut butter

More concentrated Hand Sanitizer:

- Use 3 Tbsp Aloe Vera Gel
- 1 Tbsp Shea butter or Coconut butter
- Same amount of essential oil drops

Blend together really well, put in a pump or squeeze bottle. Squirt a little bit into your hand, rub it in and you have a wonderful hand sanitizer. You can get the Aloe Vera and Shea or Coconut butter at your local health food store or you can get the hand sanitizer from us in a pump dispenser all mixed up. Approximately 8 oz, made from the first recipe here. The colder it gets, the more it separates. The Shea butter or Coconut butter solidifies somewhat. Keep in a warmer place. I love it, it feels good and smells great! This is great to put on before you go out and when you come home.

So, I hope if your essential oils are sitting in your cupboard, making it smell nice, you are now thinking you should pull them out and use them, diffuse them, rub them on, smell them. When people walk into your home and you use essential oils regularly they will say, "Mmm, it smells so good in here!" Remember, essential oils don't "cover up" bad odors, they eliminate them!

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

Announcements

- Masaji whole food nutritional supplement is now available. Build your body on a cellular level with this wonderful supplement full of anti-oxidants.
- Dana has announced a new product coming out that has been shown to be highly effective against Diabetes. Definitely more to come on this one.

Challenge:

Use an essential oil every day

Essential Oils on Sale for October:

Be Young Premium Therapeutic Grade EOBBB tested Essential Oils

Economy Diffuser, Retail \$64.00, Sale \$57.00

Hand Sanitizer, 8 oz in pump bottle, Retail \$18.95, Sale \$17.00

Spice for Life Essential Oil Blend, Retail \$36.00, Sale 32.40, Wholesale \$29.00*

Guardian Essential Oil Blend, Retail \$60.00, Sale \$54.00, Wholesale \$50.00*

Defence Essential Oil Blend, Retail \$26.00, Sale \$23.40, Wholesale \$21.00*

Eucalyptus Essential Oil, Retail \$17.00, Sale \$15.30, Wholesale \$12.00*

Breathe Essential Oil Blend, Retail \$28.00, Sale \$25.20, Wholesale \$23.00*

*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!

The following are some of our favorite classes and we will again be offering them 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.

- If you want to come to a class at our house there is no class fee
- If you wish to host a class and live within 75 miles of Preston, Idaho, arrange to have at least 5 people at the class (including yourself) and we will do the class for free.*

*If less than 5 people attend, regular class fees apply.

*Excludes specialty classes such as P.A.T. or E.A.T.

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.

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. For classes where the attendees pay a fee, we have some special offers for the host:

1. Your class is free (with five attending guests)
2. There will be a special host (or hostess) gift (with five attending guests).
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

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