

**November 2007 Newsletter**  
**Traces, Enhancing your life with Essential Oils**  
[www.TracesEtc.com](http://www.TracesEtc.com)

This month we are spotlighting Frankincense essential oil. We often associate Frankincense with the Holiday Season because it was one of the gifts presented to the baby Jesus by one of the Wise Men. In ancient times it was the oil of choice for anointing the newborn sons of kings and priests.

Today Frankincense is used to help maintain normal cellular regeneration, to stimulate the body's immune system, and as an aid for people suffering from cancer, depression, allergies, headaches, herpes, bronchitis, and brain damage resulting from head injuries. A whiff or two will also help soothe a cold or bronchitis. Wow!

For those of you who experience stress during the holidays, diffuse one of the following for a calming influence:

*Frankincense, Lavender, Bergamot, Sweet Orange,*

*Rose Geranium, Marjoram, German Chamomile, Quiescent, TLC*

More information on these oils can be found on our website or by calling us.

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

**\*\*\*Every Wednesday we send out an email with our favorite oil of the week. We tell you how we have used it this past week and put it on special with a discount coupon. Are you missing out? Call or email to sign up.\*\*\***

**Questions and Answers:**

---I have heard that essential oils and homeopaths can sometimes cancel each other out. Is this true?

---Whenever you are dealing with herbs, essential oils, homeopathic remedies, over-the-counter medications, or prescription drugs, it's a good idea to do a little research. Talk to your pharmacist or a health care professional or do the research yourself. There are books that talk about interactions, and information on the internet.

[www.newstarget.com/DrugWatch\\_Home.html](http://www.newstarget.com/DrugWatch_Home.html) is a site that lists common drug side effects, nutrient depletions, herbal interactions, and health notes.

Generally speaking, the essential oils, herbs, or foods that are apt to cancel out your homeopaths are Tea Tree, Eucalyptus, and mints, i.e. Peppermint, Spearmint, and Rosemary.

Essential oils should not be used less than one hour before or less than two hours after taking medications. This can make them both less effective and you may not get the result you want from either one.

### **Recipe of the month:**

*How about a few tips this month instead:*

*---Try a free-range turkey this month. November is often the only month you can get them at your local grocery store and turkeys aren't just for Thanksgiving! How else are you going to get some of that wonderful homemade turkey soup now that the weather is getting a little colder?*

*---Next time you are thinking of having baked potatoes for supper, try baked yams instead. I scrub them, cut a bit off the ends so they can "breathe," and bake them whole in a covered casserole dish until soft enough to eat. Serve them with butter and salt and pepper. Skip wrapping them in aluminum foil, most of us get more than enough aluminum in our lives as is.*

### **FrequenSea™ with Marine Phytoplankton: The best of land and sea.**

ForeverGreen's flagship product FrequenSea is easily the most complete whole-food product available in the industry today. This amazing ionic whole-food tonic includes Marine Phytoplankton, a food source with a nutritional analysis second to none. Marine Phytoplankton contain over 200 sea vegetables, are a major oxygen source for the Earth, and have 40 times the energy of any other known plant. Experts call FrequenSea a superfood as it includes all the elements necessary to sustain a healthy life. With the addition of rose, Astaxanthin, ginger, aloe vera, and frankincense, it is the best land and sea has to offer.

FrequenSea is the first step to embracing health and there is more good news. ForeverGreen holds exclusivity in the network marketing industry to distribute Marine Phytoplankton. Partnering with a one-of-a-kind sea farm in the Pacific Northwest, ForeverGreen is capable of producing enough Marine Phytoplankton for the entire world.

ForeverGreen uses only the highest quality organic ingredients available, with no synthetics, no artificial flavors, and no artificial coloring.

- **Take FrequenSea™ for complete, totally absorbable nutrition. Go to the following website and view both videos, "Another Day" and "By Land and by Sea" to learn about FrequenSea. I know there are tons of nutritional supplements out there—all I can say is FrequenSea is amazing!**

[www.amazingdoc.com](http://www.amazingdoc.com)

FrequenSea prices: 1, 16 oz bottle, \$39.95 (1 bottle will last about a month, taking ½ oz per day)\*

If you spend \$50 or more at TracesEtc in a given month, it is \$36.25; 4 pack, \$144.85; \*

If you order and prepay 4 bottles at a time, \$132.00.\*

\*Prices do not include shipping

### November Classes:

*Essential Oil Class Thursday, November 8<sup>th</sup>, 1-3 pm, at our home in Mink Creek. We will be studying ways to stay healthy through the coming season, including stress, illness, holiday scents and sense. We will also discuss our “oil of the month,” Frankincense. If you don’t love Frankincense, just learn more about it.*

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*We had a PAT class last week. This is so great to learn with a spouse or friend. It is a wonderful thing to learn for your family, but you want to have someone who can give you this fantastic spa type treatment, too. If you are interested in this 4 hour class, call or email and let me know, and we will work it out so we have it when you can come. We may even be able to come to your area and do this class. Contact us if you are interested.*  
**In this class we will be learning Physical Aromatic Touch, developed by Dana Clay Young. It helps you identify the essential oils that your body needs and then the oils are applied to the back with a warm compress.**

**This is like an expensive “spa” treatment. It is wonderful.**

**This is your chance to get some real hands on training on how to use essential oils.**

**Pre-register and the cost is only \$20 per person/\$30 per couple (Bring a spouse or a friend). This helps us plan better. At the door: \$25 per person/\$40 per couple.**

**The class will be about 4 hours long. If you are interested in coming, let us know, and you can have input on the date and time. Price includes use of our oils for the “PAT” – you will get one and perform one!**

*Life is so busy, if you have questions, or just can’t get to class when we are having one, give us a call. We can arrange a time for us to work with you personally. There is no charge for consultations. If you live out of the area, but not too far away, call or email and see if we are coming to your area.*

*Please let us know if there is a specific topic you would like to have addressed.*

## *November Specials*

*Please see our website for more information on the following*

Forever Young essential oil specials:

- Frankincense Essential Oil, 10 ml, Regular Price \$62.49, *Sale Price \$52.45.* *One of the very best essential oils for depression.*
- Lavender Essential oil: Regular price \$23.95, *Sale Price \$19.90.* *Calming, refreshing, and relaxing, use it to treat depression, insomnia, nervous exhaustion, and to clear the head.*

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

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

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