

# October Newsletter

## Traces, Enhancing your life with Essential Oils

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

Fall is certainly here. It's time to get into the holiday spirit, starting with Halloween. Essential oil musts for fall are **peppermint and lemon**. They will trick those pesky creepy crawlers into thinking they need to find another home for the winter. We've told you this one before, but it's a good time to remember that bugs and mice don't like these oils. Spray or wipe them around window sills, doorways, or other places pests may enter.

Pests may not like these oils, but, your liver does. For those of you who have started doing the **liver cleanse**, keep it up. Your body needs to be healthy to repel the nasty goblins of winter, like the flu and colds. If you haven't started your liver cleanse, go to our website for instructions. The liver cleanse is easy, and it is the perfect way to start using essential oils, no matter what the problem. The liver cleans the toxins out of your system, and this only matters if you would like to avoid headaches, allergies, being overweight, pain, arthritis, high cholesterol, gall bladder disease, high blood pressure, sugar cravings, poor digestion, fatigue, bad moods, irritable bowel syndrome, or an ineffective immune system, to name a few symptoms of an overburdened liver. Ann Louise Gittleman, author of *The Fat Flush Plan*, says "Probably nothing you do to control your **weight** is as important as keeping your liver healthy."

Another great way to get toxins out of your system, and treat yourself to a few minutes of true luxury, is to use one of the **Forever Young Essential Spa Bath Salts**, a combination of sand-free Dendritic Salt and essential oils. They also contain grapeseed oil and fractionated coconut oil to help nourish the skin. These aromatic bath salts help support your body in releasing toxins and relieving everyday aches and pains while invigorating both the mind and the body. Detoxification is best supported with Healing and Stimulating blends.

### **There are the following four blends to choose from:**

**Healing Blend:** Cooling, soothing, makes 106 degree water feel like it's 75 degrees. Brings fevers down, supports immune system. Use it to support healing when feeling ill, or for holding a cold or flu at bay. Especially recommended when suffering from a headache. Essential oils in this healing salt include: Eucalyptus globules, Eucalyptus radiata, Rosemary, Peppermint, Rosaline, Ravensara.

**Relaxing Blend:** As the name implies, incredibly relaxing! Relaxes the body, the emotions, healing in every respect! Essential oils in this healing salt include: Lavender, Lime, Rosewood, Marjoram, Patcholi, Ylang Ylang, Bergamot, Spruce, Geranium.

**Stimulating Blend:** Wakes you up! Antibacterial, antiviral, healing in so many ways! (Also good to stimulate cellulite detox!) Essential oils in this healing salt include: Peppermint, Orange, Spearmint, Tangerine, Lemon, Rosemary, Grapefruit, Bergamot, Coriander, Lemongrass.

**Balancing Blend:** Balances the entire body, and emotional system. Phenomenal aroma! Essential oils in this healing salt include: Geranium, Lavender, Sweet Orange, Blue Tansy, and Lemon.

**Give yourself a spa experience any day of the week.  
(Or, give one to a friend for a great Christmas gift!)**

**Forever Young Essential Spa Bath Salts, just \$24.95 each**

**Peppermint Essential Oil, \$19.95**

**Lemon Essential Oil, \$14.95**

**Following are End of the Month Specials for Forever Green Products  
Hurry, must be ordered and paid for by September 27, 2006**

We have several end of the month specials to introduce you to Forever Green products: See our website or the Forever Green Pleasure Magazine for more information on these items.

**Rejuvenation Pack.** Stay fresh this fall with favorites from our Personal Transformation line. After pampering your skin, treat yourself to a limited edition Pumpkin Spice Nice bar. Pack includes: 1 Juice Shampoo, 1 Juice Conditioner, 1 Silk, 1 Shine, 1 Lavender Renew, 24 Karat Chocolate Pumpkin Spice Nice Bars (12 Bars). only \$99.95

**Trick or Treat Pack.** What better treat to give than Orange 24 Karat Chocolate and Pumpkin Spice Nice Bars. Both limited editions, these treats will trick your taste buds! Pack includes 24 Karat Chocolate Pumpkin Spice Nice Bars (24 Bars) and 4 Boxes (30 count each) of Seasonal Orange 24 Karat Chocolates. \$129.95

**Fall Fitness Pack.** Keep up your summer fitness goals with this simple get delicious pack. Provide nutritional benefits with Thunder, a meal replacement drink mix that actually tastes good and makes you feel full, and the added excitement of limited edition Pumpkin Spice Nice bars! Pack includes: 1 Thunder (60 servings), 1 ShakerCup, 24 Karat Chocolate Pumpkin Spice Nice Bars (12 bars). \$94.95

**24 Karat Chocolate Pumpkin Spice Nice Bars** are a nutritional bar made of pumpkin and spice and everything nice! A perfect blend of dates, 24 Karat Chocolate, Pecans, walnuts, pumpkin, spice, flax seed, chia seeds, and sesame seeds. 12 bars, \$39.95

**Limited Edition Orange 24 Karat Chocolate.** Back by popular demand! Get your Orange 24 Karat Chocolate early this year as we're sure to sell out again.

This limited edition flavor is a seasonal delicacy; smooth, dark, organic chocolate with the perfect essence of orange. We're sure you'll love it! 1 box (30 count) \$22.95

Call 208.852.2295 or order at our website: [www.TracesEtc.com](http://www.TracesEtc.com)

**Learn to use Essential Oils in your everyday life. Surround yourself and your home with them, as a part of your everyday skin care, bathing, nutrition, and household cleaning, and you will find that you and your family will have a higher level of resistance to illness, catching fewer colds, and recovering more quickly.**

### **Introducing FrequenSea**

Re-awaken your body's healing power with Mother Earth's milk...from the ocean.

The body heals itself when it has the tools to do it. "Marine Phytoplankton is one of the most rare ingredients on the planet because it contains, in a concentrated form, almost everything you need for life or the rebuilding of a healthy life. I am delighted to have found FrequenSea with Marine Phytoplankton and all its other remarkable ingredients." Jerry Tennant, MD

If you are concerned as you see some of the health problems your friends and members of your family may be facing, if you are looking for better health, may I invite you to investigate FrequenSea, with Marine Phytoplankton. Take a few minutes to learn more, it may be one of the best decisions you can make for your health.

In the last few years we have faced some serious health problems with family and friends, and we have searched for (what we believe) are some better answers to these challenges.

Take 15 minutes, go to [www.whyplankton.com](http://www.whyplankton.com) and click on the video "Another Day." It's a great place to start. Read some of the testimonials (same site). Call and talk to us if you have questions or would like to order. You can also order on our website, [www.TracesEtc.com](http://www.TracesEtc.com).

**Are you ready? There will be a new essential oil available from Forever Young in about 2 weeks. It is AWESOME! University medical tests have shown that it can have a dramatic effect against bacterial and viral infections, including the bird flu. Do you want to be without it? Start your liver cleanse. This oil is so powerful you will want to prepare by doing the liver cleanse for 30 days before you use it. So get ready! Penny and I have been using it, and it is amazing for pain and inflammation! Don't worry-get healthy!**