

October 2007 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

Are you ready for the cold and flu Season?

The healthier you are, the more able you are to resist illness.

- Eat healthy: more whole grains, fruits and vegetables, less refined flour and sugar.
- Drink water! Now drink some more water! Divide your weight in half, and that is how many ounces of water that you should drink daily. (If you weigh 100 lbs, drink 50 ounces of good, pure water throughout the day.) Juice doesn't count, and, of course, pop doesn't count because you aren't drinking that anyway.
- Wash your hands often and try to remember to keep them away from your mouth and your nose
- Get enough sleep
- Try not to create any extra or unnecessary stress in your life (for that matter, try not to create any extra or unnecessary stress for those around you.)
- Use essential oils daily, especially Spice of Life...Now I don't know what to say because I started thinking about which oils I would "especially" use daily, like Lemon, Peppermint, Tea Tree, Rose Geranium, Coriander.....See my problem? When my husband asked what to do when people come into his office coughing, sneezing, etc., I sent him some Spice of Life and said, "Just sprinkle a few drops around when they leave, or do the "lick trick" (put a drop on your hand or a spoon or something and lick it off, follow with water). I always have a drop of Spice of Life after I go to church or to town.
- Do your Liver Cleanse – If you don't know what this is, go to our website library
- 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. By the way, I am diabetic, and don't take my FrequenSea away, it has made a difference.**

www.amazingdoc.com

FrequenSea prices: 1, 32 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

Bug and pest notes:

These are some of the things we have been doing to discourage the influx of fall pests:

- *Penny decided to take a caulk gun and look for holes, but first she wanted to get any bugs out that were hiding inside. She decided on Spice of Life, put a few drops in a spray bottle with some water, and sprayed this where she intended to caulk. Mass exodus! Bunches of Box Elder bugs and wasps and a few miscellaneous critters came out, which she sprayed directly with the concoction (it killed them). Let it dry, then caulked.*
- *If you grew some mint (peppermint or spearmint) pick it and sprinkle it around the outside of the house. Try some mint herbal tea bags on the inside, like in your dresser drawers or pantry. Refresh them with peppermint essential oil. Careful on this one if you use homeopaths.*
- *I have also taken some Geranium essential oil and sprinkled it around the foundation of the outside of the house.*

Cleaning Tip

- *Put Spice of Life in cleaning water with a mild soap to thoroughly clean and disinfect the bathroom.*

***Essential Oils are powerful, always keep them and "recipes" containing them

out of the reach of children.***

For your pets

- *Remember, FrequenSea is great for your pets, too. For dogs or cats, just put a drop in their food for a healthier pet.*

*****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.*****

Recipe of the month:

Roasted Fall Vegetables

Roasting at a high temperature brings out the flavors of the vegetables

Preheat oven to 450 degrees.

Combination of the following:

- **Butternut squash, peeled, seeded, and cut into 1 ½ inch pieces**
- **New red potatoes, well scrubbed and quartered**
- **Medium red onion, peeled and quartered**
- **Carrots, halved lengthwise, if thick and cut into 1 ½ inch lengths**
- **4 to 6 cloves of garlic, peeled and smashed**

Toss with 2-4 tablespoons of olive oil and season with salt and pepper. Adjust amounts to suit your family. Spread on a rimmed baking sheet and roast until veggies are tender and beginning to brown, 40 to 50 minutes. Stir halfway through baking and exchange pans on lower and upper racks if using more than one pan.

October Classes:

Essential Oil Class Wednesday, October 10th, 1-3 pm, at our home in Mink Creek. We will be studying ways to stay healthy through the coming season. We will also discuss our “oil of the month,” Coriander. If you don’t love Coriander, just learn more about it. I still need to schedule the PAT class described below. If you are interested in this 4 hour class, call or email and let me know, and we will try to 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.

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.

Classes are held at our home in Mink Creek. Take hwy 34 north out of Preston, then turn east on hwy 36 (just past Riverdale Resort). About 8 miles up the canyon there will be a sign that says Mink Creek. Turn right here, go to the stop sign and turn left on Capital Hill Road. Go past the church, going down the hill, and our house is the one on the left, light grayish blue, with quakies in the front yard.

“The Practical Uses & Benefits of Pure Therapeutic-Grade Essential Oils”

Physical Aromatic Touch, developed by Dana Clay Young, is an advanced system of tuning in to your body’s innate intelligence by employing the powerful senses of touch and smell. The body’s response to each unique oil indicates which ‘body system’ needs attention.

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.

For questions contact: Debby or Penny Swann

208 852 2295 or Pennybugs@yahoo.com

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. We have not yet set a date, though we plan to have it in October.

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!

October Specials

Please see our website for more information on the following

We are adding some new Oil Bags see web site – come and see. The 5/8 dram carrying cases are currently \$27.00. Starting next month they will be \$32.00 each, \$27.00 if you purchase 5 or more at a time.

Forever Young essential oil specials:

Make sure you have this one before cold and flu season.

Exchange Blend, 10 ml, Regular Price \$35.95, Sale Price \$30.40. *A blend of the most remarkable oils designed to support the respiratory system in any way needed. Diffuse or inhale between palms, or use in a compress over respiratory area. Apply topically and for massage with carrier oil.*

Coriander Essential oil: Regular price \$37.49, Sale Price \$29.95. *Sooths and calms, aids digestion. Balances hormones, use for scars and stretch marks. Relieves arthritis and muscle stiffness; helps remove toxins and stimulates circulation. Lowers glucose levels.*

Please contact us or go to our website for more information: www.TracesEtc.com

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