

# October 2008 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

## Our 2008 goals

**Improve Eating Habits:** There are so many wonderful fruits and vegetables to enjoy now before the weather gets colder. Make sure you get the last of the tomatoes and summer squash!

**Exercise:** Make the most of this lovely weather with a walk or some fall yard work.

**Drink plenty of water!**

**Get Organized:** We are reorganizing our canning equipment so that we can find what we need when we need it next year.

**Be More Prepared for Emergencies:** We all tend to do this in the fall—I guess it is the squirrel instinct in us to put food away for the winter. It's a lot of work now, but it sure is nice when it is snowing and the food is on the shelf or in the freezer for a tasty meal.

## October Specials

Please see our website for information on the following. We are working on articles and success stories that will help you see how people are using these oils.

### **ForeverYoung Essential Oil Specials:**

Exchange Essential Oil Blend 10 ml. Regular Price \$28.95, *Sale Price \$26.00.*

*\*Wholesale \$22.95 (plus shipping)*

Eucalyptus Essential Oil 10 ml, Regular Price \$14.95, *Sale Price \$13.45.*

*\*Wholesale \$11.95 (plus shipping)*

Tea Tree Essential Oil, Regular Price \$27.95, *Sale Price \$25.00.*

*\*Wholesale \$21.95 (plus shipping)*

Cairo Care Essential Oil Blend Regular Price \$35.95, *Sale Price \$32.40.*

*\*Wholesale \$28.95 (plus shipping)*

FrequenSea, Regular Price \$158.95 for 4 (that's \$39.74 each),

*Wholesale Price \$137.95 for 4 (that's \$34.49 each, save \$5 per bottle) plus shipping*

*Wholesale price is the sale price, no 10% discount for being over \$100.*

**Any single order totaling \$100 or more, get 10% off.** (Does not apply for wholesale orders.) For ordering online, use coupon code "MarSp".

Attention please: Experiences and information shared herein are intended for informational purposes only. The statements contained herein have not been evaluated nor approved by the Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before using any products mentioned or applying any information contained herein.

## 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) and learn how to de-stress – take a walk, learn Tai Chi or Yoga, and find something that helps you relax.
- 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, Eucalyptus, 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 BIG difference.**

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

### 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.*
- *I will be sprinkling Peppermint essential oil out in our storage shed to deter mice and bugs.*

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

Classes – \$20 per class/3 classes for \$40/bring a spouse or parent for ½ price!  
All classes include a free Bio-Scan!!

### Weight Loss and nutrition – what you really need to know to lose those extra pounds.

- Our new 03World weight loss products – It's new, it's hot, it works! Don't miss out!
- Ingredients in "healthy" foods that make you fat.
- How essential oils can help you with your weight loss.
- Body brushing for weight loss.
- It's working for me, it can work for you! Get a new you for Christmas!
  - Tuesday, Oct 7, 1-3 pm, our house in Mink Creek
  - Tuesday Oct 14, 1-3 pm, Community Room at Preston Library
  - Wednesday, Oct 15, 1-3 pm, Divine Health & Home, 345 N 100 E, Logan
  - Tuesday, Oct 21, 7-9 pm, Community Room at Preston Library
  - Wednesday, Oct 22, 7-9 pm, Divine Health & Home, 345 N 100 E, Logan

Anti-Plague class: A great tincture to add to your arsenal to fortify your immune system. Learn to make Penny's version of the "Anti-Plague" tincture. Her recipe is based on four different recipes, including Dr. Christopher's. We will get your tincture started (must sit in the cupboard for two weeks after starting) and you will receive all the ingredients with this class. You need to bring two quart size jars (glass, not plastic, mayonnaise or canning jars are fine—they do need to have a lid). You MUST preregister for this class so that we can have the supplies here for you. This class will be held at our home in Mink Creek. Class is \$25.00 (no discount) and will be approximately one hour long. Thursday, Oct 30, 1 pm.

### Introduction to Essential Oils and Practical Daily Uses

- What they are
- How they work
- EOBBBD Certification explained
- How do I use them?
  - Tuesday Oct 14, 4:30-6:30 pm, Community Room at Preston Library
  - Wednesday, Oct 15, 4:30-6:30 pm, Divine Health & Home, 345 N 100 E, Logan
  - Tuesday, Oct 28, 1-3 pm, Community Room at Preston Library
  - Wednesday, Oct 29, 1-3 pm, Divine Health & Home, 345 N 100 E, Logan

### Essential Oil Emergency and First Aid Kits

- Learn which oils to have in your first aid or 96 hour kit and how to use them.
- Relieve a fever quickly and naturally.
- Soothe an upset stomach.
- Purify water.
- Relieve pain from a burn.
- Stop an infection.
- Open the respiratory system.
- Deal with shock.
- And lots more!
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### Immune System Support with Essential Oils

- Preparing for the cold and flu season, naturally.
- Conquering infections, bacterial, viral, and fungal.
- Some new ideas on the prevention of cancer- how essential oils can help-don't miss this one!
- "L" forms
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### Skin care

- How can essential oils help with chronic skin care needs?
- Acne, eczema, dermatitis, psoriasis...How to clear it without costly and risky over-the-counter preparations, mail order 'solutions' or prescription drugs.
- What to use when bumped, scraped, bitten, or burned.
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\*Classes listed below are not yet scheduled, but are in the process. Contact us if interested.\*

### P.A.T. – Physical Aromatic Touch – The 7 indicators of Health

- Explanation of each essential oil in the PAT program
- Demonstration of PAT Assessment
- Demonstration of Back Application

### E.A.T. – Emotional Aromatic Touch –Breakthrough to Health

- Emotional Aromatic Touch – Why? How?
- Back application demonstration
- Foot application

### Increasing the Effectiveness of your body's Energy

- Tracing Meridians
- Daily Energy Routine
- Is your body's energy running backwards?
- What is EFT and how can it help me with pain and emotional issues?

### Cleansing – Nice and Easy

- Daily Liver Cleanse
- Internal Cleanse
- Parasites anyone?

We will be adding more classes – please refer to our website. Email or call and let us know what classes you are interested in and where you live and we will see if there is enough interest for us to go to that area. Right now we are planning classes in Ogden, UT; Rexburg, ID; Preston, ID and Spokane, WA.

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