

October's Essential Oil Classes from Traces
Taught by Debby and Penny Swann
www.TracesEtc.com

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

Location: Swann home, 7455 N Capital Hill, Mink Creek
Groll Family Gym, Preston (go in the back door, room on main floor)
Boardroom or Community room at Larsen Sand (Preston) Library
Divine Health & Home, 345 N 100 E, Logan, UT

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 14, 12-2 pm, Board 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
- EOBBB Certification explained
- How do I use them?
 - Tuesday Oct 14, 2:30-4:30 pm, Groll Gym, Preston
 - Wednesday, Oct 15, 4:30-6:30 pm, Divine Health & Home, 345 N 100 E, Logan
 - Tuesday, Oct 28, 12-2 pm, Groll Gym, Preston
 - 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!
 - Tuesday Oct 21, 12-2 pm, Groll Gym, Preston
 - Wednesday, Oct 22, 1-3 pm, Divine Health & Home, 345 N 100 E, Logan
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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
 - Tuesday Oct 14, 7-9 pm, Groll Gym, Preston
 - Wednesday, Oct 15, 7-9 pm, Divine Health & Home, 345 N 100 E, Logan

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.

www.TracesEtc.com 208 852 2295 Info@TracesEtc.com