

September 2007 Newsletter

Traces, Enhancing your life with Essential Oils

www.TracesEtc.com

First Things First

September's winner, MaryAnn Jepsen, will choose from our "Prize Box." Congratulations!!!

September cleaning tips:

- *Moth repellent—4 drops Lavender + 3 drops Lemongrass + 3 drops Rosemary + 2 drops Peppermint on cotton ball in closet*
- *Yummy drawer sachet—2 drops Rose Geranium + 3 drops Lemon on cotton balls in drawer*

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

Bug and pest notes:

Fall is approaching and it really is going to get cooler one of these days. I plan to discourage the influx of outside pests as much as I possibly can.

- *Peppermint repels bugs, spiders, and mice. Keep in mind, you don't want to use a lot of Peppermint around people with high blood pressure. Try some Lemon*
- *Lemongrass on baseboards repels rats*
- *Use Neem oil to discourage pests on your trees, in your garden, and in your yard.*

For your pets

- *Make your own flea and tick spray by adding 20-25 drops of essential oil in about 8 ounces of purified water. Use any of the following oils: Peppermint, Lemongrass, Lavender, Eucalyptus, Lemon, Geranium, or Myrrh. Shake well before spraying. Protect your pet's eyes from the spray. Spray anywhere that you think there may be a breeding bug infestation. Remember that your pets have a much stronger sense of smell than you do. Always start with a mild mixture of oils – you can add a drop or two if really needed.*
- *Remember, animals usually choose things that are good for them – allow your dog, horse, or cat to choose which essential oil they prefer. Offer one drop of oil in each hand and see which hand they react to. I use a small amount, wipe or wash some of it off, then see how they react. Our animals are around the essential oils a lot and will actually come into the room when they smell the oils being used. Let them get used to them.*

Recipe of the month:

Zucchini Bread

The honey will help this bread stay fresh longer. For best flavor, wrap cooled loaf in plastic wrap, and let it sit for 24 hours.

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| 3 large eggs | 1 ¾ c. unbleached flour |
| 1 c. mild honey | 1 ¼ c. golden whole wheat flour |
| ½ c. sugar | ¾ c. finely chopped nuts |
| 1 cube butter, softened | ¾ c. raisins (optional) |
| 6 T. plain yogurt | 1 tsp. sea salt |
| 2 T. milk | 1 tsp. baking soda |
| 2 c grated zucchini | ½ tsp baking powder |
| 2 tsp. vanilla | 2 tsp. cinnamon |
| | 1 tsp. ginger |
| | ½ tsp cloves |

Preheat oven to 350 degrees. Grease and flour 2 loaf pans. In a large bowl: mix eggs, honey, sugar, butter, yogurt, milk. Add zucchini, vanilla, unbleached flour, w.w. flour, nuts, raisins, salt, soda, baking powder, and spices; mix thoroughly. Divide evenly into pans. Bake 1 hour, until toothpick in center comes out clean. Cool 10 minutes in pans. Remove from pans and cool completely.

September Classes:

No classes this week or next week. If you are interested in coming to class, give me a call for a class schedule sometime next week. A few things are still up in the air, and I want to figure out when to do 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.

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 September. 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!

September Specials

Please go to our website for more information on these and other products.

Colloidal Silver from Herbal Healer Academy will be on sale until Sept. 30th. Please have your order and money in by Sept 20th so that we can get it ordered in time. They cannot ship once the weather gets cold and there is danger of it freezing:

500 ppm: 2 oz dropper Regular price 21.95, Sale price 19.75, (\$9.875/oz)

4 oz refill Regular price \$32.95, Sale price 29.65, (\$7.4125 /oz)

8 oz refill Regular price 59.95, Sale price 53.95, (\$6.74375/oz)

32 oz Regular price 199.95, Sale price 179.95, (\$5.6234/oz)

5/8 Dram bottles

Regular price \$8.49 per dozen, Sale price \$7.22 per dozen

Forever Young essential oil blend: Make sure you have this one before cold and flu season.

Spice of Life Blend, 10 ml, Regular Price \$35.95, Sale Price \$30.40.

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

Debby and Penny Swann 208 852 2295

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