

September 2008 Newsletter
Traces, Enhancing your life with Essential Oils
www.TracesEtc.com

Our 2008 goals

Improve Eating Habits; Exercise More; Get Organized; Be More Prepared for Emergencies

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

Rule of thumb for using oils on children (take into consideration their size/weight, also)
A child under 2 years—75% dilution of essential oil.
A child between 36-24 months—50% dilution of essential oil.

*****News Flash!*****

We will be at the Scrapbook USA Expo
In Sandy, Utah
Friday, and Saturday
September 19 & 20
Friday from 9 am to Midnight
Saturday from 9 am to 6 pm

Booth #508 (unless they change us for some reason.)

This will be a great opportunity for those of you who live in this area to come and talk to us about essential oils and classes.

ALSO...

Discover Better Health Through Bio-Communication
Get a FREE scan to see just what your body needs to make the most positive impact on your health in the least amount of time.

(\$25 value)

If you cannot make it to the Expo, call us and make an appointment to come by at our home for your free scan. Available to everyone on our mailing list for free! If you are out of our area, call or email and see when we will be near you. We are arranging to be in Bountiful one day next week to be available for questions and free scans. Call or email for an appointment.

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Soaks~the underestimated healer

Every day it seems like there is one more article, at least, linking toxins to disease, pain, and weight gain. We collect toxins from our environment, from the foods that we eat, the air that we breathe, and create additional toxins from stress. A healthy lymphatic system and liver are crucial to processing and eliminating toxins from our system; this is why we encourage people to do the Liver Cleanse and to learn ways to activate the lymphatic system and clear blockages in it. See our website for instructions on the Liver Cleanse and dry brushing for the lymph. We also give a Lymphatic “Massage” and will soon be teaching a Lymphatic Touch Therapy.

The body stores extra toxins that it cannot eliminate in joints, organs, and fat cells. If it does not have enough fat cells for the toxins, it will obligingly make more. This is one reason it can be very difficult to lose weight if a person is toxic. (More information on weight loss in our next newsletter. We have some exciting new products to help with weight loss.)

*One of the most enjoyable ways to eliminate toxins is to do a soak. We have several bath salt solutions available that are excellent, or you can create your own. Please do not arbitrarily mix several oils into the bath water. Choose some that go together or use a recipe or a prepared bath salt mixture. Make sure you know the oils you are using, and that they are appropriate for use in the bath. You can also put oils on or do your dry body brushing with an oil and then do a soak to drive the oils into your system. If you think you are entering a healing crisis just use some Epsom salts without added oils. **ALWAYS** rinse off after doing a soak (wash those toxins off the surface of the skin, you don't want to reabsorb them!)*

- **Bath Application:** Pure essential oils are most effectively used in bathing when added directly to bath water by using one of the methods listed below:
 - *Agitation Method:* After adding oil(s) to running water, agitate or vigorously mix the bath water, ensuring even dispersment of the oil(s).
 - *Create a Bath Oil:* Mix the appropriate amount of oil(s) with Message Carrier Oil and then add the mixture to bath water.
 - *Create a Bath Salt Mixture:* Add the appropriate amount of oil(s) directly to ForeverGreen Sol Saltz, Epsom™ Salts, Sea Salt, or ForeverYoung Bath Salts and then disperse bath salt mixture into bath.

Always avoid contact with eyes while in bath water.

September 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. Some of these are new and are still a work in progress.

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)*

Balancing Blend Bath Salt, Regular Price \$24.95, *Sale Price \$22.00.*

**Wholesale \$19.95 (plus shipping)*

Hygiean Spa, Regular Price \$12.49, *Sale Price \$11.25.*

**Wholesale \$10.95 (plus shipping)*

Sol Saltz 32 oz. Regular Price \$9.95, *Sale Price \$8.95.*

**Wholesale \$7.95 (plus shipping)*

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

**Joining ForeverGreen*

Is it worth it to join?

You can join ForeverGreen for \$29.95. Cheaper than Sam's Club or CostCo and, as long as you buy something once in a while, it is a one-time fee, not a yearly one. You can then buy your oils and other ForeverGreen products at wholesale prices. Joining gives you access to the weekly oil calls. These help you learn about the oils and how to use them. You can purchase directly from the company at wholesale prices. If you have a small order and it works better for you to order through us, we are always here to help you with your order, or questions. Additionally, ForeverGreen members always get 10% off our non-ForeverGreen products (our carry cases, bottles, etc) no minimum order required.

Contact us for a sign up form or sign up online at www.MyForeverGreen.org/536852

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

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Classes

Essential oils can enhance the quality of our lives without the risks and dangers that are inherent with over-the-counter remedies and prescriptions. Most health challenges – from the everyday annoyances to life-threatening issues, can be cleared with the wise use of essential oils – the gift from mother nature that keeps on giving...

Some classes that we offer:

Introduction to Essential Oils

- What they are
- How they work
- Why ForeverYoung?
- EOBBBD Certification explained

Essential Oil Emergency and First Aid Kits

Practical Daily Uses of Essential Oils

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 and cures for cancer
- "L" forms

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

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

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

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

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.

Weight Loss and nutrition

- Ingredients in "healthy" foods that make you fat
- Our new weight loss products – the O3 plan

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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