



Healthy Roots

April 2017

GETTING TO THE ROOT OF THE MATTER

Classes re-cap...



On March 28th, Shelia Joseph, Sarah Peterson, Jen Esch and Jen Rodgers provided a Symphony of cells training. We had 15 people attend. We learned many of the Symphony of cells protocols and that when all else fails use the Digestive Protocol.

Digestive Protocol

Possible Associated Conditions:
 Acidosis, Candida/Yeast, Cholera, Cirrhosis, Constipation, Crohn's Disease, Diverticulitis, Gastritis, Heartburn, Hemorrhoids, Hepatitis, IBS, Indigestion, Nausea, Ulcers, Acid Reflux, Acne, Acne Scars, Allergies, Athletes Foot, Atopic Dermatitis, Bloating, Celiac Disease, Cellulite, Cholera, Cirrhosis, Colic, Colitis, Constipation, Coronary Artery Disease, Cysts, Cystitis Dermatitis, Diarrhea, Digestive Disorders, Diverticulitis, Eczema, Endometriosis, Energy, Fibromyalgia, Fibroid Cysts, Giardia, Immune Support, Inflammation, Kidney Infection, Liver Detox, Lupus, Macular Degeneration, Pancreatitis, Psoriasis, Stomach Aches, Urinary Tract Infections

Step 1: Frankincense

Step 2: Carrier Oil

Step 3: Thyme

Step 4: Massage Blend

Step 5: Bergamot

Step 6: Coriander

Step 7: Digestive Blend

Step 8: Geranium

Step 9: Peppermint

Health Tip



Looking for a way to trim off a few pounds? It's free...Take a walk. According to the Mayo Clinic taking a daily, brisk walk can help in maintaining a healthy weight, strengthen bones and muscles, improve mood, boost balance and coordination, and aid in preventing and managing conditions such as heart disease, high blood pressure, and type II diabetes.

By taking a 30 minute walk at just 4 mph you can burn up to as much as 150 calories. In addition, walking can also help to tone your legs, bottom, abs and waist.

Aside from Physical health benefits, walking also provides several mental health benefits, especially in older walkers. According to the Arthritis Foundation walking can lower the risk of Alzheimer's, slow mental decline and relieve insomnia.

Unlike other exercise activities, walking requires no equipment and all you need is your feet!

Diffuser Blends

Wake-up Blend
 5 drops Bergamot
 3 drops Grapefruit
 2 drops Peppermint

Subtly Spring
 Diffuser Blend

- Lavender
- Bergamot

Sun-Kissed
 DIFFUSER BLEND

- 2 drops Juniper Berry
- 2 drops Grapefruit
- 1 drop Wild Orange

Giving Back Opportunity...

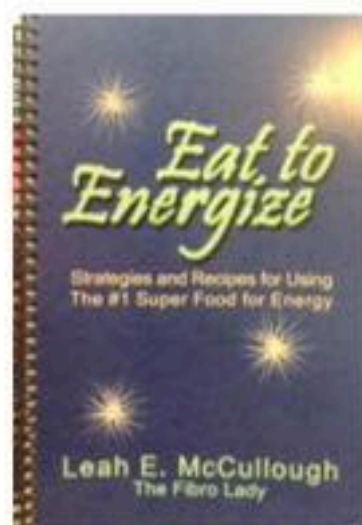


Please join our team by volunteering with us at the Country Rest Home in Greenwood, DE on the 2nd Monday of each month, from 6:30pm-7:30pm. Our Next event date is: May 8th. We will give free Aroma hand technique massages to the residents using Deep Blue Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



Saturday, April 15, 2017
Topic: Spa Products
Presenter: Kirby Joseph & Shelia Joseph
Location: 14106 Wootten Rd.
Laurel, DE 19956
Time: 11am



Monday, April 24, 2017
Topic: Health benefits of Liver
Location: Morning Glory Farms
Time: 6:00pm-8:00pm

Come join us to learn all about the health benefits of eating liver, including how nutrient-dense it is with Vitamins A, D, and K. Using the book *Eat to Energize* by Leah McCullough as our guide, we will be sharing recipes containing liver. Learn how to sneak liver into the ingredients of your favorite dishes, so your family won't even know the difference! The author refers to liver as the "sacred but forgotten food for energy." Couldn't we all use a little more energy?!

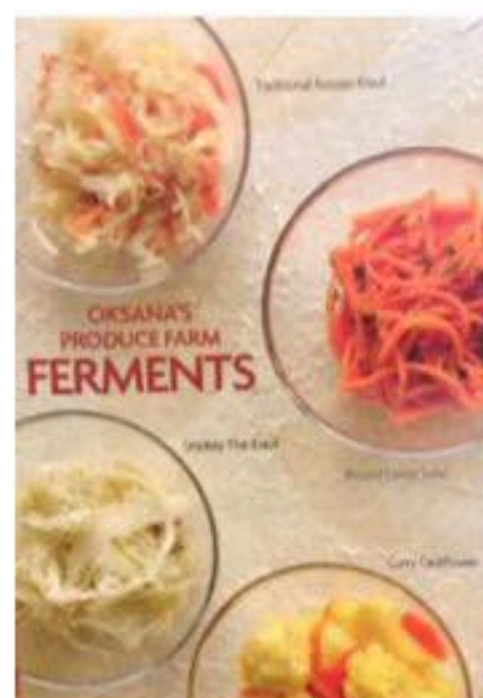
Therapy Spotlight



Pamper your feet with an essential oil steam pedicure that opens pores, illuminates dead cells and softens skin using sauna therapy. During the pedicure you will experience an Aromatouch therapeutic massage using 8 essential oils. Benefits of a steam pedicure are: Reduce stress & fatigue, Improve outlook, Detoxify the body and Increase circulation.



Wednesday, April 26, 2017
Topic: Zyto Scans
Location: Morning Glory Farms
Time: 6:00pm-8:00pm
Fee: FREE if you are NEW
\$5 if you are on my team
\$10 if you are a doTERRA Wellness Advocate outside my organization



Fermented Foods with Oksana
Tuesday, May 16, 2017
Location: Morning Glory Farms
Time: 6:30pm

Why eat fermented foods? Fermented foods introduce beneficial bacteria into your digestive system. Probiotics can improve bowel health, aid digestion, and help your immune system fight infections.

Quinoa Recipe



Ingredients:

- 1.5 cups of Quinoa
- 3 cups of vegetable broth
- Half a cucumber-thickly sliced and quartered
- 1 quart of grape tomatoes-halved
- 1 yellow pepper-roughly chopped
- Half a red onion
- ¼ cup fresh parsley-chopped
- ¼ cup virgin olive oil
- 4 tbsp. Apple cider vinegar
- 1 ½ cloves garlic, minced
- 2 tsp. red pepper flakes
- 3-4 good cracks of black pepper

First, cook up your Quinoa. To do this, bring vegetable broth to a boil. Then, add your quinoa to the broth; stir, and reduce the heat to low. Cook 15-20 minutes until water is completely absorbed by the quinoa. Fluff the quinoa with a fork & let it cool. Combine with vegetables. Drizzle the dressing over the mixture and let sit in the fridge for a few hours.



Saturday, May 6, 2017
Presenters: Heather Reynolds & Jennifer Creppon
Location: Morning Glory Farms
Time: 11am

Sarah Peterson

302-448-0009

Visit our FB page: @Healthyrootsgroup
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