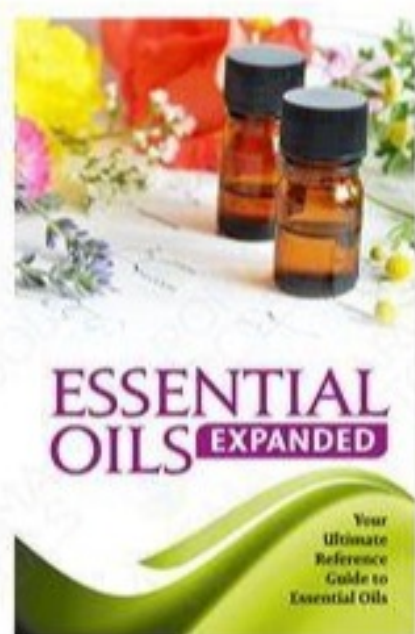
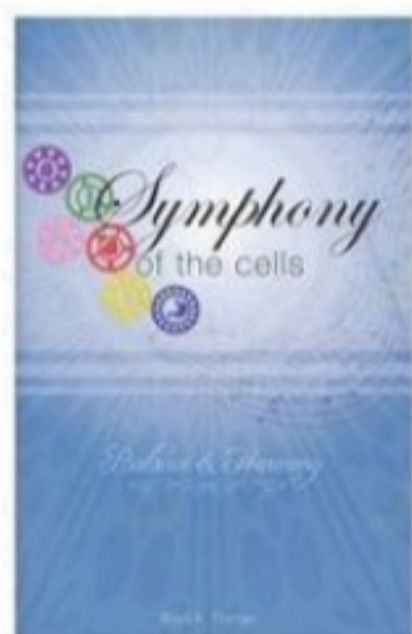




Healthy Roots July 2017

GETTING TO THE ROOT OF THE MATTER

Class re-cap...



Symphony of cells and Zyto Scan Training
On Saturday, June 17th we had 13 guests attend our training at the Barn.

Annie Miller reviewed the basics of Zyto scanning, how to read reports and how to use the new foot chart. Lori Short reviewed the body systems and major organs. Sarah Peterson reviewed how to administer the Symphony of cells technique step-by-step and went over common health conditions and which oils would best support ailments.

We also enjoyed a delicious lunch provided by Shelia Joseph and reviewed 2 resources that are beneficial when doing scans: Symphony of cells and the Essential oils Expanded: Your ultimate reference guide to essential oils book.

Orders yours on: www.AromaTools.com
Each book retails for \$9.95 each plus s/h.

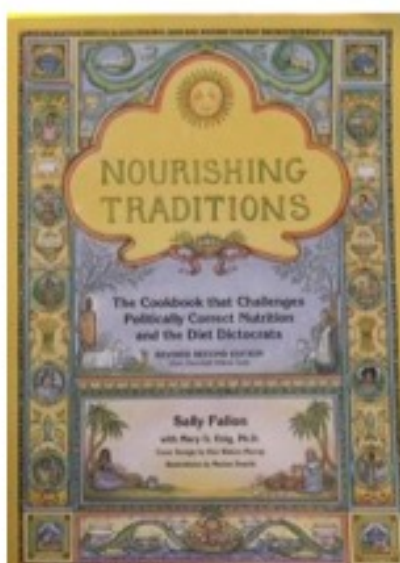
Many thanks to Lori for preparing a wonderful Power point visual for all sections of our training!

Health Tip



Sprouting grains increases vitamins B and C, and neutralizes phytic acid, a substance present in the bran of all grains that inhibits absorption of calcium, magnesium, iron, copper and zinc. It also neutralizes enzyme inhibitors present in all seeds and our own precious enzymes in the digestive tract. Sprouting in-activates aflatoxins, potent carcinogens found in grains. Finally, numerous enzymes that help digestion are produced during the germination process.

Sprouted grains can be used in numerous ways-in salads, sandwiches, vegetable dishes, as breakfast cereals and as additions to breads and baked goods. No special equipment is required -just wide-mouth, quart sized mason jars.



Read more on sprouting grains in Nourishing Traditions cookbook. (Find on Amazon)

Did you know?

Did you know that Normal hormone levels can influence a woman's good health and emotional well-being from her early teens to her transition through menopause?



doTERRA Women is a line of products formulated to address the unique and changing health needs of women. doTERRA Women gently supports a woman through the menstrual cycle and helps to diminish the normal symptoms of menopause.* doTERRA Women supports healthy bones and heart as women age, while the essential oil blend provides temporary relief from heightened emotions related to regular hormone cycles in women.

Here are 6 daily habits for creating hormone balance in your body:

1. Reduce toxic load
2. Stress Reduction
3. Nutrition & gut health
4. Hydration
5. Exercise
6. Sleep

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 dates are: July 10th & August 14th. 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...



Thursday, July 6th, 2017

Location: Toi Chambers' home
33193 Mariners Ave., Millsboro, DE
Time: 6:30pm-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



Saturday, July 15th, 2017

Location: Tammie Deputy's home
386 Schlabach Rd.
Greenwood, DE 19950
Time: 11:00am
Fee: FREE

Join us to learn how Essential oils can positively impact your health, help support normal hormone levels, uplift, help balance your endocrine system, and support healthy thyroid levels.

Register on Facebook for your FREE ticket.
Presenter: Tammie Deputy



What are you missing in your Grains & Nuts?

Tuesday, July 25th, 2017

Location: Morning Glory Farms
Time: 6:30pm-8:00pm

Nuts and seeds can be a terrific nutrient-dense snack or addition to a meal, but like grains and legumes, they can also contain substances that interfere with the body's ability to absorb nutrients.

RSVP on our Healthy Roots

Presenters: Sarah Peterson & Carolyn Biggs

Essential Oil Zyto Scan

Discover oils for
YOUR
best health!



Wednesday, July 26th, 2017

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

DIY Body cleanser & Perfume



Saturday, August 19th, 2017

Location: 8018 Scotts Store Rd,
Greenwood, DE 19950
Time: 1:00pm-3:00pm
Fee: FREE

Learn how to create your own DIY Body cleanser & Perfume. We'll cover aromatic profiles of fragrances and recipes for creating your own perfume.

Presenter: Carolyn Biggs

Recipes...

A Radiant Life Guide

Soaking Nuts+Seeds



Benefits →

- Increases enzyme action
- Enhances nutrient bioavailability
- Eases digestion

Basic Steps →

1. Measure out 4 cups of raw, unsalted nuts/seeds
2. Cover with filtered water
3. Add sea salt
4. Leave to soak
5. Low-temp dehydrate in oven

Nut/Seed Variety	Tablespoons Sea Salt	Approx. Soak Time	Temp. & Time to Dehydrate
Pecans	2	7hrs +	<150°F, 12-24hrs
Walnuts	2	7hrs +	<150°F, 12-24hrs
Pumpkin Seeds	2	7hrs +	<150°F, 12 hrs
Pine Nuts	1	7hrs +	<150°F, 12-24hrs
Hazelnuts (skinless)	1	7hrs +	<150°F, 12-24hrs
Macadamias	1	7hrs +	<150°F, 12-24hrs
Almonds	1	7hrs +	<150°F, 12-24hrs
Cashews	1	<6hrs	≈225°F, 12-24hrs

Crispy Nuts

Place 4 cups raw nuts in a large jar or glass bowl. Cover with warm filtered water. Gently stir in some sea salt. Soak for 7 hours. Strain, rinse and place in dehydrator or oven at no more than 150 degree for 24 hours or until crisp. Store all nuts in airtight container in the fridge or freezer for up to 6 months.

YAY HOORAY!
..... our shiny
NEW SITE IS LIVE! *right this way*

We are excited to launch our new website. You will find information about our Staff, Services offered, Learning opportunities, Newsletters, Nutrition and more.

Check it out at: www.healthyroots.info

Sarah Peterson

302-448-0009

Visit our FB page: @Healthyrootsgroup
healthyrootsgroup@gmail.com