

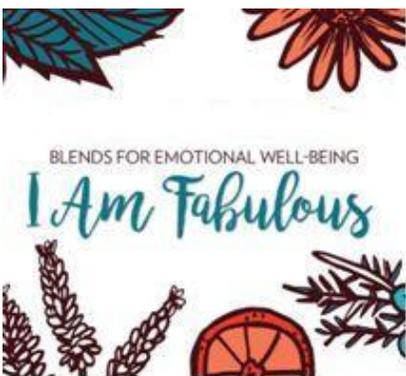


GETTING TO THE ROOT OF THE MATTER

Class Re-cap...



On June 7th, Sarah Peterson and Shelia Joseph participated in the "Senior Summit" at the Talbot Community Center in Easton, MD. Together they gave over 40 AromaTouch Hand massages and featured 2 diffusers with Wild Orange Essential Oil. It was an amazing day!



On June 16th a small group attended the "I AM Beautiful" Class with Carolyn Biggs. We briefly discussed the goodness of God who gave us flowers, trees and herbs for our physical, emotional and spiritual healing and growth. We used protocols from the book: I AM FABULOUS to reduce overwhelm and help us to project ourselves. Then, we created rollerball blends from the book to

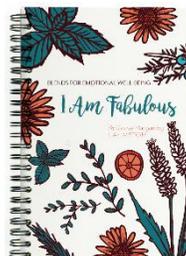
walk us through the next 4-5 months to help us move toward being the person God called us to be, walking true to ourselves. We added scriptures to our rollerballs as a way to recognize that as we use the oils God is the source of our healing and purpose. Scripture, meditation and journaling are an important part of moving toward wellness.

Zephaniah 3:17 says "For the Lord your God is living among you. He is a Mighty Savior. He will take delight over you, He will calm all your fears. He will rejoice over you with joyful songs." Here are two blends I think you will find helpful:

Project Yourself blend: This blend is meant to help you speak up for yourself and be true to who you are. The oils used in this blend are: 12 drops each of ginger and cinnamon with fractionated coconut oil to fill a 10 ml rollerball. I am using this each day along with the Fear protocol.

Fear blend: This blend is formulated for those who may have difficulty moving forward and embracing change. The oils used in this blend are: 8 drops cardamom, 12 drops juniper, 4 drops lemon, 2 drops basil, 5 drops black pepper, 2 drops lime, 1 drop cinnamon, 3 drops cedarwood, and 3 drops Hawaiian sandalwood.

Resource: I am Fabulous book by Desiree Mangandog.



Healthy Roots

July 2018

July Promotions

Did you know that you'll receive a 15ml bottle of **Cedarwood** Essential oil for FREE when you place an order with 125pv or more by July 15th? Who doesn't love free stuff?!



This month's Product of the month is **doTERRA Spa Exfoliating Body Scrub**. Save 10% when you order this anytime in July!



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 July 9th. We will give free Aroma hand technique massages to the residents using Lavender Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. Please RSVP to Mary Lynn Blalock at 302-396-7144.



Upcoming events...



Friday, July 13th, 2018

301: Aromatherapy & Emotions

Location: 386 Schlabach Rd.
Greenwood, DE

Time: 6:00pm

Fee: FREE

Instructor: Tammie Deputy

RSVP: 302-228-0781

Join us to learn about the power that essential oils have when it comes to managing mood, why you would want to use them for emotional benefit, and the specific doTERRA products that can help you manage your emotions.



Friday, July 13th, 2018

401: Sharing Essential Oils & Growing a Business

Location: 24126 Shufelt Rd., Seaford, DE

Time: 6:30pm

Fee: FREE

Instructor: Cindy Williams

RSVP: 302-628-9377

We will be sharing the basics of a doTERRA Business and getting you off to a great start! This class is great for new Advocates and a perfect refresher for long-time advocates.



Thursday, July 19th, 2018

101: All About Essential Oils

Location: 34412 Holly Tree Lane

Dagsboro, DE 19939

Time: 4:00pm

Fee: FREE

RSVP: 302-542-7095

What are Essential oils?

How do Essential oils work in the body?

How can you use oils?

Learn natural ways to support your health, clean your home and improve your mood.



Saturday, July 21st, 2018

Women's Health

Location: 386 Schlabach Rd.

Greenwood, DE

Time: 1:00pm

Fee: FREE

RSVP: 302-228-0781

Join us for an informative class on Essential oils, supplements and Women's Health.



Wednesday, July 25th, 2018

Zyto Wellness Scans

Location: 8982 Morning Glory Farms Rd,
Laurel, DE

Time: 6:00pm

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 28th, 2018

201: Lifelong Vitality & Supplements

Location: 7798 Stanton Ave.

Salisbury, MD 21801

Time: 10am

Fee: FREE

Instructor: Heather Reynolds

RSVP: 443-880-6417

Join us to learn more about the Health benefits of doTERRA's Lifelong Vitality & other Supplements.



Tuesday, July 31st, 2018

Soaking Grains & Nuts

Location: 8982 Morning Glory Farms Rd.
Laurel, DE 19956

Time: 6:30pm

Fee: FREE

Instructors: Sarah Peterson & Carolyn Biggs

Nuts and seeds can be a terrific nutrient-dense snack or addition to a meal, but can also contain substances that interfere with the body's ability to absorb nutrients. Join us to learn the simple process of soaking grains and nuts.

Luscious Lemon Bars Recipe



Ingredients:

- 2 C. Flour
- ½ C. Sugar
- 1 C. Butter
- ¼ Tsp. Salt
- 4 Eggs
- 6 T. Flour
- 1 tsp Baking powder
- Dash of salt
- ½ C. Water
- ½ C. Lemon juice
- 3 drops Lemon Oil
- 1 T. Powdered sugar
- 1 ½ C. Sugar
- Lemon Zest (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Mix together flour, sugar, and salt.
3. Cut in butter until the dough reaches a fine crumb consistency.
4. Press dough into the bottom of a 9 x 13 pan.
5. Bake for 20 minutes till golden.
6. While crust is baking, beat eggs in a large mixing bowl.
7. In a separate dish, stir together flour, sugar, baking powder and salt.
8. Add flour mixture to eggs, and stir till smooth.
9. Gradually stir in lemon juice, water and lemon oil.
10. Pour mixture over baked crust, and return to the oven.
11. Bake 30 minutes or until set.
12. Allow to cool completely and sift powdered sugar over the top.
13. Garnish with zest if desired.

Source:
Modern Essentials Book, 7th edition

Honey Ginger Lemonade Recipe



Ingredients:

- 1-2 Tablespoons ginger, juiced
- 3 lemons, juiced
- 3-5 drops Lemon Essential Oil
- 1 C. Water
- 1/3 C. raw honey
- 1 C. Ice

Instructions:

1. Juice lemons and ginger. To juice ginger, add ginger pieces to a juicer or a blender, blend or juice. Separate pulp from the juice with a cheesecloth.
2. Combine all ingredients into a 2 quart pitcher. Mix well.
3. Chill in the fridge until ready to serve. Makes 2 quarts.

Tip: you can substitute the juiced ginger for one to two drops Ginger Essential oil, if desired.

Exciting News...

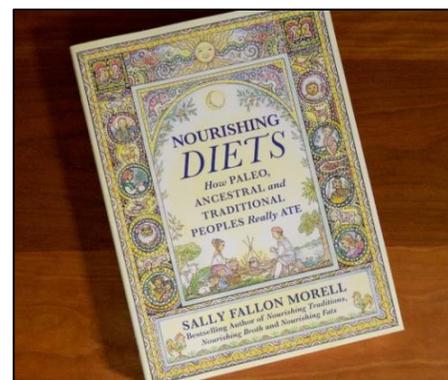


We are happy to announce that our very own, Shelia Joseph, has been recognized by the Weston A. Price Foundation for her delicious Fiberlicious Cracker Recipe. She is also taking her yummy recipe on the road. She recently taught a class with Whole Foods in Baltimore, MD. WAY TO GO! You can find Shelia's recipe in our April newsletter at:

www.healthyroots.info/newsletter

(Click on the April 2018 newsletter pdf)

Resources



Sally Fallon Morell has written a new book: "Nourishing Diets: How Paleo, Ancestral and Traditional Peoples really Ate".

The book features approximately 40 pages of recipes for grains, soups and stews, nutrient-dense snacks, organ meats, cooking with blood, seafood, vegetables, fermented condiments, and desserts.

It also features detailed information on ancestral diets: From Australian Aborigines: the Most Paleo of them all, to Africa: The Land of Fermented Foods, Nourishing Diets helps Translate the wisdom of our Ancestors into a Healthy Modern Diet.

Did you know?



We are a Local Chapter of the Weston A. Price Foundation. Our goal as a local chapter is to help you find locally-grown organic and biodynamic vegetables, fruits, grains, milk products, butter, eggs, chicken and meat from pasture fed animals. We also host monthly Nutrition classes to help you learn to integrate properly prepared whole foods into your lifestyle.

Find us on Facebook: Sussex County Delaware Weston A. Price Foundation Chapter.

Interested in becoming a member of our local, organic co-op? Contact Sarah Peterson at 302-448-0009 for a packet.

Summer Tips...



terrashield
be protected.

Apply before outdoors activities and diffuse on your patio to repel unwanted pests.

Available in:
Essential Oil: 15 ml
Outdoor Spray: 30 ml



When it comes to outdoor protection, no defense is better than Mother Nature's offerings. Among these are essential oils which provide a vapor barrier for plants, protecting them from potential threats in their environment.

TerraShield Outdoor blend contains powerful essential oils and other plant oils known to provide outdoor protection in a natural, safe way.

The blend includes Ylang Ylang, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Arborvitae, Nootka, and Vanilla Bean Absolute—all of which possess specific chemical compounds known to protect against environmental annoyances. The addition of Tamanu oil provides added support. This powerful oil can be used by every member of the family, on your pets, outdoors and throughout the home. Available in a 15 ml oil and 30 ml spray bottle.

After-Sun Spray

You will need:

4 oz. spray bottle
1/2 cup water

2 Tablespoons pure aloe vera gel
10 drops Lavender essential oil
10 drops Peppermint essential oil

Directions:

Combine all ingredients and mix well. Pour into spray bottle and apply generously to sunburned skin and allow to dry. Re-apply as often as needed.

Summer Essential Oil Safety



The summer months are the perfect time to enjoy the outdoors with your family and friends. From swimming at the pool to family BBQ's—make sure you are using your Essential oils in the most effective way possible.

Oil safety:

1. **Always check the label.** Each essential oil has specific directions for use. Look at the label closely, especially if you are trying oils for the first time. Many oils need to be diluted with a carrier oil.
2. **Store oils safely.** With school out, young children have more time at home. They are often bored and spend their time exploring the home. Keep your oils in a safe place out of the reach of children. Remind your young children that essential oils should be used with a parent. A great way to include your children is to let them pick the oil you are going to diffuse.

3. **Outdoor essential oil safety:** Some of your favorite Citrus essential oils should be avoided topically before direct sunlight.

The following oils are identified and labeled as Photosensitive:

AromaTouch, Bergamot, doTERRA Breathe, doTERRA Cheer, Citrus Bliss, Cumin, Elevation, doTERRA Forgive, Grapefruit, InTune, Kumquat, Lemon, Lime, doTERRA Motivate, doTERRA On Guard, Purify, Slim & Sassy, Sunny Citrus, Tangerine, Wild Orange and Zencrine.

Keep the bugs away

This Summer keep the critters away by using Essential Oils!

Here is a Pest Control Cheat Sheet:

- Ants:** Peppermint
Aphids: Peppermint, Sandalwood, White Fir
Beetles: Peppermint, Thyme
Caterpillars: Peppermint
Chiggers: Lavender, Lemongrass, Thyme
Cutworm: Thyme
Fleas: Lavender, Lemongrass, Peppermint
Flies: Basil, Clove, Eucalyptus, Lavender, Peppermint, Rosemary
Gnats: Patchouli
Mosquitoes: Lavender, Lemongrass
Moths: Lavender, Peppermint
Plant Lice: Peppermint
Roaches: Eucalyptus
Slugs: White Fir
Snails: Patchouli, White Fir
Spiders: Peppermint
Ticks: Lavender, Lemongrass, Thyme
Weevils: Patchouli, Sandalwood

Essential Roadtrip Oils

- ◆ Put a couple drops of **Ginger** in your hands and cup them over your nose and mouth on windy roads.
- ◆ Use 2 drops of **dōTERRA On Guard** on your hands after stopping at all the tourist stops.
- ◇ **Purify** is a great oil to keep diffuse in the car.



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www.healthyroots.info

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