



Healthy Roots

September 2017

GETTING TO THE ROOT OF THE MATTER

Class re-cap...



DIY Body Cleanser & Perfume

On Saturday, August 19th, we had 8 guests attend our DIY Body cleanser class in Greenwood, DE. Carolyn Biggs covered the basics of creating a simple salve, perfume and a honey body wash. Look for a perfume recipe on our FB page.

Plant-Grow-Bloom News



We are excited to share about the medicinal purposes of plants growing wild on the farm. Each time we will cover 1-2 plants each class and discuss the benefits associated with each plant. In August we covered the following plants: Wormwood, Black Walnut and Lavender.

Here's a fun fact about each plant:

***Wormwood**: has anti-inflammatory and Antiseptic properties and aids with parasites,

diarrhea, bloating, gas, indigestion, cramping, bloody stools, irritable bowel.

***Black Walnut**: leaves can be used to kill fleas. Simply pick branches with leaves and lay across the floor of home.

***Lavender**: lavender flowers do have healing properties. The pure essential oil of the plant can be applied to cuts, scratches, burns, blemishes and insect bites. Other practitioners of natural medicine recommend it for anxiety and depression, due to its calming and tranquil effects.

Health Tip



Summer sports, gardening, and other warm-weather activities can do a number on the hands, especially the fingernails. A little TLC will have your nails looking their best in no time.

Give your fingernails a well-deserved 10 minute soak. Weak nails will benefit from soaking in warm water with rosemary essential oil. Soak in myrrh to prevent breakage. Gently push back cuticles with a cuticle pusher. Do not cut cuticles, as this can lead to infection. Dry nails with cotton cloth.

Go "five-free":

Nail polish is pretty, but it also has an ugly side: toxic chemicals that have been linked to cancer, birth defects, and other reproductive

problems. Dozens of potentially harmful chemicals, many of them un-regulated, may be present in a single bottle of nail polish. Look for the newest generation of polishes that are free of the top five harmful toxins: camphor, dibutyl phthalate (DBP), formaldehyde, formaldehyde resin and toluene.

Did you know?



You will receive a free 10 mL doTERRA Peppermint Touch with your 125 PV LRP order by September 15th. Uplift your mood and promote a sense of focus by using this roll-on. Peppermint oil is known to lessen feelings of tension when applied to the temples or the back of the



neck.

You can save 10% in September on doTERRA Cheer® Touch. Counteract negative emotions and provide a boost of happiness and positivity when one is feeling down with this roll-on!

Giving Back Opportunity...

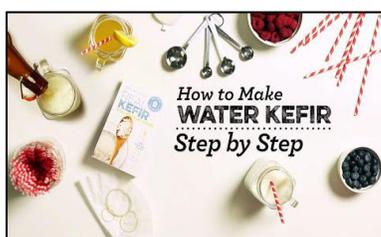


Please join our team by volunteering with us at the Country Rest Home in Greenwood, DE on the 2nd Monday of each month, from 6:30pm-7:30pm. Our Next event date is: September 11th. We will give free Aroma hand technique massages to the residents using Deep Blue Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. Please RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



Thursday, September 7th, 2017
 Location: Tish Pusey's home
 25742 American Ave., Millsboro, DE
 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



Thursday, September 21st, 2017
 Location: Morning Glory Farms
 Time: 6:00-8:00pm
 Join us to learn how to create Water kefir. We'll cover the nutritional benefits and the steps to create your own.

Why is Water Kefir beneficial?

*Water kefir is a powerful probiotic.

*The good bacteria help us to digest our food, prevent allergies and overall keep our body healthy.

*It's easy to make and re-use

*Boosts your immunity

RSVP on our Healthy Roots FB page



Saturday, September 26th, 2017

Location: The Barn

8982 Morning Glory Farms Rd.

Laurel, DE 19956

Time: 6pm

Make-n-take Fee: \$5

We'll be learning how essential oils can keep you well in the workplace and your children as the start back to school. Essential oils can boost concentration, help prevent illness, decrease stress and increase memory recall. Presenters: Sarah Peterson & Sheila Joseph Register on Facebook for your ticket.



Wednesday, September 27th, 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

Healthy Roots Blog



We are thrilled to share our Blog is up and running! Be sure to take a few minutes to peruse our new blog at:

<http://www.healthyroots.info/blog>

Each month we will be featuring articles on Nutrition, Plants & Herbs and Wellness.

We'd love to have your feedback on types of articles you'd like to see in the future.

Please email your suggestions to:

aschellog@gmail.com

Recipe...

This month at the Farm we created a Leaf & Bark Tincture from our Black Walnut Tree. Here are some of the many ways you can use it to improve your health: Abscesses, Acne, Eczema, Hemorrhoids, Psoriasis, and Shingles.



1. Pick leaves off of the Black Walnut tree before they start to brown. Late spring, early summer is the best time to pick leaves.
2. Pick bark off of tree. Use a knife, it may be difficult.
3. Put leaves and bark in dehydrator or air dry for days.
4. Put dried leaves in a blender and pulse until fine. Put in a glass jar.
5. Repeat blending with dried bark, making sure to have a 1:1 ratio of leaves to bark.

We used 1 oz of each and poured 8 oz of 40 proof vodka into jar.

6. Seal & set in the sun. Gently shake twice a day for 2 weeks. Then, strain and bottle the liquid. Don't forget to label your bottle!

Dosage: Apply 15-30 drops 3-4 times daily to the area of concern.

Sarah Peterson

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www.healthyroots.info

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