



Healthy Roots

August 2017

GETTING TO THE ROOT OF THE MATTER

Classes re-cap...



On July 15th we had 4 ladies attend our Women's Health class led by Tammie Deputy. She covered the signs of hormone imbalance and what Xenoestrogens are and how they create havoc for our bodies. To balance hormones doTERRA has Phytoestrogen lifetime complex, clary calm oil and bone nutrient lifetime complex that work in unison! Approximately 70 to 80% of all illnesses are related to unresolved emotions. doTERRA has 6 beautiful oil blends to help with emotions and help get us back on track.

TIP: Plastic is in everything. Where there is plastic there are xenoestrogens. Did you know perfumes, candles and room deodorizers have them too? If you want to have a sweet smelling home be sure to diffuse essential oils. Not only do they smell good, but they help clean the air and change your mood!



On July 25th, we had 7 ladies attend our Soaking and Sprouting class led by Sarah Peterson and Carolyn Biggs. We learned the basics of how to soak rice, grains and nuts and a recipe for Congee to get us started. (see recipe on page 2)

Health Tip



Ground, also called Earthing, is when your body is in direct contact with the earth. When you take off your shoes and walk outside barefoot-that is grounding your body. The world that we live in is full of positive and negative ions. Negatives ions are better for the body, where positive ions can cause harm. It is believed that the earth has an endless supply of negative ions due to the atmosphere. Since the earth has a greater negative charge than your body, when the two come into contact, your body will absorb the negative charges from the earth. Remember, barefoot is best!

Did you know?

Did you know that this month's 10% off product is: the Detoxifying Mud Mask? Here are quick and easy directions on how to use the mask. Order yours by July 31st!

Summer is flying by quickly. As you begin to prepare for the Fall season and re-focus on Back to school time, here are few blends to help!

Directions for the doTERRA® SPA Detoxifying Mud Mask

Apply an even layer to face, neck, and décolletage. Leave mask on for 10 minutes and rinse off with warm water.

Back to School Friends
TheEssentialMindute.com

<p>Good Morning Sunshine No need for the snooze button, wake up happy, energized and on time for school with Peppermint and Wild Orange</p>	<p>Sleep Peacefully Early to bed early to rise makes one healthy, wealthy and wise. Lavender supports a healthy sleep schedule and a restful nights sleep.</p>
<p>Homework Peppermint and Rosemary makes the perfect study duo for concentration and memory. They help reduce nervous tension & occasional fatigue.</p>	<p>100% Attendance Protect your immune system with OnGuard blend. It supports the body's natural antioxidant defenses. Go for 100% attendance at school this year.</p>
<p>Calm the Jitters Ease anxious feelings and lessen tension with Balance and Serenity blends. Start the year with calm and tranquility</p>	<p>Focus Enjoy the enhanced sense of focus. InTune blend supports those who have difficulty paying attention & staying on task.</p>

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: 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. Please RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



Thursday, August 3rd, 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
Register on Healthy Roots Facebook page

Essential Oil Zyto Scan

Discover oils for
YOUR
best health!



Wednesday, August 23rd, 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
Register on Healthy Roots Facebook page



DIY Body Cleanser & Perfume Class

Saturday, August 19th, 2017
Location: Home & Office Cabinetry of DE
8018 Scotts Store Road
Greenwood, DE 19950
Time: 1pm
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 perfumes.

Register on Facebook by searching for Healthy Roots Facebook page, then click on EVENTS, then on August 19th DIY Body cleanser & Perfume event. Registration link is pinned at the top for you to click on.

Presenter: Carolyn Biggs



Back to School & Wellness in the workplace

Saturday, September 16, 2017
Location: Morning Glory Farms
Time: 11am-12pm
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.

Register on Facebook by searching for Healthy Roots Facebook page, then click on EVENTS, then on September 16th Back to School & Wellness in the workplace event. Registration link is pinned at the top for you to click on.

Presenters: Sarah Peterson & Sheila Joseph

NEW Learning Opportunity...



Join us on the 2nd Thursday of each month from 10am-12noon to learn about the medicinal purposes of plants growing wild on the farm. We will cover 1-2 plants each class and discuss the earth benefits associated with each plant. Sign up on Healthy Roots Facebook Page > go to EVENTS > then choose event of choice. Our next session will be on August 10, 2017.

Presenters: Sarah Peterson & Adrienne Shell

Congee Recipe

Congee is an excellent source of nutrition when illness strikes. Traditionally known as hsi-fan or rice water, congee is eaten throughout China as a breakfast food. It is a thin porridge consisting of a handful of rice simmered in 5 to 6 times the amount of water. This simple rice soup is easily digested and assimilated, tonifies the blood, strengthens the spleen-pancreas digestion and is nourishing.

1 cup long-grain white or brown rice
1 slice ginger, optional (after ovulation)
8 cups water

1. Add rice (if desired, ginger) and water to a pot. Cover the pot and bring to a boil.
2. When water boils, set the temperature to low.
3. Cook, covered, stirring occasionally, for 2 to 3 hours, or until the congee becomes a porridge consistency. If the congee becomes too dry, add more water and cook a little longer.
4. Congee can be refrigerated, but it will congeal.
5. To serve, add water, stir and heat through until the congee is the desired consistency.
6. Remove ginger before serving.

Sarah Peterson

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Visit our FB page: @Healthyrootsgroup
www.healthyroots.info
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