



Healthy Roots December 2017

GETTING TO THE ROOT OF THE MATTER

Season of Giving...

'Tis the Season

EARN A FREE FRANKINCENSE
EARN A FREE FRANKINCENSE (AUD \$114.13 LOCAL RETAIL VALUE) BY PLACING ANY SINGLE 200PV ORDER FROM DECEMBER 1ST - 31ST, 2017

This month is truly the Season of Giving at doTERRA. We are very blessed that this month they have a special promotion: when you place a single order of 200 pv or more you will earn a free bottle of Frankincense. Frankincense is the Father of all oils. Here are some of the many uses for this precious oil:

FRANKINCENSE

1. Mood balance. diffuse, apply to neck
2. Anxiety. a few drops in hands and inhale
3. Knee discomfort. apply & follow with heat
4. Bug bites. apply to itchy, irritated skin
5. Diffuse
6. Frustration relief. behind ears & on wrists
7. Cough. apply on neck & throat
8. Stress relief. apply on temples
9. Pick me up. mix with Peppermint & apply to feet
10. Back relief. apply to area of concern
11. Bedtime. mix with FCO & appl to child's feet
12. Jaw pain. mix with Deep Blue & apply
13. Immune support. take a few drops in veggie cap
14. Cuts/Scars. apply a few drops to area of concern
15. Beautiful skin. apply with Lavendar morning & night



All about Oils...

This month's new oil is **Siberian Fir**. Siberian Fir is a tall, light in color, conifer tree native to Russia and Canada. Siberian Fir essential oil has a refreshing, woody scent that is known for its calming and relaxing properties. Here are some of the health benefits and uses:

Siberian Fir

- Muscles & Joint support
- Respiratory Support
- Bones Support
- Gut & Organ Health
- Skin Support
- Cellular & Immune boosting
- Encourages emotions of wisdom, optimism, and peacefulness

- After strenuous activity, massage into skin for soothing comfort.
- When working through difficult circumstances at home, work, or school, diffuse Siberian Fir to help reduce stress.
- Apply topically to skin to help soothe minor skin irritations.
- Inhale deeply and experience the refreshing aroma.

Directions for Use:

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

Did you know?

Did you know that when you place an order of 125 pv by December 15th you will earn a FREE 5 ml bottle of Holiday Joy? It smells like Christmas in a bottle!

Plus, This month you can get 10% off Myrrh with any order December 1-31st! WOW!!!

Product of the Month
5ML HOLIDAY JOY & GIFT

SAVE 10% IN DECEMBER

Myrrh (15mL)



Uses

- Diffuse to help promote awareness and lift your mood.
- Add 1-2 drops to toothpaste for added cleansing benefits.
- Add to your lotion/moisturizer to help reduce the appearance of fine lines and wrinkles.

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: December 11th. 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 Sarah Peterson at 302-448-0009.

Upcoming events...



Thursday, December 14, 2017

Zyto wellness scans

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



Wednesday, December 27th, 2017

Zyto wellness 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



Thursday, January 4th, 2018

Zyto Wellness Scans

Location: Tish Pusey's home
25742 American 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



Tuesday, January 16th, 2018

Essential Oils 101 Class

Location: Morning Glory Farms
Time: 6:00pm
Fee: FREE

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. Friends welcome!
Register on Healthy Roots FB page.

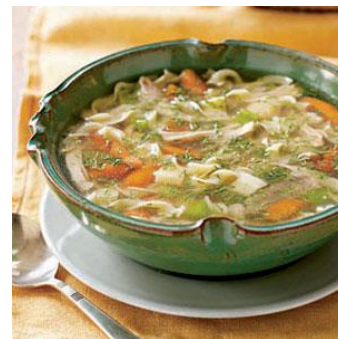


Tuesday, January 23rd, 2018

Bone Broth Class

Location: 8018 Scott's Store Rd.
Greenwood, DE
Time: 6:30pm
Fee: FREE
Register on Healthy Roots FB page.

Recipe...



Chicken & Parsley Noodle Soup

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
2 carrots, cut into ½ inch thick slices
3 celery stalks, sliced
5 ½ cups chicken broth
3 cups chopped cooked chicken
½ teaspoon fresh thyme leaves
½ teaspoon chopped fresh rosemary
½ teaspoon chopped fresh sage
Parsley noodles (recipe below)
2 cups baby spinach
Salt and freshly ground black pepper

1. Heat oil over medium high heat in a large Dutch oven or pot. Add onions and saute 5-8 minutes. Add carrots and celery and saute 3 minutes.
2. Add chicken broth, chicken, thyme, rosemary and sage. Bring to a boil, reduce heat and simmer, covered, for 20 to 30 minutes.
3. Add noodles to soup mixture. Bring to a boil, reduce heat and simmer, stirring occasionally, for 10 minutes. Stir in spinach and cook 5 minutes. Add salt and pepper to taste. Ladle into individual soup bowls. Serves 4.

Parsley Noodles

1 ¼ cups all-purpose flour
½ teaspoon salt
2 tablespoons minced fresh parsley
1 large egg, beaten
2-3 tablespoons milk or cold water

1. Combine flour, salt and parsley in a large bowl. Make a well in the center. Add egg and milk; stir until dough forms a ball.
2. Turn dough onto a lightly flour surface and knead a dozen times. Roll dough into a large rectangle, about 9-12 inches. Cut into ½ inch strips, then cut strips into 2-3 inch pieces to form noodles.

12 Sprays of Christmas Class Re-cap



We had 25 people attend this month's class...it was so much FUN! Each guest chose 2 different sprays to create, played a game, watched a short video and enjoyed some refreshments. We had several door prize winners too!

SURPRISE....Here is one of the spray recipes so that you can enjoy it, too:



¼ C Distilled Water
3 drops Sandalwood
3 drops Cedarwood
3 drops Myrrh
1 drop Cypress

In the coming year, we hope you'll take some time to join us for a Fun-filled class on a topic you've always wanted to learn more about.

Our monthly goal is to have 1 Essential oil class, 1 Nutrition focused class and 2 Zyto health scan nights to inspire you!

We hope this year's classes & newsletters have encouraged you to improve your health, challenge yourself and GROW! We always welcome your input for class ideas. Please email your ideas to healthyrootsgroup@gmail.com

Health Tips...

This month's Health tip focuses on DIY Dental care. It's simple to make effective, natural dental care products:



Mint Toothpaste

2 tablespoons baking soda
½ teaspoon sea salt
1 tablespoon vegetable glycerin
20 drops peppermint essential oil

1. Mix all ingredients and store in an airtight container.

Natural Tooth Whitener

1 teaspoon baking soda
1 teaspoon 3% hydrogen peroxide

1. Mix ingredients together.
2. Dip toothbrush in mixture and brush for 3 minutes, then rinse thoroughly. Follow with toothpaste.

Healing Mouthwash

¾ cup water
¼ cup vodka
2 droppersful calendula tincture
2 droppersful goldenseal tincture
1 droppersful myrrh tincture
1-2 drops peppermint essential oil

1. Combine all ingredients and shake well.
2. Dilute 3 tablespoons of the rinse in ½ ounce water, and use as a mouthwash.



Toothache Remedy



If you have a toothache but can't get to the dentist right away, herbalist Rosemary Gladstar recommends this herb-infused toothache poultice:

- Combine 1 part each powdered gold-enseal, myrrh, spilanthes and turmeric with 1 drop clove essential oil.
- Combine the mixture with enough water to make a thick paste, then pack into a small cylinder-shaped poultice. Apply directly to the tooth.

Sarah Peterson

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www.healthyroots.info

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