

mercy christmas

Healthy
Roots
December 2018

GETTING TO THE ROOT OF THE MATTER

Classes Re-cap...



Eight of us gathered in Magnolia at Elonka Joy's home to learn how to make raw milk cheese (similar to Farmers Cheese). Elonka prepared several finger foods using raw milk cheese for us to enjoy. We worked in groups of two and made our own cheese through a short simple process.

Elonka did not give us a recipe but taught us how to make cheese using our eyes, sense of smell and our hands. Her theory is that we cook with common sense and our hearts, rather than being attached to a recipe and a thermometer.

Soft cheese is made by combining the milk with an acid such as lemon juice which causes separation of the milk. Continued warming of the liquid produces cheese. It was a much simpler process than we had anticipated.

The flavor is smooth and sweet. Salt and herbs can be added directly after the cheese is separated from the whey

for variety. The whey is sweet and delicious as well. It can be used in pie crust, soups or just enjoyed plain.



Be sure to check page 3 for the step-by-step process and list of ingredients so that you can make your own Farmers cheese.

Gift of Kings Special

Place any single 200 pv order during the month of December and receive a FREE 15 ml Frankincense!



December Promotions

Did you know that you'll receive a 5ml bottle of **Holiday Joy Essential oil and Snowman Oil Topper** for FREE when you place an order with 125pv or more by December 15th? Who doesn't love free stuff?!



This month's Product of the month is a 5ml bottle of **Arborvitae Essential oil**. Save 10% when you order this anytime in December!



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 3:00-4:00pm. Our Next event date is December 10th. 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...



Tuesday, December 4th, 2018

101: All about Essential oils

Location: 10159 Palmetto St., Suite 2, Laurel, DE 19956

Time: 6:30pm

Fee: FREE

RSVP: 302-236-5280

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.

RSVP: on Healthy Roots FB page



Saturday, December 15th, 2018

12 Sprays of Christmas

Location: 14106 Wootten Rd.

Laurel, DE 19956

Time: 11am-1pm

Fee: \$10 includes 1 spray & a yummy lunch!

Additional sprays available for \$5 each

Instructor: Shelia Joseph

RSVP: 302-841-8350

Spread holiday cheer with assorted seasonal sprays that make great gifts. A stress-free Christmas class!



Wednesday, December 19th, 2018

Zyto Wellness Scans

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

Time: 6:00pm

RSVP: on Healthy Roots FB page

\$5 if you are on my team

\$35 for a Zyto scan with a Symphony of cells



Tuesday, January 16th, 2019

Renew & Restore Class

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

Time: 6:30pm

RSVP: on Healthy Roots FB page



Tuesday, January 29th, 2019

At Home with Homeopathy

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

Time: 6:30pm

Instructors: Kelly Weatherly

RSVP: on Healthy Roots FB page

Learn the basics of Homeopathy and create your own Homeopathy First Aid kit.

Fee: \$30 per person (includes all materials to create your own Homeopathy kit)



Saturday, February 23, 2019

Rollerball DIY Class

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

Time: 10am

Instructor: Heather Brooks

RSVP: on Healthy Roots FB page

Fee: \$10 per person (includes 1 rollerball)

Additional Rollerballs available for \$5 each.

Learn how to create your own rollerball blends and the benefits of essential oils.

Homerun Recognition Winner



Congrats to Shelia Joseph for winning our Team Recognition for the month of October. Shelia had 18 business activities including aromatouch, and symphony of cells and one-on-ones. She won a doTERRA Essential oil case! CONGRATS!

We would love to recognize you and your team!

All doTERRA Wellness Advocates in our team are welcome to share their business activities.

Where do you post your business activities each month?

You can find the Homerun Recognition event on our "Essential oils and training at Morning Glory Farms" FB group, under Events. All you have to do is post your activity in the event or feel free to email your entries to healthyrootsgroup@gmail.com.

Recognition entries must be made by the 1st of the following month in order to be entered in the drawing. The Winner will be announced by the 5th of the next month.



Cheesemaking 101 with Elonka Joy

The step-by-step process of creating Farmers cheese is simple! Also known as Russian cottage cheese, called Tvorog. Tvorog is made from heated milk by the process of lactic fermentation but without the rennet which is essential for making cheese. Be sure to view our blog for more info on the benefits of tvorog later this month.

Ingredients:

2 Quarts Milk
3 Large Spoons Sour Cream
1 Lemon
Unbleached Cheesecloth
Strainer
Large bowl
Salt to taste

- Fill a pot with enough water to cover the bottom of the pot and bring to a boil (This prevents the milk from sticking to the bottom of the pot)
- Add 2 quarts of milk to a warm pot And make sure it doesn't boil
- Add 3 large spoons of sour cream
- Stir gently.
- Add juice of 1 lemon.
- Rest...
- Stir
- Rest...
- Keep temperature at low heat, do not boil in order to preserve enzymes, and then cool to touch.

To create a cheese ball, continue heating cheese longer over low heat, before straining OR, you can leave cheese as is.

Using a large bowl, line a strainer with cheese cloth then strain cheese. Add salt or dry herbs as you strain it.



Gather cheesecloth, tie and hang to drain whey from cheese (place bowl underneath).



Save liquid whey as cheese is strained. Untie bag and eat cheese as is.

Storage options: soak cheese in olive oil and infuse with dry herbs (fresh herbs will be too strong) or store in milk or whey. You can use whey in mashed potatoes, soups or for bathing.



Health Tip



Now that the holidays are here, it's time to take care of you! Don't forget your TerraZyme and Digestzen to help provide support for your Immune and Digestive systems.

All about Turmeric...

Turmeric helps with glucose & lipid metabolism, cellular and nervous systems, cardio health, brain & tissue support, promotes immune system, is an antioxidant, helps in curcumin potency, and promotes healthy skin. You can add it to shampoo to enhance skin & hair, to a mud mask to spot treat, to on-guard to enhance scent and to coffee with cinnamon. You can also take it in capsules internally. Be sure to read our November Newsletter for our Turmeric Golden Milk Recipe.



Wishing you and your family a blessed Christmas and a Happy New Year!

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