



# Healthy Roots February 2017

## GETTING TO THE ROOT OF THE MATTER

### Our new Facebook page...

We are thrilled to share our new Facebook business page: Healthy Roots. Be sure to "Like" our page so that you'll receive all of our updates. Here you'll find a list of services, upcoming events that you can sign up for, videos, photos, inspiration and more!

**LIKE our new page**  
**facebook** 

### Class re-cap...



On January 24<sup>th</sup> we had 12 guests attend the Shot glass recipe with a Bone broth bar class. The class was presented by Cindy Williams, Carolyn Biggs and Sarah Peterson and held at Sarah's home. We learned about 11 different ways to fight immune. Some chose to fight immune by oil pulling and some tried a flu "shot glass". We also had the opportunity to taste 2 bone broths. It was fun learning so many ways to get healthy.

### Health Tip



Do you know the amazing health benefits of Bone broth? This mystery food has been shown to:

- Reduce inflammation
- Improve your digestion, adrenals, bones and teeth
- Promote healthy joints, tendons, and ligaments
- Improve the function of your immune system
- Reduce wrinkles, banish cellulite, and improve the quality of your skin
- Promote better sleep
- Heals a leaky gut
- Increases mineral consumption
- Helps your liver detox

This delicious liquid is full of healthy minerals, amino acids, protein, collagen, and gelatin and is one of nature's ultimate superfoods. Give it a try, your body will thank you!

### Recipes of the Month

#### Beef Bone broth Soup



#### Beef Bone Broth Recipe

Total Time: 48 hours

Serves: Varies

Ingredients:

4 pounds beef bones with marrow

4 carrots, chopped

4 celery stalks, chopped

2 medium onions, peel on, sliced in half lengthwise and quartered

4 garlic cloves, peel on and smashed

1 teaspoon kosher salt

1 teaspoon whole peppercorns

2 bay leaves

3 sprigs fresh thyme

5-6 sprigs parsley

¼ cup Apple Cider Vinegar

18-20 cups cold water

Directions:

Soak bones, water and ACV for a good hour-then place all ingredients into a 10 quart capacity crock-pot. Bring to a boil over high heat; reduce and simmer gently, skimming the fat that rises to the surface occasionally. Simmer for 24-48 hours. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill. Use within a week or freeze up to 3 months. minutes and stir occasionally.

Then serve.



## Giving Back...



We are excited to begin Giving back to our community! Please join our team by volunteering with us at the Country Rest Home in Greenwood, DE on the 2<sup>nd</sup> Monday of each month, beginning on March 13<sup>th</sup> at 6:30pm-7:30pm. We will give free Aroma hand technique massages to the residents. The address is: 12046 Sunset Lane, Greenwood, DE.

## Upcoming events...



February 18, 2017  
Topic: Addictions  
Presenter: Allison Shaver & Gale Kelly  
Location: Morning Glory Farms  
Time: 11am



March 1, 2017  
Topic: Zyto 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

## Therapy Spotlight



A consultation and assessment, including coaching sessions will take 90-120 minutes. Includes 3 types of testing:

**Quantum testing:** Your body is controlled by an intricate bio-electrical system. We measure these frequencies and pinpoint which organs/systems are weak due to nutritional deficiencies, infection or toxic load.

**Zyto scan:** Subtle energetic impulses are measured for a positive or negative response, helping determine which markers are out of a healthy range.

**RBTI Testing:** A non-invasive seven part test completed on fresh samples of urine & saliva. The urine sample is tested for total carbohydrate, conductivity, cell debris, nitrate nitrogen & ammonia nitrogen. The saliva samples measures your ph.

If you're interested in scheduling a Health Consultation, please contact Sarah.

## Kefir & Probiotics Class



Monday, February 27, 2017  
Presenters: Annie Miller & Sarah Peterson  
Location: Morning Glory Farms  
Time: 6:30pm

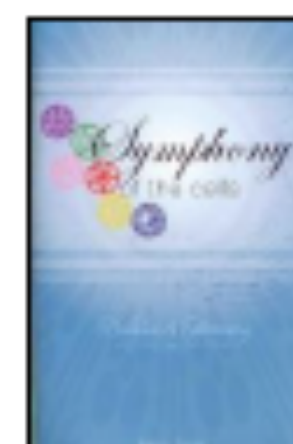
**Why do we need probiotics?**  
Probiotic and prebiotic supplements support the growth of healthy bacteria in two critical ways. Probiotics provide live strains of friendly bacteria that are crucial to digestive, immune, and neurological health. Prebiotics ensure that friendly flora have a nourishing environment in which to thrive.

## Belly Blend Rollerball Recipe



40 drops Wild Orange  
40 drops Digestion blend

Fill rest up with Fractionated Coconut oil. Apply to bottoms of feet and/or directly to the belly. This blend is convenient for adults & children with digestive issues.



March 28, 2017  
Topic: Expanded version of Symphony of Cells training & Recap of what we learned from Boyd Truman on February 4<sup>th</sup>  
Presenter: Sarah Peterson & Sheila Joseph  
Location: Morning Glory Farms  
Time: 6pm

## Healthy Cooking Resource



**The Nourishing Traditions Cookbook for Children:**  
by Authors: Suzanne Gross and Sally Fallon Morell  
*The Nourishing Traditions Cookbook for Children* shares the benefits of eggs, butter, bone broths and soups, lacto-fermented foods, meat and organ meats. The book teaches the basics of healthy cooking step by step. You will enjoy lots of original recipes for healthy snacks, desserts, baked goods, lunches and breakfasts.

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