



GETTING TO THE ROOT OF THE MATTER

### Class Re-cap...

Our doTERRA team launched a new series of classes on January 16<sup>th</sup> to help educate and inspire everyone on the topic of Essential oils, LLV & Supplements, Emotional Aromatherapy and the basics of a doTERRA business.



Our 1<sup>st</sup> Essential oils 101 Class was taught by Sarah Peterson. Approximately 15 guests attended the class.

Each month different leaders will be hosting classes. The classes are FREE and anyone can attend. The class schedule has been posted at:

<https://www.healthyroots.info/doterra-team.html> (scroll to the bottom). Whether you are new to essential oils or are ready to start a business...we've got you covered!

### What's new???



Be sure to check out The Healthy Roots website where you'll find a list of our Monthly classes that we offer to help educate you on Essential oils, supplements and Nutrition, under the Learning Opportunity tab.

<https://www.healthyroots.info/learning-opportunities.html>



On January 23<sup>rd</sup>, Sarah Peterson and Carolyn Biggs taught us the health benefits of Bone Broth and how to create our own. 13 guests attended. Be sure to check the Healthy Roots blog next week for a Blog entry with pictures and recipes. Many thanks to Carolyn Biggs for hosting our class at her store.



On January 27<sup>th</sup> Heather Reynolds & Sarah Peterson walked us through the steps on how to create a healthier routine and begin improving our immune system. 15 guests attended. We covered ways to reduce toxic load and exposure, created a Weight loss Rollerball blend and shared recipes for transformation.



### February Promotions

**PRODUCT OF THE MONTH**

**Melaleuca (Tea Tree) Touch 10mL**

**Uses:**

- Apply to skin imperfections for a cleansing, rejuvenating effect
- Use on occasional skin irritations by rubbing onto the affected area
- Apply after shaving to soothe and cool the skin
- Rub on fingernails and toenails after showering to purify and keep nails looking healthy

If you are a member and signed up for the Loyalty Rewards program, this is a great time to take advantage of the Product of the Month by placing your 12\$ PV order before the 15th of this month.

**FEBRUARY 10% OFF**

**dōTERRA® Spa Replenishing Body Butter**

Pamper your skin with the rich hydration and luxurious feel of the dōTERRA Spa Replenishing Body Butter. The base of this natural formula combines shea and cocoa seed butters, known for their deep moisturization and ability to promote skin suppleness. Jojoba seed oil absorbs quickly into the skin and helps keep skin looking hydrated while avocado oil provides essential fatty acids to nourish and soften skin. CPTG® essential oils of Douglas Fir, Frankincense, and Wild Orange turn this indulgent formula into an intensely aromatic spa experience while providing purifying and rejuvenating benefits.



If you have not yet enrolled as a doTERRA member, now is a great time! Enroll between January 1 and February 28, 2018 and get 100 FREE points to redeem for products!

## Giving Back Opportunity...



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, from 6:30pm-7:30pm. Our Next event date is: February 12th. 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...

### HOW TO MAKE YOUR OWN SOURDOUGH



#### Tuesday, February 13<sup>th</sup>, 2018 How to Make Sourdough

Location: Beth Deitzel's home  
16101 Willow Way, Laurel, DE  
Time: 6:30pm-8:30pm  
Fee: \$5

If you're a bread lover, nothing beats the flavor and chewy texture of sourdough bread. And nothing can compare to the aroma and taste of a warm, fresh baked loaf right from your oven. In this workshop, you can look forward to a fun, hands-on session going over everything you ever wanted to know about using and maintaining a wild-yeast, naturally fermented *sourdough* starter. You'll go home with your own starter, as well as the knowledge and confidence to use it to bake your own sourdough bread at home.



#### Saturday, February 17<sup>th</sup>, 2018

##### Rollerball Make-n-take Class

Location: 8982 Morning Glory Farms Rd.  
Laurel, DE  
Time: 11am  
Fee: \$5  
Register on Healthy Roots FB page.

Join us for a Rollerball Make-n-take class where you'll learn several different recipes and create your own rollerball. Additional Rollerballs can be purchased for \$4 each.



#### 201: LIFELONG VITALITY & SUPPLEMENTS

#### Tuesday, February 20<sup>th</sup>, 2018

##### 201 : Lifelong Vitality & Supplements

Location: 8982 Morning Glory Farms Rd., Laurel, DE  
Time: 6:00pm  
Fee: FREE  
Instructor: Sarah Peterson  
Register on Healthy Roots FB page.

Join us to learn more about the Health benefits of doTERRA's Lifelong Vitality & other Supplements.



#### Tuesday, February 27, 2018 Essential Oils 101 Class (continued on next page)

#### Essential Oils 101 Class

Location: 28440 Discount Land Rd.,  
Laurel, DE  
Time: 6:30pm  
Fee: FREE  
Instructor: Jenny Creppon  
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.  
Register on Healthy Roots FB page.



#### Wednesday, February 28<sup>th</sup>, 2018 Zyto Wellness Scans

Location: 8982 Morning Glory Farms Rd,  
Laurel, DE  
Time: 6:00pm  
Fee: FREE if you are NEW  
\$5 if you are on my team  
\$10 if you are a doTERRA Wellness Advocate outside my organization



#### 301: EMOTIONS & HORMONES

#### Tuesday, March 13<sup>th</sup>, 2018

##### 301: Emotions & Hormones

8982 Morning Glory Farms Rd., Laurel, DE  
Time: 6:00pm  
Fee: FREE  
Instructor: Sarah Peterson  
Register on Healthy Roots FB page.

Join us to learn about the power that essential oils have when it comes to managing mood, why you would want to use them for emotional benefit, and the specific doTERRA products that can help you manage your emotions.



Friday, March 16<sup>th</sup>, 2018

### Essential Oils 101 Class

Location: 24126 Shufelt Road

Seaford, DE 19973

Time: 6:30pm

Fee: FREE

Instructor: Cindy Williams

RSVP: 302-628-9377

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.

Register on Healthy Roots FB page.



Saturday, March 17<sup>th</sup>, 2018

### Sugar Scrub Make-n-take

14106 Wootten Rd., Laurel, DE

Time: 11am

Fee: \$5

Instructor: Shelia Joseph

Register on Healthy Roots FB page.

Join us to learn how to create your own

Essential oil Sugar Scrub. All materials will  
be provided.



#### Directions For Use:

Take 2 capsules in the morning and 2 capsules in the afternoon with food and water. This is meant to be taken with the other two supplements in the Life Long Vitality pack for optimal results.

Alpha CRS+® - Supports cellular energy, protects cells with antioxidants, reduces stomach upset.

## Heart Health Tip



### Did you ever think about what drives your heart to beat over 100,000 times a day?

How does it work so hard without ever stopping? The heart is fueled by Coenzyme Q10. CoQ10 actually feeds the heart. CoQ10 is highly useful in protecting the heart by enhancing blood flow and also reducing the constriction of the arteries due to plaque build-up.

**What is it?** Not only is Coenzyme Q10 a powerful antioxidant, it is a vitamin-like nutrient synthesized by the body and essential to energy production. There are two forms-ubiquinone and ubiquinol. CoQ10 in the form of ubiquinol is recommended over ubiquinone.

**Do you need more?** People most in need of CoQ10 are those with cardiovascular disease; students have shown that the energizing nutrient helps to reduce blood pressure, stop blood vessel damage, and strengthen the heart muscle. Also, statin drugs (used to treat high cholesterol) deplete the body's CoQ10-it's vital to replenish CoQ10 with a supplement while taking statins. Some research suggests a benefit for those with Parkinson's disease as well.

#### Top CoQ10 Health Benefits:

- Helps stabilize mood & sustain energy
- Boost muscle recovery after exercise
- Enhance immune function
- Ease inflammation, Migraines, Fibromyalgia
- Reduces free radical damage
- Improves heart health & offset effects of statin drugs
- Slows down effects of aging
- Helps maintain optimal pH levels
- Protects cognitive health

#### Boost your CoQ10 levels naturally:

\*Exercise-in one recent study from the journal Biogeontology, researchers found that higher physical activity among seniors was associated with higher blood levels of CoQ10.

\*Eat: Grass fed beef, cage-free eggs, sardines, free-range chicken, strawberries, herring, rainbow trout, sesame seeds, pistachio nuts, mackerel, broccoli, cauliflower and oranges.

## Alpha CRS+



Every day, our DNA and other cells are under attack from free radicals that damage them. Alpha CRS+ combats this, and stimulates overall cellular health. For this reason, Alpha CRS+ is also known as the cellular energy and longevity blend. Some of the nutrients included in the formula are **coenzyme Q10** and acetyl-L-carnitine, which help the metabolic processes of the cell to give you more energy. There are also antioxidants like quercetin and alpha-lipoic acid that help combat oxidative stress and aging. Finally, a botanical extract of Ginkgo biloba helps support mental clarity and energy.

"Alpha" is a word meaning first, while CRS is an acronym standing for "Cellular Renewal System".



Sarah Peterson

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[www.healthyroots.info](http://www.healthyroots.info)

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