



GETTING TO THE ROOT OF THE MATTER

Healthy Roots

August 2018

Class Re-cap...



Sarah Peterson & Carolyn Biggs taught us the importance of soaking grains and nuts and the process. Read more on our blog about the many health benefits of soaking at:

<http://www.healthyroots.info/blog/soaking-g-grains-class-recap>

Did you know???



Did you know that our Team offers a variety of Classes each month to help you with getting to know your doTERRA products and how to use them? Each month team members hold a 101, 201, 301 and 401 class. The best part is that each class is **ABSOLUTELY FREE!** (friends are welcome)

To help you learn more about each class here is a brief description:

101: All about Essential Oils

Learn the basics of essential oils, how you can use them to support your health, clean your home and improve your mood.

201: Livelong Vitality & Supplements

Learn all about Lifelong Vitality & our other supplements. You will hear about the many benefits these products offer, how to take them and their powerful ingredients.

301: Aromatherapy & Emotions

Learn about the many ways that Essential oils can improve your mood and emotions.

401: Sharing Essential Oils & Growing a doTERRA business

Learn about the basics of a doTERRA Business and how to get off to a great start! This class is great for anyone considering signing up, or new Advocates.

You can find the schedule of classes on page 2, under our Upcoming Events. To RSVP, all you have to do is contact the Instructor.

August Promotions

Did you know that you'll receive a 5ml bottle of **On Guard** Essential oil for **FREE** when you place an order with 125pv or more by August 15th? Who doesn't love free stuff?!



This month's Product of the month is **doTERRA HD Clear Facial Kit**. Save 10% when you order this anytime in August!

Back in Stock...



We now offer a beautiful baby collection: Diaper rash cream, lotion & hair/body wash!
Wholesale: \$34.50 / Retail: \$46.00



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 13th. 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...



Sunday, August 12th, 2018

101: All About Essential Oils

Location: 36461 Old Ocean City Rd.

Willards, MD 21874

Time: 4:00pm

Fee: FREE

RSVP: 410-726-4452

Instructor: Heather B.

What are Essential oils? How do you use oils?

How do Essential oils work in the body?

Learn natural ways to support your health, clean your home and improve your mood.



Thursday, August 16th, 2018

201: Lifelong Vitality & Supplements

Location: 34412 Holly Tree Lane

Dagsboro, DE 19939

Time: 4:00pm

Fee: FREE

Instructor: Jen Rodgers

RSVP: 302-542-7095

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



Saturday, August 18th, 2018

Back to School

Location: 14144 Wootten Rd., Laurel, DE

Time: 11:00am

Fee: FREE

Instructor: Kirby Joseph

RSVP: 302-745-6212

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.



Tuesday, August 21st, 2018

Edible Plants & Flowers

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

Time: 6:30pm

Fee: FREE

Instructors: Sarah Peterson/Carolyn Biggs

RSVP: 302-448-0009 or sign up on Healthy Roots FB page

Join us as we take a walk around the farm, learn about several plants and flowers that you can eat and their many health benefits. We will be creating a salve from a plant on the farm. Please be sure to wear your Terrashield for the walk.



Wednesday, August 22nd, 2018

Zyto Wellness Scans

Location: 8982 Morning Glory Farms Rd, Laurel, DE

Time: 6:00pm

RSVP: on Healthy Roots FB page

Fee: FREE if you are NEW

\$5 if you are on my team

\$10 if you are a doTERRA Wellness Advocate outside my organization



Saturday, August 25th, 2018

301: Aromatherapy & Emotions

Location: 7798 Stanton Ave.

Salisbury, MD 21801

Time: 10am

Fee: FREE

Instructor: Heather Reynolds

RSVP: 443-880-6417

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.



Saturday, September 1st, 2018

Canning Tomato Sauce

Location: 14106 Wootten Rd. Laurel, DE

Time: 11am

Fee: \$10 online or \$12 at the door

Instructor: Shelia Joseph

RSVP: 302-841-8350

Would you like to learn how to save money and eat healthier by canning your food? Join us to learn the basics of canning your own tomato sauce. This class will give you the confidence to get started!

Bitters are Better!

"Bitters" are safe, effective, time-tested botanical formulas that aid digestion using bitter herbs. The herbs in these formulas detoxify the liver and enhance digestive enzyme production.

Herbalists have known for centuries that certain plants, especially those that are bitter or aromatic, can aid digestion, reduce digestive discomfort, and actually improve the daily function of the digestive system. Bitters also help to feed the micro-bacteria that becomes healthy intestinal flora.

Historically, the use of bitters has been more of a culinary tradition than a medicinal one. Perhaps our ancestors understood better than we do today the concept of prevention, of keeping well through strengthening our system rather than fighting an already established disease process. Most bitters were taken in the form of better wild greens eaten before a meal, or alcoholic beverages, known as aperitifs, brewed with bitter and aromatic herbs.

The best way to bring bitterness into your life today, is to incorporate the bitter taste of nutrient-dense greens into your salads. Chicory, dandelion, arugula, radicchio or endive, are all wonderfully complex-tasting greens that can be found in your garden or local farmers' market. Slowly increase their proportion to the sweeter tasting lettuces to build up your tolerance. Bitter tasting roots, such as dandelion or burdock, can also be included in stir-fries or soups.

In the busy-ness of everyday life, the most convenient method of using bitters may be to take a small amount of bitters tincture (alcoholic extract) in a liter of water before you eat. (See Bitters Recipe on page 3)

The taste of bitters can be used to strengthen the most fundamental aspect of our health. Taken over time, bitters will lessen symptoms of poor digestive function such as gas and bloating, constipation, loose stools and food allergies, enhance vitamin and mineral absorption, promote balance blood sugar levels, protect the liver and strengthen eliminatory function, heal inflammatory damage to the gut wall, and reduce the incidence of allergic disorders. In the short, the daily use of bitters can address some of the most rampant and heavily medicated health conditions of our time. Give bitters a try, today. After all, Bitters are always better!

Bitters Recipe



Ingredients:

- 1 Tablespoon strong bittering agent (such as gentian root or wormwood)
- 1 Tablespoon soothing herb (such as burdock or calendula)
- 2 Tablespoons citrus notes (lemon balm and orange peel)
- 1-2 Teaspoons warm spice, if desired (allspice or ginger)
- 1-2 teaspoons sweetness (honey or maple syrup)
- 12 fluid ounces alcohol solvent (100 proof vodka)

Directions:

1. Take all the herbal ingredients, which should be in dry and chopped form, and place them in a pint-sized mason jar. Add the sweetener and vodka, then cover, seal and steep for at least two weeks. Strain through a muslin cloth, squeezing the herbs well to extract all the fluid possible. Bottle and store in amber dropper bottles to make for easy dosing.
2. Bitters are best taken regularly, especially if there are digestive concerns present, at a dose of about thirty drops once or twice a day.

The formula can be modified to suit specific tastes (see "Other Bitters Ingredients"). For example, use a cooling spice like peppermint instead of ginger for a more refreshing feeling, or replace the citrus with vanilla for a rich, warm blend. Herbs like fennel seed or anise (instead of, or alongside, citrus) can help dispel gas and bloating. A light, fragrant floral blend can be made by replacing the citrus with herbs like linden or chamomile.

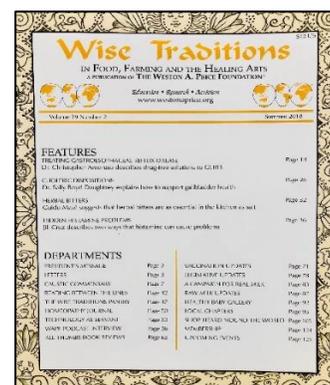
In a cocktail, use fifteen to thirty drops, add 30-60 drops to sparkling water before meals

as an aperitif or add up to 2 teaspoons to an equal volume of water as an after-meal digestive aid. Bitters mix well with almost any cocktail but are featured mostly in classics like the Old Fashioned, the Manhattan, the Sazerac and the Negroni. Bitters work well in sour cocktails, too-though one may want to keep the citrus and decrease the strong bittering agents a bit.

Sources:

Wise Traditions, summer 2018, Volume 19, Number 2, Weston Price Website & Organic Spa Magazine.

Resources



This publication features 4 pages of information on Bitters. The title of the article is: "Herbal Bitters: As Crucial as Salt in the Modern Kitchen", by Guido Mase. The article covers: bitters and digestion, Bitter taste receptors, the need for bitters, and other bitters ingredients.

The summer 2018 edition also includes the following topics: Treating Gastroesophageal reflux disease, Choleric dispositions, histamine problems, Nutritious snacks, Protein supplements, Excitotoxins and migraines, Vaccination updates, Homeopathic detoxification. Sign up to receive this valuable resource, quarterly for free by becoming a Weston Price Foundation Member. Learn more and sign up at: <https://www.westonaprice.org/why-join/>

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