



GETTING TO THE ROOT OF THE MATTER

Our new logo...

We are thrilled to share our new business logo. It now reflects all of the roots of our business:

Education: oil & health classes

Homeopathy: RBTI testing, Quantum Testing and Bach flowers

All Natural Spa Treatments: Henna hair, Steam pedicures and Natural nail alternatives

Essential oils: Zyto scans, Aromatouch and Symphony of cells.



Health Tip



STAY HYDRATED! What constitutes adequate hydration is a simple question without a definitive answer. Few countries have developed water intake requirements, and those that have offer guidelines primarily based on population-level metrics, which are of little relevance to your specific needs. How much water you need to consume to maintain proper hydration is largely determined by your gender, size, physical activity levels, and diet. Those who are very physically active many need more; if your diet consists of a lot of whole fruits and vegetables then you may require less. The most recent rule of thumb is to divide your weight in pounds by two and drink that many ounces of water daily. The most important thing to remember is that drinking too much water is very hard to do, but drinking too little can have drastic consequences.

Class re-cap...



On Monday, January 9th we had 8 guests attend a Zyto Scan refresher class that was condensed into 3 hours. The class was presented by Annie Miller and Sarah Peterson and held at Tammie Deputy's home. We reviewed body systems, how to mark charts, how to assist clients and the Symphony of cells. Thanks so much to Kylie Kemp for being our model for the Zyto class!

Healthy Roots

January 2017

Recipes of the Month

In the Mood

A diffuser blend



2 drops ylang ylang
1 drop wild orange
1 drop sandalwood
1 drop cedarwood

Leek & Fennel Soup



3 leeks, washed and sliced
4 stalks of celery, sliced
3 white onions, sliced
1 fennel bulb, sliced
1 Tbs. fresh Thyme
1 Tbs. salt
1 1/2 tsp. Pepper
8 cups of broth (chicken or vegetable)
1/2 cup coconut milk

Directions:

In soup pot sprinkle EVOO and sauté all vegetables including thyme, salt and pepper till tender, about 8-10 minutes. Then pour broth in and simmer on low for 20-30 minutes and stir occasionally. Then add coconut milk and serve.

New Products!

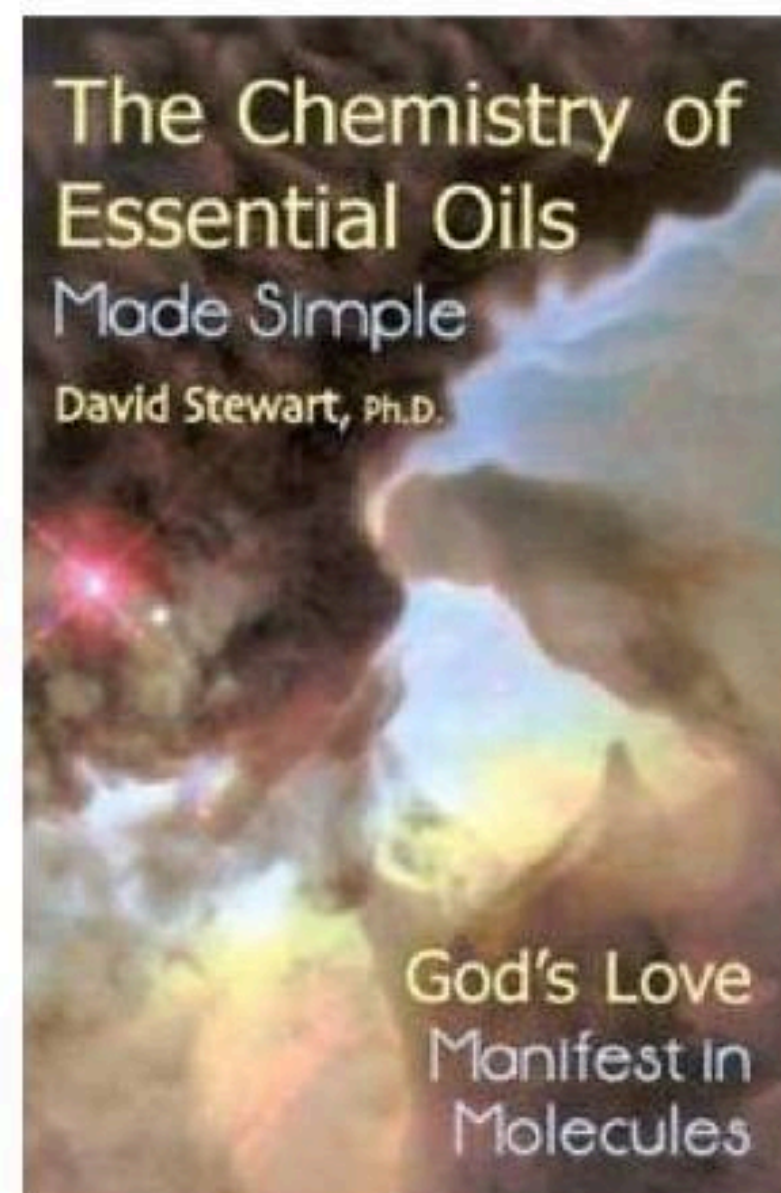


doTERRA® will offer a delicious orange cream flavor TrimShake starting early January as a limited time offering. This convenient and delicious weight management shake mix is flavored with Wild Orange essential oil and provides essential nutrients, at only 70 calories per serving.



doTERRA will offer Slim & Sassy Metabolic Gum as of this month. Each piece of this long-lasting sugar free gum contains 1 drop Of Slim & Sassy essential oil blend, giving it a burst of grapefruit, lemon, peppermint, ginger and cinnamon flavor. When taken internally with a healthy eating and exercise plan, slim & sassy metabolic blend can help you reach your weight management goals.

Essential oil Resource



Author Dr. David Stewart, who was featured in the Essential oil movie we watched at our Christmas party, has written a fantastic book!

In the book he shares: " Many people with unhealthy acid conditions in their systems will respond negatively to the scent of essential oils saying "That stinks," or "Get those things out of here. I can't stand them." This reaction is not because the oils, themselves, are unpleasant. What is unpleasant is the fact that the oils have stirred up toxins which need to be eliminated. It is the toxins that cause the unpleasantness. Detoxification is not always a pleasant experience, but a necessary one to maintain health and experience longevity. When a person's acidity and toxicity levels are reduced, they will find that they actually like and enjoy the very fragrances they formerly could not tolerate.

Check out this fantastic resource or you can find an easier, more simpler version of his book called: *Healing oils of the Bible*.

Sarah Peterson

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Visit our Facebook page: Healthy Roots

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Upcoming events...



January 21, 2017
Topic: Slim & Sassy/Detox Class
Presenters: Heather Reynolds & Annie Miller
Location: Morning Glory Farms
Time: 11am- No Fee



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

Kefir & Probiotics Class



January 25, 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



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.