



GETTING TO THE ROOT OF THE MATTER

New Year... New Classes

Our doTERRA team is excited to launch a new series of classes to help you learn more in the coming year. Soon you will see the following classes offered: 101, 201, 301 and 401.

Here's what we'll cover in each class...

101	201	301	401
• Basics of Essential oils	• Lifelong Vitality & Supplements	• Emotional Aromatherapy and Hormones	• doTERRA Business Overview

Each month different leaders will be hosting classes. The classes are FREE and anyone can attend. The class schedule will be posted by January 1st at:

<https://www.healthyroots.info/doterra-team.html>

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. Here's the direct link:

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

All about Oils...



This month's featured Essential oil is: Arise. Featuring: Grapefruit, Lemon, Osmanthus, Melissa & Siberian Fir Essential oils. Challenges and discouragement are not uncommon as you strive to accomplish goals & verbalize dreams. The aromas of this blend support your stability as well as your freedom, endurance for your body, and courage and happiness in your heart.

- Supports effective yoga practice
- Promotes feelings of happiness, clarity and courage

Uses:

- Apply to temples, wrists, and neck to promote feelings of happiness.
- Enjoy the aromatic benefits of Arise when you are challenging yourself to achieve the next level.
- Use Arise while practicing the following yoga poses: standing, arms high and standing side stretch, and half moon.
- Can be used during yoga practice or any time during your day.

Directions for Use:

Aromatic: Apply several drops to diffusing jewelry, natural dolomite or lava diffusing rocks.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity.

January Promotions

PRODUCT OF THE MONTH

Wild Orange 15mL

With multiple health benefits and an energizing aroma that can uplift the mind and body, Wild Orange has become one of doTERRA's top selling essential oils.*

Uses:

- Use in an all-purpose spray to cleanse and purify surfaces.
- Add a drop to your water every day for a burst of flavor and to promote overall health.*
- For an energizing boost, dispense one to two drops in the palm of your hand along with equal parts Peppermint and Frankincense. Rub palms together and inhale deeply from palms, then rub on the back of neck.

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 125 PV order before the 15th of this month.



SAVE 10% IN JANUARY

TERRAGREENS

This powdered mix packs a daily boost of fruits and vegetables. It can be stirred into 8 oz. of water or your favorite beverage for easy and convenient nutritional supplementation.

GIFT OF THE EARTH

NOW EXTENDED



Earn a free 15 mL of Frankincense by placing ANY single 200 PV order from January 1 through January 15, 2018.

Limit four per account, per household

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: January 8th. 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, January 16th, 2018 Essential Oils 101 Class

Location: Morning Glory Farms
Time: 6:00pm
Fee: FREE

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. Friends welcome!
Register on Healthy Roots FB page.



Tuesday, January 23rd, 2018 Bone Broth Class

Location: 8018 Scott's Store Rd.
Greenwood, DE
Time: 6:30pm
Fee: FREE
Register on Healthy Roots FB page.



Wednesday, January 24th, 2018 Zyto Wellness 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
Register on Healthy Roots FB page.



Saturday, January 27th, 2018 New Year, New YOU!

Location: Morning Glory Farms
Time: 1:00pm-3:00pm
Fee: \$5 for Make-n-take

Make this year different-be a better you!
Clean out the old and bring in the new.
Register on Healthy Roots FB page.



Tuesday, January 30th, 2018 Zyto Wellness Scans

Location: The Peninsula Country Club Clubhouse, 27601 Sterling Blvd., Millsboro, DE 19966
Instructor: Sarah Peterson & Jen Rodgers
Time: 6:30pm-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

HOW TO MAKE YOUR OWN SOURDOUGH



Tuesday, February 13th, 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.

Health Tips



1. Drink 8oz. of Lemon Water when you wake
2. Before rising up each morning-rub ears until red, 20-30 of deep breaths and stretch
3. Get adequate fiber (35g) in your diet
4. Delight in the simple joy of a long walk
5. Spend your time with those who inspire you or uplift your spirit
6. Run, Romp and play everyday
7. Develop a flexible mindset. God may have something He needs you to do
8. Find a way to give back to others
9. Vow to do at least one thing differently
10. Know that you are a gift & you have a purpose

All about Bone Broth



If ever there was a nutritional fad that had some substance behind it, it would be bone broth. The idea behind bone broth is to simmer animal bones (like beef or chicken) for a really long time-up to 24 hours-for maximum flavor. What distinguishes the bone broths of today from say, ordinary chicken soup, is that the animal bones are from grass-fed or free-range animals that have never been subjected to steroids, growth hormones, or antibiotics.

The benefits of bone broth, most notably skin, bone and joint health, come from its rich assortment of nutrients-minerals, amino acids and particularly collagen, which is the most abundant protein in the body. We make less collagen with age, one reason why skin sags, wrinkles, and folds in on itself. Although you can't eat "collagen" raw, you can eat gelatin, which is simply cooked collagen. Cooking collagen makes it easier to absorb.

My family incorporates stock and broth into our daily diet whether it be used for making these delicious, nutritious, healing stocks and soups, and I always make sure to keep as much of the muscle, skin and cartilage with the bones as is possible for the most nutritious of broth or stock-don't throw it away! Also be sure to scoop the marrow from the marrow bones either to eat on its own or added to soup, sauces and gravy. With these ingredients on hand, one can provide nourishing, delicious meals anytime.

Winter Warmer Blended Soup Recipe



Ingredients:

- 2 Tbs. olive oil
- 1 sweet onion, finely chopped
- 3 celery stalks, finely diced
- 3 large carrots, grated (or 1 cup prepared)
- 1 large red bell pepper, seeded and finely diced
- 3 garlic cloves, minced
- 1 tsp. cumin
- 4 cups chicken bone broth (or vegetable for a vegan version)
- Juice and zest of 1 medium navel orange, optional
- 2-15 oz. can black beans, drained and rinsed
- 1-15 oz. can cannellini or navy beans, drained and rinsed
- 1-15 oz. can diced tomatoes, undrained
- 2 Tbs. frozen organic orange juice concentrate, or to taste
- 1 tsp. salt (reduce to taste if using salted broth)
- ¼ tsp. cayenne pepper, or to taste, optional
- ½ cup chopped fresh cilantro, optional

If you struggle with digesting beans, add a 1-inch strip of dried kombu (a type of Japanese seaweed) when you add the broth; remove it before you puree the soup.

Directions:

1. Heat oil over medium heat in soup pot. Add onion, celery, carrots, and bell pepper, and sauté until onion is translucent and all vegetables are beginning to soften, about 8 minutes.
2. Add garlic and cumin, and sauté 1 minute more, stirring frequently. Add broth, orange juice, zest, tomatoes, beans, orange juice concentrate, salt, and cayenne, and mix gently.

3. Increase heat, and bring soup to a boil. Reduce heat to medium-low, cover, and simmer 20-30 minutes, stirring occasionally, until all veggies are tender.
4. If you'd like your soup to have a pureed consistency, use a blender to puree it in batches, being careful not to burn yourself with steam build up.

Rollerball Recipe

Basic Protocol - Symphony of Cells



Great for: Ear Aches, Cold, Congestion, Fever, Headache, Pink-eye, Aches, Flu, Stomach aches, and Asthma

Directions:

Place 4 drops of each oil into a 5ml Rollerball and top off with Fractionated Coconut Oil.

Oils: Frankincense, Melaleuca, On-guard, Aromatouch and Peppermint

HAPPY NEW YEAR

Wishing you a blessed beginning to your 2018!

Sarah Peterson

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www.healthyroots.info

Find us on Social media:



Facebook: Healthyrootsgroup



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New Year **NEW YOU** dōTERRA

Become a **dōTERRA Member** (100PV Order)
+
Join the **Loyalty Program** and earn points toward free product (100PV Loyalty Order)
=
Receive 100 Points to redeem for your **dōTERRA wish list**