

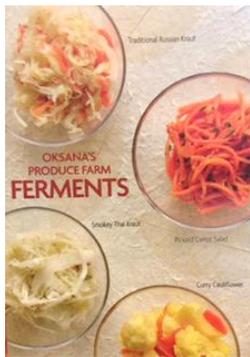


Healthy Roots

June 2017

GETTING TO THE ROOT OF THE MATTER

Classes re-cap...



On May 16th, Sarah Peterson & Oksana, from Oksana's Produce Farm, led a class on the Health Benefits of Fermented Foods, with 3 guests. Oksana gave out 3 free samples and covered the benefits of fermented foods. If you weren't able to attend stay tuned as she'll be joining us again in November for a special class on Kombucha!



On May 6th, Jennifer Creppon and Heather Reynolds shared a how-to video on our Essential Oils and training at Morning Glory farms Facebook page on making an anti-aging night cream. If you haven't seen it check out our event tab, then click on past events and search for "Aging with Essential oils" class. Have fun creating your own cream!

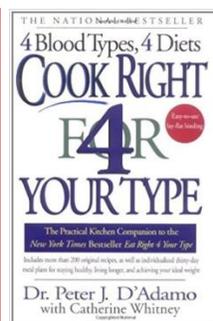
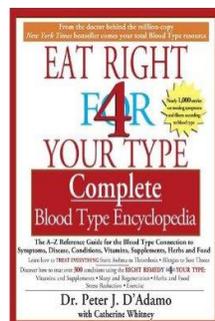
Health Tip

Eat Right for Your Blood Type!



What is the Blood Type-Diet Connection?

How does the composition of the sugars that make up the blood types relate to what you eat? A chemical reaction occurs between your blood and the foods you consume. We know this because of a factor called *lectins*. Lectins are abundant and diverse proteins found in foods. They have agglutinating-gluing or sticking-properties that affect your blood. When you eat a food containing protein lectins that are incompatible with your blood type antigen, the lectins target an organ and begin to agglutinate blood cells in that area. In effect, lectins gum up the works, interfering with digestion, insulin production, food metabolism, and hormonal balance. Here are a few resources to get you started on learning more...



Did you know?

Did you know that when you place an order of 125pv or more by the 15th of each month- you will earn the FREE product of the month? Here is the product of the month, tips on how to use it and a diffuser blend.....

SERENITY™ Calming Blend

Blend of: Vanilla Bean Extract, Lavender, Sandalwood, Sweet Majoram, Roman Chamomille, Ylang Ylang

- + Diffuse after a stressful day to relax the mind & body
- + Spray on kids pillows as part of their bedtime routine to help them begin to calm down to be ready for sleep.
- + Apply a few drops to feet with wild orange before bed, to bring better sleep.
- + Add 2-3 drops to a bath to enjoy a peaceful aromatherapy bath.
- + Calm Anxiety, Anger, or Stress by putting one drop in the hands and inhaling.



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Upcoming events...



Wednesday, June 28th, 2017
 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

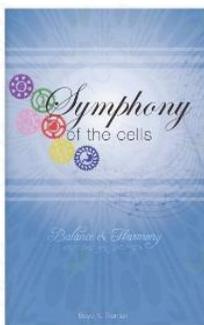


Thursday, July 6th, 2017
 Location: Toi Chambers' home
 33193 Mariners Ave., Millsboro, DE
 Time: 6:30pm-8:00pm
 Fee: FREE if you are NEW
 \$5 if you are on my team
 \$10 if you are a doTERRA Wellness Advocate outside my organization



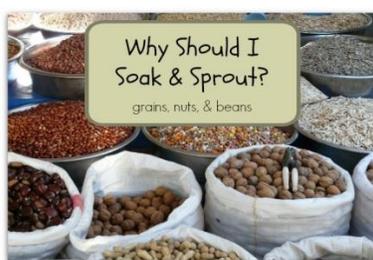
Saturday, July 15th, 2017
 Location: Tammie Deputy's home
 386 Schlabach Rd.
 Greenwood, DE 19950
 Time: 11:00am
 Fee: FREE
 Join us to learn how Essential oils can positively impact your health, help support normal hormone levels, uplift, help balance your endocrine system, and support healthy thyroid levels.

Register on Facebook by searching for Healthy Roots Facebook page, then click on EVENTS, then on July 15th Women's health, Hormone balance & essential oils event. Registration link is pinned at the top for you to click on.
 Presenter: Tammie Deputy



Symphony of cells and Zyto Scan Training
 Saturday, June 17, 2017
 Location: Morning Glory Farms
 Time: 9am-3pm
 Come experience the power of essential oils with the Symphony of cells technique training. We'll also be reviewing Zyto Scanning and how to read reports. You will learn about the different systems of the body, how they relate, the power of essential oils. We will be sharing the updated foot reflexology chart, enjoying a delicious lunch provided by Shelia Joseph and selling 2 resources: Symphony of cells books and the Expanded essential oils book, for \$10 each. Please register on Event brite at:
<https://www.eventbrite.com/e/symphony-of-cells-zyto-scan-training-tickets-32301866753>

Presenters: Sarah Peterson, Annie Miller & Lori Short



What are you missing in your Grains, Nuts & Rice?

Tuesday, July 25th, 2017
 Location: Morning Glory Farms
 Time: 6:30pm-8:00pm
 Nuts and seeds can be a terrific nutrient-dense snack or addition to a meal, but like grains and legumes, they can also contain substances that interfere with the body's ability to absorb nutrients. Just as the process of soaking, sprouting or fermenting grains reduces the anti-nutrient content and makes them more beneficial to the body, the simple process of soaking nuts improves their nutrition. RSVP on our Healthy Roots event titled: What are you missing in your Grains & Nuts?
 Presenters: Sarah Peterson & Carolyn Biggs

Therapy Spotlight



Approved by the National Certification Board for Therapeutic Massage and Bodywork, "Symphony of the Cells" describes a hands-on massage technique for applying essential oils to the back and feet. It was created as a method of helping people understand that the body needs to be balanced physically, emotionally and spiritually. It includes 12 different protocols that can help with hundreds of illnesses and conditions. Based on your health needs we will apply a specific protocol to help bring balance back to your system. Contact us today to schedule your treatment.

Blood Type Recipe -all types



Carrots and Parsnips with garlic, ginger and cilantro

Ingredients:
 Olive Oil, Salt and Water (see recipe for amounts)
 2 carrots, sliced on the diagonal
 2 parsnips, sliced on the diagonal
 6 cloves of garlic, crushed and peeled
 ½-to 1 inch piece of fresh ginger, minced
 4 tablespoons fresh cilantro, chopped

Heat 1 to 2 tablespoons oil in a heavy skillet over medium heat. Add vegetables, and turn in the oil a few moments until coated. Add garlic and ginger, stirring another moment. Add ½ cup water and bring to a boil. Reduce heat, cover and braise 15 to 20 minutes, or until carrots and parsnips are tender. Be sure that there is always a little water in the skillet, adding a tablespoon or two as needed. As the dish nears completion, water should be absorbed. Add chopped cilantro and salt to taste. Serves 3-4.

Exciting NEWS:

Check out our Healthy Roots Website at:
www.healthyroots.info

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