



# Healthy Roots

June 2018

GETTING TO THE ROOT OF THE MATTER

## Class Re-cap...



On May 19<sup>th</sup>, doTERRA Gold Wellness Advocate Virginia Hume taught an AromaTouch Certification class for a group of 7 women at the Barn. The training included instruction on how to do the AromaTouch Back/Feet massage and Hand massage. It was an EXCELLENT Class! Congrats to all of our attendees! Many thanks to Virginia Hume!



In this month's Weston Price class on May 29<sup>th</sup> we met at the farm and learned about Vitamin C. We were privileged to sample cheese, A2 milk, yogurt and fermented garlic carrots from Pleasant Pastures farm.

Carolyn Biggs began the class by highlighting the reasons for supplementing our Vitamin C. Those reasons include cellular repair and elasticity, the reduction of arterial plaque buildup, health of blood rich organs like the heart, kidney and liver and boosting the immune system.

Sarah Peterson taught about the importance of our body's pH and how to balance the pH through balanced eating. Monitoring your body pH by testing our urine can help each person determine which source of Vitamin C will be most valuable to them. Many traditional Vitamin C supplements are acidic, so taking additional Vitamin C may not have the benefits the user needed. Sarah used the word picture of a "conveyor belt" to describe our digestive tract. When our body is too acidic the "conveyor belt" moves too quickly, so nutrients are not absorbed well. When our body is too alkaline the "conveyor belt" of our digestive tract moves too slowly and toxins build up in the digestive tract.

Shelia Fields showed us how to make liposomal Vitamin C from the camu camu fruit. She spoke about the value of liposomal Vitamin C as it has a small molecule that makes it readily assimilated by the body. We made C soup and sampled Pine Needle Vitamin C rich tea, both of which are inexpensive pH neutral Vitamin C sources. Visit our Facebook page for articles and information about Vitamin C.

## Father's Day Amavi Collection



Give the men in your life this new limited-time kit that includes: The Amavi™ Touch blend, Onyx Balance Bath Bar, and Amavi™ Aftershave Lotion. The name "Amavi" comes from the Latin saying "Veni, Vidi, Amavi" which translates "I came, I saw, I loved." The expression itself encapsulates the idea that life is a journey to be experienced, and that joy can be found in even the little things.

### Amavi Touch

This unique blend is made of the essential oils Buddha Wood, Balsam Fir Wood, Black Pepper Fruit, Hinoki, and Patchouli. Buddha Wood oil is currently exclusive to the Amavi blend, and is the only way to experience the unique aroma of Buddha Wood from doTERRA. The grounding aroma of Amavi synergistically works with each individual's chemistry to create an elevated personal fragrance experience. It works behind the scenes to calm, uplift, and refocus your mind. In part because of the Black Pepper content, Amavi Touch can calm your unwanted nerves or anxious feelings.

The blend is formulated to soothe irritated skin.. The wood oils specifically help to calm and heal your skin, while the herbs help to promote youthful skin.

### Amavi After Shave Lotion

The Amavi After Shave Lotion is soothing and calming to your skin. It goes beyond what you'd expect from a typical aftershave to offer intense hydration, and reduce the appearance of blemishes for a smooth complexion. The added bonus here is that it also promotes firmer-looking, youthful skin. It helps to slow down premature signs of aging, and reduces any wrinkles.

Similar to the Touch blend, the essential oils used in the After Shave Lotion are Buddah Wood oil, Tea Tree oil, Balsam Fir, Peppermint oil, and Litsea Cubeba Fruit Oil. The formula is lightweight and non-greasy. It is ideal for use each morning after shaving and before bed.

#### Onyx Balance Bath Bar

This raw handmade-looking bath bar is formulated with the ever-popular Balance blend. The Onyx Balance Bath Bar is an African Black soap derived from artisanal, plant derived ingredients with naturally occurring vitamin E. It possesses a unique combination of shea nut butter, coconut oil, and palm kernel oil supplied from Ghana.

While some bath bars can seem to dry out the skin, thanks to the moisturizing ingredients, the Onyx Bath Bar will moisturize and refresh your whole body for a deep cleansing experience.

**Wholesale: \$38.50**

**Retail: \$51.33**

### 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 June 11th. 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, June 12<sup>th</sup>, 2018**

#### Lentil Scrapple Class

Location: 14106 Wootten Rd., Laurel, DE

Time: 6:30pm

Fee: \$5 via Eventbrite or \$7 at the door

RSVP: on Healthy Roots FB page

Join us at Shelia Joseph's home to learn how to create your very own vegetarian, Lentil Scrapple.

Instructor: Helen Steele



**Saturday, June 16<sup>th</sup>, 2018**

#### I am Fabulous Class

Location: 8018 Scotts Store Rd.

Greenwood, DE 19950

Time: 1pm

Join us for this class on how to eliminate overwhelming feelings, anxiety and enhance your emotional wellbeing through the use of specific essential oil blends. Experience emotional wellness and healing by combining aromatic and topical essential oil application—each unique blend combines specific oils and targeted organs to create quick emotional shifts.

There are six roller balls that are recommended for use over a 5 to 6 month period in this class. These will help you move

toward clarity and confidence in your life so you can become who God created you to be.

Altogether the blends require 28 different essential oils. There are several higher priced oils which we use in more than one blend, hawaiian sandalwood, juniper berry, cinnamon, black pepper, douglas fir. You can help reduce the cost by bringing your own oils if you have them and using LRP points in early June to get them if you don't have them. However, I will have all the oils available if you don't have your own.

#### Fees:

\*Cost for all 6 recipes: up to \$28

(Please bring 6-empty 5 ml essential oil bottles to make your own recipes)

If you plan to bring your own 5ml Essential oil bottles you can purchase the snap on rollerball tops separately at: 75 cents each

\*I am fabulous book \$17.95 (optional)

Instructor: Carolyn Biggs

Please plan to bring your own fractionated coconut oil, as we'll be using a significant amount of Fractionated coconut oil.

RSVP to Carolyn Biggs at: 302-841-5175



**Tuesday, June 19<sup>th</sup>, 2018**

#### 301: Aromatherapy & Emotions

Location: 8982 Morning Glory Farms Rd.

Laurel, DE 19956

Time: 4:00pm

Fee: FREE

Instructor: Sarah Peterson

RSVP: 302-448-0009

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, June 22<sup>nd</sup>, 2018

#### 401: Sharing Essential Oils & Growing a Business

Location: 24126 Shufelt Rd., Seaford, DE

Time: 6:30pm

Fee: FREE

Instructor: Cindy Williams

RSVP: 302-628-9377

We will be sharing the basics of a doTERRA Business and getting you off to a great start! This class is great for new Advocates and a perfect refresher for long-time advocates.



Wednesday, June 27<sup>th</sup>, 2018

#### Zyto Wellness Scans

Location: 8982 Morning Glory Farms Rd, Laurel, DE

Time: 6:00pm

Fee: FREE if you are NEW

RSVP: on Healthy Roots FB page

\$5 if you are on my team

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



201: LIFELONG VITALITY & SUPPLEMENTS

Friday, June 29<sup>th</sup>, 2018

#### 201: Lifelong Vitality & Supplements

Location: 386 Schlabach Rd.

Greenwood, DE

Time: 5pm

Fee: FREE

Instructor: Tammie Deputy

RSVP: 302-228-0781

Register on Healthy Roots FB page

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

## June Promotions

Did you know that you'll receive a bottle of **Lavendar TOUCH** Essential oil for FREE when you place an order with 125pv or more by June 15<sup>th</sup>? Who doesn't love free stuff?!



Plus, you can save 10% in June on this product...FENNEL!



## What's New?

Offering the highest quality essential oil components and tools at an affordable price.



The doTERRA DIY Accessory store enables Wellness Advocates to more conveniently use, blend, and share essential oils.

- 5ml glass bottle (6 pack) \$3.75
- 10ml bottle with steel roller (6pk) \$4.75
- 30ml spray bottle (3 pack) \$3.75
- 5/8 dram glass bottle (12pk) \$4.50
- Pipettes (50 pack) \$2.75
- Pump for FCO bottle \$2.25
- Ultra fine, continuous mist sprayer (2 pk) \$12.00

## Vitamin "C" Recipes of the month

### Onion "C" Soup By Dr. Carey Ream



1. Measure one pound of small green bunching onions (scallions) or an equivalent of white onions. (Organic would be best if available)
2. Chop or blend into 2-3 cups of distilled water. Bring to boil and then simmer till onions appear transparent.
3. Strain off the onion pulp and save the liquid for your next step. (Save the solids for meatloaf or another recipe!)
4. Add distilled water to make finished broth equal to a quart if desired.

The liquid is rich in neutral (non acid) form of Vitamin C that is vital to the body's needs when regular supplemental Vitamin C (which is acid forming) cannot be taken.



## Pine Needle Tea Decoction



Pine needles purportedly have three to five times more vitamin C than an orange, depending on what source you read, but there's no hard and fast rule for how much C is in a pine needle.

Regardless of the exact percentage, we know that pine needles and pine bark make an excellent natural vitamin C supplement. The vitamin C content of pine needles seems to vary significantly depending mainly on the species of pine and the age of the needles. Here is an easy recipe to for making your own Pine needle tea.

### Ingredients:

1 oz. (28g) Baby Pine Needles (select the newest needles, those that are at the end of a branch and light green in color)  
1.5 pints (840ml) water

Make a decoction-Put the herbs into an enamel, glass or stainless steel pan (do not use aluminum). Bring to a boil and simmer for 10 minutes or until the liquid is reduced by one third.

Place the water and needles in a thermos. Let it sit overnight for 12 hours. Strain and remove the needles. Return the water to the thermos and drink the warm decoction throughout one day. Continue to drink 1 pint (500ml) of Pine Needle Tea every day for one month.

Drink for...

- Relief of Heart disease
- Relief of Heart Ailments
- Relief of Varicose Veins
- Relief of Muscle Fatigue
- Relief of Sclerosis

- Relief of Kidney Ailments
- Promotes strengthening of nerves in eye
- Relief for eye related ailments that concern connective muscles in the eye
- Relief of Gangrene
- Reacts with smooth muscles that line blood vessels



Pine Tree Needle decoction is a traditional remedy that may be used in the treatment of about 80% of human diseases. The remedy is effective for working with the smooth muscles that line the blood vessels and other muscular related diseases such as sclerosis (condition in which soft tissues inside the body become unusually hard).

Pine needles exhibit strong antioxidant, antimutagenic, antitumor and antiproliferative effects on cancer cells and also point to their potential usefulness in cancer prevention. Some cancers will require additional treatment depending on the type and stage. This decoction is known to have very good success rates with cancer in the first stage.

*Please note: Ascorbic acid is a synthetic form of Vitamin C.*



Web sources:  
wildedible.com and lifeevents.org

## Another way to get your Vitamin "C"



Powerful nutrition for the immune system and adrenal insufficiency

*Sarah Peterson*

CHS, CNHP

302-448-0009

[healthyrootsgroup@gmail.com](mailto:healthyrootsgroup@gmail.com)

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

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