



Healthy Roots

March 2017

GETTING TO THE ROOT OF THE MATTER

Classes re-cap...



Addictions class:
 On February 18th, Allison Shaver & Gale Kelly taught a great class on Addictions at the Barn. There were approximately 8 people in attendance. They covered so many possible types of Addictions and how it's important to diffuse oils intermittently, every 15 minutes so that your brain can recognize each.



Kefir & Probiotics class:
 On February 27th we had 12 guests attend the Kefir & Probiotics class. The class was presented by Sarah Peterson and Annie Miller and held at the Barn. We had a demo on how to ferment kefir grains which are full of probiotics. Thanks to everyone who joined us!

Health Tip



Can you believe that the surface area of your intestines if laid out would cover the surface of a tennis court?!? Did you know that just one round of antibiotics can kill 2 years worth of good, healthy gut bacteria?. It is very important to cleanse the digestive tract and replenish the healthy gut flora. Probiotics are the healthy bacteria and prebiotics are the fibers that the probiotics feed on. doTERRA offers two probiotics: 1 for adults called PB Assist and 1 for Children called PB Assist Jr. Give them a try!

Oil Spotlight



Terrashield is perfect for repelling fleas and ticks. Just a small amount of super concentrated Terrashield provides powerful outdoor protection. Comes in oil & spray.

- A proprietary blend of essential oils and fractionated coconut oil
- Diffuse during outdoor events
- Apply before going outdoors, hiking or camping

Diffuser Blends



Cumin Essential Oil



Cumin supports digestive health and helps to relieve occasional digestive discomfort. It is purifying to the body's systems.
 Diffusion: Use three to four drops in the diffuser of your choice.
 Internal use: Dilute one drop in 4 fl. oz. of liquid or use 1-3 drops in soups/stews.
 Topical use: Dilute with Fractionated Coconut Oil and apply to desired area.

Giving Back...



We are excited to begin Giving back to our community! Please join our team by volunteering with us at the Country Rest Home in Greenwood, DE on the 2nd Monday of each month, beginning on March 13th at 6:30pm-7:30pm. We will give free Aroma hand technique massages to the residents using Wild Orange Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



March 18, 2017
 Topic: Emergency Oils
 Presenter: Shelia Joseph
 Location: 14106 Wootten Rd.
 Laurel, DE 19956
 Time: 1pm



March 29, 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

Therapy Spotlight



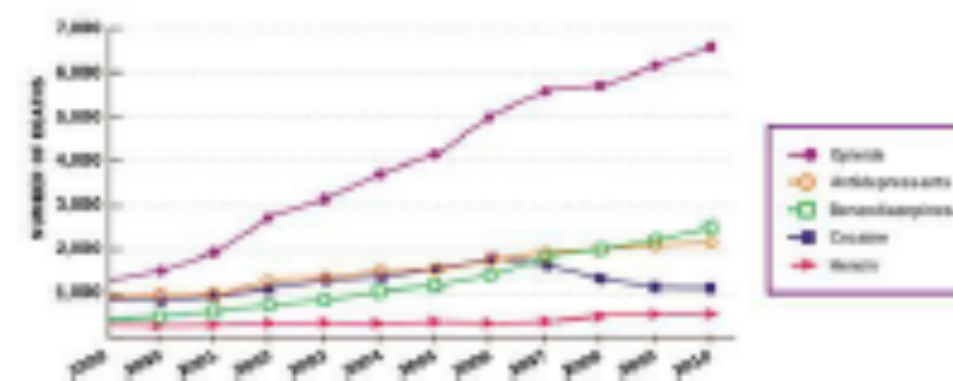
Aromatouch Massage is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic & parasympathetic nervous systems of the body. The aromatouch technique includes four primary steps designed to minimize systemic stressors to autonomic balance.

Symphony of cells re-cap Class



Tuesday, March 28, 2017
 Presenters: Shelia Joseph, Sarah Peterson, Jen Esch and Jen Rodgers
 Location: Morning Glory Farms
 Time: 6:00pm
 Join us for an Expanded version of the Symphony of cells training and a recap of what we learned from Boyd Truman on February 4th in Lancaster.

Addictions Class



Saturday, April 8, 2017
 Presenter: Wendy Householder
 Location: Morning Glory Farms
 Time: 3pm

This is a 3-part Workshop dealing with the physical, emotional, and spiritual aspects of addictions. Addictions are not limited to drugs, alcohol, or smoking but may also include sweets, pornography, gaming, and more. If you have an addiction, if you know someone who has an addiction or if you are a citizen concerned about addictions, then we invite you to attend.

Veggies & Tahini Dip Recipe



- Blend the following into 16 ounces of tahini
- 2-3 large garlic cloves (optional)
 - Juice of 2 lemons (freshly squeezed is best)
 - 1 cup water
 - 1 tsp. cumin powder
 - ½ tsp. cayenne pepper
 - ½ tsp. paprika (optional)
 - Dash sea salt or himalayan salt (to taste)

Healthy Cooking Resource



The Nourishing Traditions Cookbook for Children: by Authors: Suzanne Gross and Sally Fallon Morell
The Nourishing Traditions Cookbook for Children shares the benefits of eggs, butter, bone broths and soups, lacto-fermented foods, meat and organ meats. The book teaches the basics of healthy cooking step by step. You will enjoy lots of original recipes for healthy snacks, desserts, baked goods, lunches and breakfasts.

Wholesome Home Cooking Resource

Preparing Nutrient-Dense Foods



Lancaster County Recipes Featuring: Healthy fats, whole grains, natural sweeteners, cultured & fermented food, sourdough and bone broth.



Kefir

The probiotic
POWERHOUSE



Dairy Kefir

Kefir is like yogurt but thinner. You can drink it in a glass instead of eating it with a spoon. Both kefir and yogurt are cultured or fermented milk products and are made by adding friendly bacteria to milk. When the milk is kept at a warm temperature, the bacteria grow and turn the milk sour and thick.

If you don't have access to raw milk, kefir made from pasteurized milk is the next best thing. The friendly bacteria in kefir will help your body digest the pasteurized milk. Use organic, grass-fed, cream-top milk if possible (un-homogenized). Avoid ultra-pasteurized milk. There are many ways to make kefir. This recipe makes a mild kefir that tastes more like yogurt. If you don't like the taste of plain kefir, try it in a fruit smoothie. This recipe makes 1 ½ cups.

Ingredients:

1 ½ cups raw or pasteurized milk
½ tsp. kefir grains

Tools:

2 pint-sized glass jars
Spoon (do not use metal-as it could leach)

1. Pour ½ cup milk into a clean pint-sized glass jar and add the kefir grains.
2. Cover the jar with a lid and leave it at room temperature for 12-24 hours (12 hrs if it is warm in your house, 24 if it is cool).
3. Remove the grains with a clean spoon. You can also put the kefir through a strainer to remove the grains. Put the grains in another clean glass jar with ½ cup milk. Store in the refrigerator until you are ready to make more kefir.

4. Add 1 cup fresh milk to the kefir you have just made.
5. Cover the jar with a lid and leave it at room temperature for 12-24 hours.
6. Store the finished kefir in the refrigerator.

Water Kefir

Water kefir can be used as a lactobacilli starter for making fermented soda and fermented vegetables. It is made just like milk kefir, except the grains are added to sugar water instead of milk. The grains look like little crystals. If you take good care of your grains, you can use them over again. They will grow just like milk kefir grains. Use an unrefined sweetener with natural minerals in it, like dehydrated sugar cane juice. The minerals will keep the grains healthy. Honey should not be used, because it is naturally anti-bacterial and can hurt the grains. This recipe makes 3 cups.

Ingredients:

3 cups filtered water
3 tablespoons water kefir grains
3 tablespoons dehydrated cane sugar juice

Tools:

Spoon (do not use metal-as it could leach)
Strainer
2-quart sized mason jars

1. Put the ingredients in a mason jar and mix together gently with a spoon. Close the jar and leave at room temperature for 2 days.
2. Remove the grains by pouring the water kefir through a strainer into another jar. Close the jar and store in the refrigerator.
3. Put the grains back in the empty jar. Add 3 tablespoons dehydrated sugar cane juice and 3 cups filtered

water. Store in the refrigerator until you are ready to use them.

All about Kefir Grains...

The friendly bacteria and yeasts used to make kefir look a bit like cauliflower. These white, rubbery clumps are called kefir grains. You only need a small clump of grains to start making kefir. The grains will grow as you use them. Once they have doubled in size, you can either start making your kefir in larger batches or you can share the extra grains with a friend and show them how to make their own kefir. If you take good care of your kefir grains, you will never need to replace them, as they can be used over and over again.

Benefits of Kefir...

The friendly bacteria in kefir are different than the bacteria in yogurt. Kefir bacteria can actually live inside your body and protect you from getting sick. Kefir is very easy to digest, even for those who are lactose-intolerant. Kefir can restore enzymes to your body, which will help you to digest other milk products too. Kefir also contains friendly yeasts that protect your body against harmful yeasts (like *Candida albicans*).

Sarah Peterson

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Visit us on Twitter, Pinterest & Instagram
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