



Healthy Roots

March 2018

GETTING TO THE ROOT OF THE MATTER

Class Re-cap...



On February 13th Beth Dreitzel taught us the basics of making our own Sourdough bread, we sampled fresh sourdough bread and took home our own starters to get us baking! We had approximately 13 guests attend. Be sure to check page 3 of this month's Newsletter for Sourdough bread tips & a tasty recipe to create your own.



On February 17th we learned about the history of Reflexology, 5 different blend recipes and their uses, created our own Rollerballs for a variety of health challenges: Head, Sleep, Defense, Seasonal and Throat, enjoyed a yummy lunch and took home a recipe sheet. We had approximately 15 guests attend. Be sure to check page 2 for one of the rollerball recipes we featured!



201: LIFELONG VITALITY & SUPPLEMENTS

On February 20th, 9 guests joined us to learn more about the health benefits of Lifelong Vitality and other supplements. If you missed this month's class-don't worry, Jenny Creppon will be teaching a 201 class on March 27th. See the attached class schedule for all of the details. You can contact Jenny to RSVP.



On February 27th, 6 guests joined us to learn more about the basics of Essential oils, how you use them and their many health benefits. If you missed this month's class-don't worry, Cindy Williams will be teaching a 201 class on March 16th. See the attached class schedule for all of the details. You can contact Cindy to RSVP.

March Promotions

Did you know that you'll receive a bottle of **Grapefruit** Essential oil for FREE when you place an order with 125pv or more by March 15th? Who doesn't love free stuff?!

This month's Product of the month is **Cypress** Essential oil. Save 10% when you order this anytime in March!

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 March 12th. 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...



301: EMOTIONS & HORMONES

Thursday, March 8th, 2018
301: Emotions & Hormones
 8982 Morning Glory Farms Rd.,
 Laurel, DE
 Time: 6:30pm
 Fee: FREE
 Instructor: Sarah Peterson
 Register on Healthy Roots FB page.

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, March 16th, 2018
Essential Oils 101 Class

Location: 24126 Shufelt Road
 Seaford, DE 19973
 Time: 6:30pm
 Fee: FREE
 Instructor: Cindy Williams
 RSVP: 302-628-9377

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.
 Register on Healthy Roots FB page.



Saturday, March 17th, 2018
Sugar Scrub Make-n-take
 14106 Wootten Rd., Laurel, DE
 Time: 11am
 Fee: \$5
 Instructor: Shelia Joseph
 RSVP on Healthy Roots FB page or at
 302-841-8350.

Join us to learn how to create your own Essential oil Sugar Scrub. All materials will be provided.



Tuesday, March 20th, 2018
**Grain free, Sugar free and Dairy free
 crackers & Almond milk class**
 14106 Wootten Rd., Laurel, DE 19956
 Time: 6pm
 Fee: \$5
 Instructor: Shelia Joseph
 RSVP on Healthy Roots FB page or at
 302-841-8350.

We will learn how to make gluten free, grain free, dairy free, protein & fiber enriched crackers. We will have cracker samples & will be teaching you how to create almond milk.



201: LIFELONG VITALITY & SUPPLEMENTS

Tuesday, March 27th, 2018
201 : Lifelong Vitality & Supplements
 Location: 28440 Discount Land Rd.,
 Laurel, DE
 Time: 6:30pm
 Fee: FREE
 Instructor: Jenny Creppon
 RSVP: 302-236-5280
 Join us to learn more about the Health
 benefits of doTERRA's Lifelong Vitality
 & other Supplements.



Wednesday, March 28th, 2018
Zyto Wellness Scans
 Location: 8982 Morning Glory Farms Rd,
 Laurel, DE
 Time: 6:00pm
 Fee: FREE if you are NEW
 \$5 if you are on my team
 \$10 if you are a doTERRA Wellness
 Advocate outside my organization

Seasonal Rollerball Recipe



SEASONAL
 Protects against seasonal
 and environmental
 elements

CONTAINS:
 Lavender, Lemon, Peppermint,
 Carrier Oil

Add oils to a 10ml rollerball then fill with carrier oil to top. Apply under nose, along throat, **head, sinus and lungs** 3 times daily (up to 5x during high season) Roll on area of concern or bottom of feet at reflexology point indicated in **Red text**.

Sourdough Bread



What is Sourdough?

Sourdough is an American term for a natural leaven of "wild" or natural yeast and lactobacilli. Don't mistake this with today's modernized yeast, it is not. Sourdough is created from a sourdough starter.

A sourdough starter, is a starter or culture of wild/natural yeast and lactobacilli in a medium of flour and liquid which is propagated through ongoing refreshments (or "feedings") for the purpose of leavening bread dough, is ongoing and is continued on from one bake or activation to the next. A Sourdough culture can last hundreds of years, even indefinitely.

When making the bread, the starter is mixed into flour/water/salt and the lactobacilli bacteria feed on the flour, producing gases that are trapped causing the bread to rise.

Here are some of the many health benefits of Sourdough Bread:

*The long process of raising and preparing breaks down the gluten, making it easier to digest

*The fermentation process eats up sugars which make it easier on your blood sugar levels and also makes it higher in nutrients.

*The good bacteria in sourdough help to break down phytic acid in the flour grain, allowing your body to hold onto minerals better.

*The acid produced during fermentation predigests the grain for you, and helps the bread to last longer before molding.

Resources to get you started:

*Breadtopia.com-a great website to help you learn the ins and outs of baking your own bread.

*Cultures for health-a website featuring helpful books and videos. You can also order a culture here if you don't have one!

Artisan No-knead Sourdough Bread Recipe

Ingredients:

3 ½ cups flour
1 ½ tsp. salt
1 ½ cups of water (lukewarm and filtered)
¼ cup sourdough starter

Instructions:

Mix together the flour and salt. Dissolve the starter in to the water. Add water/starter into the flour and salt mixture. Stir until mixed well (no metal spoons). Cover with plastic wrap and sit overnight or 10-14 hours at room temperature.

Dump onto floured surface and press and fold. Cover with plastic and rest for 10 minutes.

In the meantime, get a shallow bowl or proofing basket and oil it. When the rest time is over, spritz some oil on your hands and shape the dough and drop in bowl. Cover with plastic again and let rise 45-90 minutes depending upon temperature of the room, or if you have a proof setting on your oven, you can use that.

Bake in covered Dutch oven preheated to 425 degrees for 30 minutes. Remove lid and reduce heat to 375 degrees for another 15 minutes. Remove the bread from pan and cool on rack.



Watch this video:

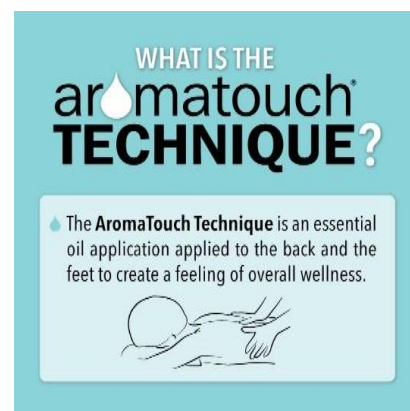
<https://breadtopia.com/sourdough-no-knead-bread/>

Starter tips:

If you purchase a starter and place it in your refrigerator, you'll have to feed it once a week to keep it healthy, until you decide to bake your bread.

To feed your starter, remove from the fridge, and leave out at room temperature for approximately 1 hour, then add equal parts of flour and water. You'll want to leave the starter out until it bubbles then place it back in the fridge.

AromaTouch Technique



The Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

The AromaTouch Technique was created by Dr. David K. Hill, D.C., a physician and world-renowned expert in the medicinal use of essential oils. Dr. Hill created a technique that would be easy enough for anyone to learn and administer, yet powerful enough to produce consistent results.

The AromaTouch Technique incorporates simple hand techniques with the power of essential oils to create a powerful experience.

If you'd like to become certified in the AromaTouch Technique, plan to attend our May 19th training from 9am-4pm. The cost is \$149 and includes: 8 essential oils, Fractionated Coconut oil, Manual, DVD, Hands-on training, Certificate and Lunch. Register at: <http://bit.ly/zGOUtRO> (case sensitive)

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