

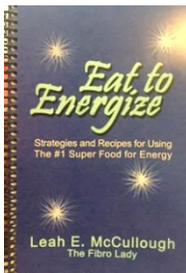


GETTING TO THE ROOT OF THE MATTER

Healthy Roots

May 2017

Classes re-cap...



On April 24th, Sarah Peterson and Adrienne Schell led a class on the Health Benefits of Liver. Sarah did an overview of the book: *Eat to Energize* by Leah E. McCullough, shared recipes, made energizing tacos and sampled energizing meatballs. It was a great class!

Here is a delicious recipe for Meatballs:

Energizing Beef Meatballs

Serves 12, about 5 dozen meatballs

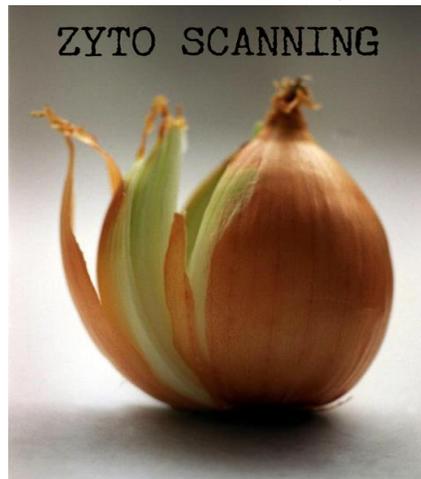
Ingredients:

- 2 lbs. ground beef
- 1 lb. chicken livers
- 1 ½ cups finely ground almond flour
- ½ cup milk
- 1 ½ t. unrefined sea salt
- ½ t. pepper

Meatballs are extremely versatile to have on hand. They can be heated up and served on their own as part of a busy week-night supper, added to a jar of spaghetti sauce for spaghetti and meatballs, added to soups, or even used as a cocktail appetizer, with or without sauce.

Health Tip

ZYTO SCANNING



Imagine an onion. Each skin is peeling back another layer. It reads the most intense issues you're struggling with at the moment. When you apply the oils it calls for you begin to bring biomarkers back into range. The next scan peels another layer. Your body becomes more harmonized...One layer at a time...one drop at a time.

How does it work?

It is a computer system that uses a stimulus response mechanism. The computer has in it, signatures that are unique, that represent the bio-markers or the products in the library. Those signatures will be output by the computer to the body in a way that stimulates a response and the body responds back. It measures Chi (energy), not blood, Body fluids or tissue. This happens at 400 Million impulses per second. It measures responses to virtual stressors or a shift of energy patterns through the skin.

Diffuser Blends

It's almost Mother's day! In honor of Mom here are a few special blends just for her...

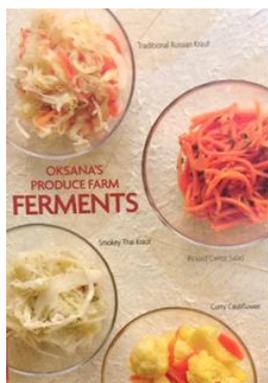


Giving Back Opportunity...



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: June 12th. We will give free Aroma hand technique massages to the residents using Deep Blue Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



Fermented Foods with Oksana

Tuesday, May 16, 2017

Location: Morning Glory Farms

Time: 6:30pm

Why eat fermented foods? Fermented foods introduce beneficial bacteria into your digestive system. Probiotics can improve bowel health, aid digestion, and help your immune system fight infections.

Essential Oil Zyto Scan

Discover oils for
YOUR
best health!



Wednesday, May 24, 2017

Topic: Zyto Scans

Location: Morning Glory Farms

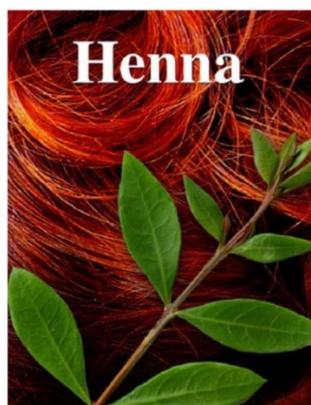
Time: 6:00pm-8:00pm

Fee: FREE if you are NEW

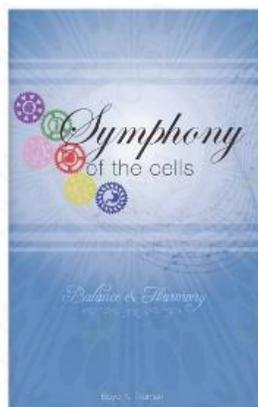
\$5 if you are on my team

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

Therapy Spotlight



Are you looking for a natural hair dye process that's free of chemicals? Treat yourself to an all-natural Henna for hair treatment. Henna has many properties that benefit natural hair; it helps condition your hair, reduce or eliminate dandruff, it smoothes out your hair cuticle giving your hair a healthy appearance, thickens hair, promotes growth due to antibacterial and anti-fungal properties, less shedding and balances hair porosity. When henna is applied it puts a protective coating on the hair. All of our henna products are lab certified to be completely free of para-phenylenediamine and toxic chemicals.



Symphony of cells and Zyto Scan Training

Saturday, June 17, 2017

Location: Morning Glory Farms

Time: 9am-12pm

Come experience the power of essential oils. Symphony of cells is a hands-on massage technique for applying essential oils to the back and feet. We'll also be reviewing Zyto Scanning and how to read reports.

Presenters: Sarah Peterson & Annie Miller

Pecan Muffin Recipe



These Paleo Pecan Pie Muffins are so easy to make. They are rich, sweet and full of buttery pecans. Gluten free, dairy free, and so delicious! This recipe makes 9 muffins.

Prep: 10 minutes Cook Time: 25 minutes

Ingredients

- 1 cup raw pecans, chopped
- 1 cup almond flour
- 3/4 cup coconut sugar
- 1/4 teaspoon salt
- 2 eggs, room temperature
- 1/3 cup coconut oil, room temperature

Instructions

~Preheat the oven to 325° and line a muffin pan with 9 parchment liners.

~In a large bowl, combine almond flour, coconut sugar, and salt.

~Add eggs, coconut oil, and stir well. Stir in the pecans and scoop into muffin liners.

~Bake for 25 minutes- the edges should be slightly brown.

~Let cool for 10 minutes, then remove from pan and cool completely. Can be stored at room temperature for 3 days or refrigerate.

Our Healthy Roots Family is growing...



Please welcome our newest staff member...Adrienne Schell. Adrienne will be updating our blog & nutrition web-content. Adrienne is a follower of Christ, wife and mother who has a background in education. She is very passionate about healthy living, including healthy eating. After researching, experimenting and teaming up with like-minded people, she is ready to share what she has learned. Adrienne enjoys helping others use information to make better health decisions.

Sarah Peterson

302-448-0009

Visit our FB page: @Healthyrootsgroup

Sarhp247@aol.com