



GETTING TO THE ROOT OF THE MATTER

### Class Re-cap...



On Saturday, April 17<sup>th</sup>, Shelia Joseph welcomed us into her home to learn the basics of infusing Olive oil with essential oils from Abdel of Mediterranean Delicacy. We had over 20 guests attend. Shelia shared 6 recipes and each person created their own infused olive oil. Be sure to check page 5 of this month's Newsletter for one of the Essential oil & EVOO Blends recipes.



On April 28<sup>th</sup>, Jenny Creppon, taught us how to create our own lip balm. She shared 6 different lip balm recipes. We had 8 guests attend. Be sure to check page 5 for one of the lip balm recipes.

### Mother's Day Harmony Collection



Are you looking for the perfect Mother's Day gift? Hurry, these supplies are limited! Get your Mom started on essential oils with this great collection. The doTERRA Harmony Aroma Handcraft Collection, which features three unique essential oils: Green Mandarin, Pink Pepper, and Star Anise. Combine these oils in one of more than 30 blend recipes to create your own signature scent. The expert tips and tricks throughout the included recipe book will guide you as you take the journey of becoming an essential oil aroma connoisseur.

This kit includes:

- 5mL Green Mandarin
- 5mL Pink Pepper
- 5mL Star Anise
- 10 pipettes
- 2 empty 10mL roller bottles
- Recipe booklet with write-on labels

**Wholesale \$38.50**

Retail: \$51.33

### May Promotions

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

### Essential Oil

SPOTLIGHT



- Supports healthy digestion
- Soothes sore muscles and joints
- Helps reduce nervous tension and fatigue



Plus, you can save 10% in May on this product...

### doTERRA On Guard Cleaner Concentrate

- Plant-based surfactants provide a non-toxic and biodegradable way to clean and eliminate odors, so it is safe for loved ones as well as the environment
- No preservatives added, helping to provide a safe and effective household cleaning product



## 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 May 14<sup>th</sup>. 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...



**Thursday, May 3<sup>rd</sup>, 2018**

**101: Essential Oils Class**

Location: 386 Schlabach Rd.  
Greenwood, DE

Time: 6:30pm

Fee: FREE

Instructor: Tammie Deputy

RSVP: 302-228-0781

Register on Healthy Roots FB page

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.



**201: LIFELONG VITALITY & SUPPLEMENTS**

**Tuesday, May 15<sup>th</sup>, 2018**

**201: Lifelong Vitality & Supplements**

Location: 8982 Morning Glory Farms Rd.

Laurel, DE 19956

Time: 5:00pm

Fee: FREE

Instructor: Sarah Peterson

RSVP: 302-448-0009

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



**Tuesday, May 22<sup>nd</sup>, 2018**

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

Location: 28440 Discount Land Rd.,  
Laurel, DE

Time: 6:30pm

Fee: FREE

Instructor: Jenny Creppon

RSVP: 302-236-5280

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, May 23<sup>rd</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



**Friday, May 25<sup>th</sup>, 2018**

**301: Aromatherapy & Emotions**

Location: 24126 Shufelt Rd., Seaford, DE

Time: 6:30pm

Fee: FREE

Instructor: Cindy Williams

RSVP: 302-628-9377

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.



**Tuesday, May 29<sup>th</sup>, 2018**

**Making Vitamin C from Pine Needles**

Location: 8982 Morning Glory Farms Rd,  
Laurel, DE

Time: 6:30pm

Fee:

Instructor: Sarah Peterson

RSVP: on Healthy Roots FB page

Did you know that you can make Vitamin C from Pine Needles and more? Join us to learn how you can create a Pine Needle tea that can encourage relief of Heart Disease, Heart Ailments, Varicose Veins, Muscle Fatigue, Sclerosis, Kidney Ailments, Eye related ailments and promotes strengthening of nerves in the eye.



**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 to learn how to create your very own vegetarian, Lentil Scrapple.

Instructor: Helen Steele

## Health Tip: Vitamins



### Depletion of Nutrients & Importance of Supplementation

4 billion pounds of toxic chemicals are released each year, many of which are BANNED in other countries.

- Of the top 20 chemicals released into the environment, almost 75% are known or suspected to be toxic to the developing human brain.

Toxins people tested positive for are listed below- Plastics, Pesticides, Solvents, Perfumes & Dioxins. And the list goes on..

- The US has lost up to 80% of the nutritional content in produce in the last 50 years due to environmental toxins.
- The U.S. grows genetically modified organisms GMO's – which are illegal in many countries.
- Industrial chemicals are now allowed to be used as additives to our food without any significant testing for safety.
- Some chemical additives are withheld from labels when they are in small enough amounts or if they are categorized as "others".
- It is becoming harder to get the nutrients our bodies need to live a healthy life due to poor soil, environmental toxins, and genetically modified foods.
- Most people now eat 60% of their meals "on the go" or dine out. While there's nothing wrong with going out now and then, 60% is excessive and most restaurant options are not healthy.

As one of doTERRA's most popular products, doTERRA Lifelong Vitality Pack is full of essential nutrients, metabolism benefits, and powerful antioxidants designed to help promote energy, health, and lifelong vitality

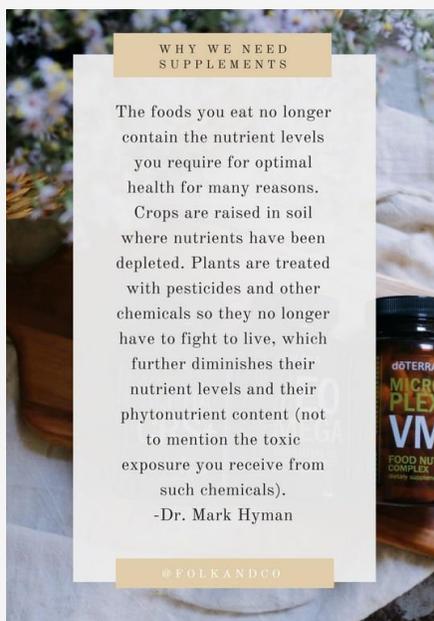
Did you know that doTERRA's top-selling product is *not* an essential oil? It's actually their Life Long Vitality supplement pack. I will tell you that I was 100% skeptical of

supplements when I ordered these. I didn't think I needed them and didn't think they really had any effect on my body.

### WHY WE ALL ACTUALLY NEED SUPPLEMENTS

So I put off ordering the Life Long Vitality supplement pack for nearly seven months because do I really *need* a supplement? The answer is yes, I did...and you likely do too. Here's why:

- The Standard American Diet (SAD– literally and figuratively), does not deliver the nutrients we need. 92% of people in the US are lacking in one or more nutrients.
- Even when we're eating well our food is lacking nutrients due to commercial farming practices, GMOs, etc. Dr. Mark Hyman (Daniel Plan book)
- Deficiency in vitamins and minerals leads to disease
- There are a ton of toxins in our home and body products
- These supplements actually help your body



I've been taking the LLV supplements for a while now; I noticed a huge increase in energy. Before I go any further I just have to say that these products are GMO free.

Even with the obvious boost in energy I *still* wasn't convinced that the supplements were doing anything for me. So after only a week of using them I stopped taking them for a week, just to see if I could notice a difference.

You guys. I noticed a difference.

Everything seemed to function better when I was taking the Lifelong Vitality Supplements. I would often have digestive upset before taking the supplements, but when taking the supplements, I didn't notice any. When I stopped taking them for a week, I noticed those issues would flare up. So I started taking them again and haven't stopped.

My skin, hair and scalp appear healthier and my nails feel stronger. Plus, I still have that optimal level of energy.

The Lifelong Vitality Supplement pack comes with three supplements with super weird names that are hard for me to remember:

#### ALPHA CRS+

This is referred to as the "cellular vitality complex" and basically helps to **support healthy cell function**. It is a combination of polyphenols from *actual foods*, (like frankincense, milk thistle, green tea, pomegranate, turmeric, and pine bark, to name a few) not synthetically made garbage. Basically, they're awesome and support your cells.

#### XEO MEGA

This is the **essential oil and omega oil complex** (omegas that are plant and fish based—they totally have a vegan option). Basically, it **supports healthy brain function, as well as supporting your immune, joint, and cardiovascular systems**. Omegas include EPA (fish-based), DHA (fish-based), ALA (plant-based), SDA (plant-based), and GLA (plant-based). It even has stuff from green algae in it! It also includes clove, frankincense, thyme, cumin, wild orange, peppermint, ginger root, caraway, and German chamomile essential oils.

#### MICROPLEX VMZ

This is also called the "food nutrient complex" and is a food supplement made with actual whole foods, again, not some synthetic garbage. It's a blend of kale (which means you don't actually need to eat it), dandelion, parsley, kelp, broccoli, brussel sprouts, and spinach. So basically, all the things you hated to eat as a kid, now in a cute little pill.

30 - Day Money Back Guarantee !!!



**LLV: COST EFFECTIVE & GUARANTEED**

You could buy each supplement listed in the capsules, but then you'd be spending \$250 plus each month. These supplements are valued at \$106, but are made available to use for \$79.50 because we believe that they help so much. These supplements also have a 30 day guarantee that most companies don't offer—so basically, if you don't feel better after using these supplements every day for an entire month, you'll get your money back.

## All about Olive Oil



According to Dr. Axe's, Olive trees themselves have been around for many thousands of years. With a long history dating back to ancient civilizations, olive oil is even considered to be one of the most important Bible foods. It's a staple of the Mediterranean Diet and has been included in the diets of some of the world's healthiest, longest-living people for centuries.

Real, high-quality extra virgin olive oil has well-researched anti-inflammatory compounds, antioxidants and numerous heart-healthy macronutrients. Extra virgin olive oil benefits include lowering rates of inflammation, heart disease, depression, dementia and obesity. But with all of that in mind, unfortunately, not all olive oil is created equally — not even all of the "extra virgin" kinds have the requisite olive oil benefits!

Olive oil is made from the fruit of the olive tree, which is naturally high in healthy fatty acids. There are several types of olive oil on the market today, including extra virgin olive oil, virgin olive oil and regular olive oil — but research shows that extra virgin olive oil benefits are more abundant than the other varieties.

Something that many people don't realize is that it's common for "extra virgin olive oil" purchased in most major grocery stores to be laced with GMO canola oil and herb flavors. Essentially, the store shelves are lined with fake olive oil options. Some reports even show that up to 70 percent of the extra

virgin olive oil sold worldwide is watered down with other oils and enhancers.

Manufacturers do this in order to make the fake oils taste more like real olive oil, but in fact, they're far inferior products with way fewer health benefits than the real thing. In fact, consuming this type of modified olive oil can actually pose some real risks to your health, so you've got to know which kind is the best to buy.

### 8 Health Benefits of Extra Virgin Olive Oil:

1. Protects Heart Health
2. Helps Fight Cancer
3. Helps with Weight loss and Obesity Prevention
4. Supports Brain Health
5. Fights mood disorders/depression
6. Great for boosting skin health
7. Can help prevent/treat diabetes
8. Helps balance hormones

Why does the specific type of oil you buy matter so much? One of the biggest dangers surrounding olive oil is that it has a low smoke point and begins to decompose at around 200 degrees Fahrenheit. When olive oil is heated repeatedly or to a very high level, it can oxidize and become rancid or toxic.

There are a few main classifications for olive oil that determine how it was harvested and manufactured. You're likely to come across these types when grocery shopping:

**Extra virgin olive oil** is produced by cold-pressing and does not use chemicals for refinement. It also avoids high-heat manufacturing processes that can destroy the delicate fatty acids and nutrients in the oil.

**Virgin olive oil** comes from a second pressing after extra virgin is created. It might also be derived from riper olives. While extra virgin is the preferred type, this is still considered good quality.

**"Light" olive oil** or oil blends are made with refined olive oil and sometimes other vegetable oils. This normally means they've been chemically processed and are a mix of rancid, low-quality oils that have reacted badly to high heat manufacturing methods.

**Always look for bottles indicating that the oil is extra virgin and ideally cold-pressed or expeller-pressed.** Here are several other useful tips for recognizing and picking out the real thing:

- You get what you pay for! If any oil is less than \$10 a liter, it's likely not real.

You might spend more on a quality product, but it comes loaded with the many olive oil benefits, tastes better and should last you some time.

- Check the label for a seal from the International Olive Oil Council (IOC), which certifies the type of oil used.
- Shop for olive oil that comes in a dark glass bottle that can protect light from entering and damaging the vulnerable fatty acids. A dark bottle that is green, black, etc., protects the oil from oxidation and becoming rancid. Avoid oils that come in a plastic or clear bottle.
- Look for a harvesting date on the label to know that the oil is still fresh. According to *The Olive Oil Times*, as long as your oil is stored away from heat and light, an unopened bottle of good quality olive oil lasts for up to two years from the date it was bottled. Once the bottle is opened, it should be used within a few months — and again, keep it in a cool, dark place.

At our recent Olive Oil class with Abdel of Mediterranean Delicacy, we tasted his family's unfiltered Extra Virgin Olive Oil that's organic, first cold pressed and includes the pulp...it was delicious!!!



Abdel and his family grow the Olives, press them and bottle the Olive oil all in one place. They know when to harvest, how to harvest, pressing the same day that they harvest to guarantee the most freshness, flavor, health benefits, the lowest acidity and the longest shelf life. You can find all of their products at: [www.mediterraneandelicacy.com/](http://www.mediterraneandelicacy.com/) or at the Rehoboth, DE Farmers Market.



## Infusing Olive Oil with Essential Oils



Combining Extra Virgin Olive Oil and Essential Oils delivers both the heart health benefits, found in EVOO and the healing properties found in the Essential Oils. Enjoy!

For each blend, you will need:  
1-4-6 oz. blue or amber glass bottle w/cap  
4 oz. Extra Virgin Olive Oil

Once Ingredients are combined, seal & shake. Store in a cool, dry place.

### **Basil/EVOO Blend:**

4 drops Basil Essential Oil

### **Rosemary/EVOO Blend:**

3 drops Rosemary Essential Oil

### **Oregano/EVOO Blend:**

2 drops of Oregano Essential Oil

### **Thyme/EVOO Blend:**

3 drops of Thyme Essential Oil

### **Fennel/EVOO Blend:**

3 drops Fennel Essential Oil

### **Marjoram/EVOO Blend:**

4 drops Marjoram Essential Oil

## Olive Oil Resource



Aroma & Olive Oil, the Essentials of healthy  
& delicious cuisine  
Available on [www.Aromatools.com](http://www.Aromatools.com)

## Lip Balm Recipe



### **Ingredients:**

1/8 tsp. Beeswax  
1/8 tsp. Coconut oil  
1/8 tsp. Butter (cocoa, mango or shea)  
1/8 tsp. carrier oil  
(fractionated oil, sweet almond oil)  
1 drop of Vitamin E oil (optional)  
1 drop of Vodka  
1 drop Vanilla extract

Yield: 1 lip balm

### **Directions:**

1. Select the butter and flavor you want to use.
2. Place containers on a paper towel for easy filling.
3. Melt Beeswax, Coconut Oil and Butter in a double boiler over medium heat. Use stick or whisk to stir. Beeswax will take the longest to melt. Once melted, reduce heat and add in Carrier oil, Vodka, Vanilla Extract, Vitamin E and Essential Oils. Stir. Remove from the heat.
4. Carefully pour hot mixture into tube or container. If mixture begins to harden, simply put back into double boiler to re-melt. Wipe out pan immediately with paper towel and dispose of in trash. Once mixtures cools and hardens, it's very difficult to remove from the pan.
5. Allow tube or container to cool before putting on lid. It will change to a lighter color and sink down a bit once cooled.

### **Essential Oil Flavor options:**

Orange mint:  
Orange Essential Oil – 3 drops  
Peppermint Essential Oil – 3 drops

Citrusy:  
Grapefruit Essential Oil – 4 drop  
Lime Essential Oil 3 – drops

Mojito:  
Lime Essential Oil – 4 drops  
Spearmint Essential Oil - 3 drops

### **Variations:**

\*To add a tint of color, add mashed blackberries and raspberries

\*For a VEGAN version, use Candelilla Wax in place of Beeswax

\*For SOFTER lip balm add more Coconut oil

## Now offering....



We will now offer samples at all of our Nutrition Classes. We have partnered with Pleasant Pastures, an Organic farm in Pennsylvania, to provide a variety of raw cheese/dairy samples and fermented food samples. All dairy products are made in small batches using raw milk. All products are from grass fed animals, raised without hormones or antibiotics.

As a Weston A. Price local Chapter, we receive bi-weekly deliveries in: Greenwood and Laurel, DE on Mondays. Orders are placed in advance so you can have the farm to table experience, providing rich, nutrient-dense foods for your family. For an information packet, pick one up at one of our Nutrition classes or contact Sarah Peterson at 302-448-0009 or email: [healthyrootsgroup@gmail.com](mailto:healthyrootsgroup@gmail.com)

*Sarah Peterson*

**CHS, CNHP**

**302-448-0009**

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

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

### **Find us on Social media:**



Facebook: Healthyrootsgroup



Pinterest: healthy roots



Twitter: healthyrootsde



Instagram: healthyrootsgroup