

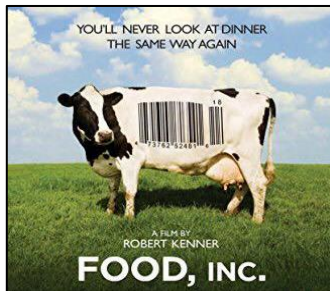


GETTING TO THE ROOT OF THE MATTER

# Healthy Roots

## November 2017

### What's in your Food?



**Have you watched the documentary: Food, Inc.?** Food, Inc. is a 2008 Award winning documentary film. The filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA.

Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment.

**Food, Inc.** reveals shocking truths — about what we eat, how it's produced, who we have become as a nation and where we are going from here. You can find Food, Inc. on youtube.

**Interested in buying high quality, ORGANIC farm fresh food?** Sign up for our Bi-weekly drop off from Pleasant Pastures Farm in Pennsylvania. All products are from grass fed animals, raised without hormones or antibiotics. For more details please email: [healthyrootsgroup@gmail.com](mailto:healthyrootsgroup@gmail.com) and list Pleasant Pastures in the subject line.

### All about Oils...

This month's new oil is **Copaiba**. Copaiba essential oil is derived from the resin of the copaiba tree which can grow upwards of more than 100 feet and can be found in tropical South America.



- Supports the health of the cardiovascular, immune, digestive and respiratory systems
- Powerful antioxidant
- Helps calm, soothe, and support the nervous system
- Promotes clear, smooth skin and reduces the appearance of blemishes

#### Uses:

- Add 1 to 2 drops to water, juice, or tea to support the health of the cardiovascular, immune, digestive, nervous, and respiratory system.
- Provides antioxidant support when ingested.
- Take internally to help soothe and calm the nervous system.
- Apply topically combined with a carrier oil or a facial moisturizer to help keep skin clean and clear, and to help reduce blemishes.

### Did you know?

Did you know that doTERRA offers specials every month? Here is a sneak peek of 2 of the great specials. See the bottom of Page 2 for an enrollment special! It's HUGE!

### Product of the Month

Place a 125PV LRP Order by November 15th and get a 15ml Clove FREE!



**PRIMARY BENEFITS**

- Powerful antioxidant properties\*
- Supports cardiovascular health\*
- Helps clean teeth and gums

**USES**

- Add one drop to toothpaste to clean teeth and gums.
- Place one drop in 2 ounces of water and gargle for a soothing effect.
- Take in veggie capsules to support cardiovascular health.\*

BRILLIANT | solutions

# 10% Off

Place ANY Order during the month of November and get 10% off of Siberian Fir!



**PRIMARY BENEFITS**

- Helps balance emotions and soothe the anxious feelings
- Diffuse for a relaxing aroma
- Provides a soothing effect when used in massage

**USES**

- After strenuous activity, massage into skin for soothing comfort.
- When working through difficult circumstances at home, work, or school, diffuse Siberian Fir to help reduce stress.
- Apply topically to skin to help soothe minor skin irritations.
- Inhale deeply and experience the refreshing aroma.

Wholesale: \$18.00/18 PV  
Retail: \$24.00/24 PV

BRILLIANT | solutions

## 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: November 13<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, November 2nd, 2017**

### Zyto wellness scans

Location: Tish Pusey's home  
25742 American Ave., Millsboro, DE  
Time: 6:30pm-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



**Saturday, November 4<sup>th</sup>, 2017**

### Learn how to make Kombucha at home

Location: Morning Glory Farms  
Time: 2-4pm  
Everyone who attends the class will leave with a starter and directions. Cost is \$10. Why should we be drinking this amazing beverage? Kombucha can improve resistance against cancer, prevent cardiovascular diseases, promote digestive functions, stimulate the immune system, and reduce inflammatory problems. Sign up on FB on the Healthy Roots page.



**Saturday, November 18<sup>th</sup>, 2017**

### 12 Sprays of Christmas

Location: Cindy's Daycare,  
24126 Shufelt Rd., Seaford, DE  
Time: 11am-1pm  
Fee: \$5  
Register on Eventbrite at:  
<https://www.eventbrite.com/e/12-sprays-of-christmas-tickets-32303198737>



**Wednesday, November 22<sup>nd</sup>, 2017**

### Zyto wellness 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

## Healthy Roots Blog



If you haven't had a chance to check out our Blog...take a minute to today!

<http://www.healthyroots.info/blog>

This month we featured: *Nutrition during pregnancy and beyond*. We'd love to have your feedback on types of articles you'd like to see in the future. Please email your suggestions to:

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

Have a testimonial you'd like to share about your experience with Healthy Roots?

Please email your testimonial to:

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

## Recipe...

### Pumpkin Streusel Bread



### Pumpkin bread Ingredients:

1 c butter  
1 c coconut sugar  
1 c brown sugar  
1 tsp vanilla  
4 eggs  
15 oz. can pumpkin  
1 ½ tsp baking powder  
1 ½ tsp baking soda  
1 tsp cinnamon or 1-2 drops cinnamon  
¾ tsp salt  
¾ c buttermilk, goats milk or coconut milk

### Directions:

Beat butter and next 3 ingredients till fluffy then add eggs one at a time then add pumpkin. In another bowl: mix flour & next 4 ingredients & then add to butter mixture alternating with milk beginning & ending with flour. Then spoon the streusel on top & bake for 30 minutes at 350 degrees.

### Streusel ingredients:

¼ c oats  
¼ c spelt flour, gluten free flour or coconut flour  
1 tsp. cinnamon or 1 drop of cinnamon EO  
¼ c brown sugar  
¼ c cold butter crumbled

### Directions:

Mix this together and set aside to sprinkle on top of bread...

**20% OFF** The entire month of NOVEMBER!  
**ENROLLMENT KITS**

### ENROLL WITH ONE OF THESE:

- Diamond Kit
- Home Essentials
- Every Oil Kit
- Cleanse & Restore
- Natural Solutions
- Emotional Aromatherapy Diffused



This promotional discount only applies to new members and can only be applied on an enrollment order.

BRILLIANT [solutions]







## PROBIOTICS GUIDE

Benefits, Foods & Supplements

Probiotics hold the key not just for better health and a stronger immune system, but also for treating digestive issues, mental health illness and neurological disorders. Research continues to prove that probiotics benefits and side effects go far beyond what we previously thought.

### Probiotics Benefits Begin in the Gut

The first and most overlooked reason that our digestive tracts are critical to our health is because 80 percent of your entire immune system is located in your digestive tract! That is an astounding percentage.

In addition to the impact on our immune systems, our digestive systems are the second largest part of our neurological system. It's called the enteric nervous system and is located in the gut. This is why it's called our second brain!

Many people with health issues, such as thyroid imbalances, chronic fatigue, joint pain, psoriasis, autism and many other conditions don't realize that these illnesses originate in the gut. The many toxins we're subjected to today decrease digestive function, affecting our ability to utilize nutrients and rid ourselves of cholesterol, triggering chronic inflammation in the body, which is the cause of many chronic conditions and diseases.

The secret to restoring your digestive health is all about balancing out the good and bad bacteria in your gut. If you're going to be healthy, you MUST consider consuming probiotic-rich foods and supplements daily.

### What Are Probiotics?

Probiotics are bacteria that line your digestive tract and support your body's ability to absorb nutrients and fight infection. There are actually 10 times more probiotics in your gut than cells in your body!

Your skin and digestive system by themselves host about 2,000 different types of bacteria. Probiotics benefits have been

proven effective in supporting immune function and healthy digestion, as well as beautiful skin. Historically, we had plenty of probiotics in our diets from eating fresh foods from good soil and by fermenting our foods to keep them from spoiling.

However, because of refrigeration and dangerous agricultural practices like soaking our foods with chlorine, our food contains little to no probiotics today, and most foods actually contain dangerous antibiotics that kill off the good bacteria in our bodies.

### Top 7 Probiotic Killers

Here are the top seven probiotic killers that can prevent your body from getting all the tremendous probiotics benefits it needs:

- Prescription antibiotics
- Sugar
- Tap water
- GMO foods
- Grains
- Emotional stress
- Chemicals and medications

In order to improve your gut flora balance, make sure to avoid the probiotic killers. We're exposed to many of these foods, toxins and stressors on a daily basis, and if you're going to restore your digestive health, they must be addressed. If they're not addressed, your gut micro-organisms become imbalanced, and your system can become a breeding ground for bad bacteria, yeast, viruses, fungi and parasites.

The only way to fix this issue and heal your gut is to eliminate the foods that feed bad bacteria and start consuming probiotic-rich foods and supplements so probiotics benefits can work their magic.

### How to Boost Your Immune System with Probiotics

There are two main steps to increase probiotics and boost your immune system. You need to be careful of things that kill off probiotics. Stay away from the toxicity of tap water that contains fluoride and chlorine, and be careful of taking prescription antibiotic medications, which is the leading cause of probiotics getting wiped out today. You also want to make sure that you don't consume too much sugar because it can cause bad bacteria to feed, which actually imbalances the good and bad bacteria in your body.

Consuming more probiotic foods also helps boost your immune system. Probiotic foods and a high-quality supplement help you digest nutrients that promote the detoxification of your colon and balance out the bacteria in your gut.

### Steps to Getting More Probiotics in you...

1. Eat More Sour Foods
2. Consume More Probiotic-Rich Foods
3. Feed the Probiotics in Your System
4. Take a Quality Probiotic Supplement

### 20 Probiotics Benefits Proven by Research

The strongest evidence to date finds that probiotics benefits include:

- boosting immune system
  - preventing and treating urinary tract infections
  - improving digestive function
  - healing inflammatory bowel conditions like IBS
  - managing and preventing eczema in children
  - fighting food-borne illnesses
  - New studies underway may soon prove that probiotics can:
    - reduce flu and colds
    - reduce overuse of antibiotics
    - treat kidney stones
    - treat colic
    - prevent cavities and gum disease
    - treat colitis and Crohn's disease
    - combat antibiotic-resistant bacteria
    - treat liver disease
    - battle cancer
    - manage autism
    - lower cholesterol
    - fight bacteria that causes ulcers
    - improve acne
    - lose weight
- (Information Courtesy of Dr. AXE)



# doTERRA

## Health tips:


**Daily Drop**  
WEIGHT MANAGEMENT

Take the 10-day cleanse with **GX Assist®** to jumpstart your weight management program. Then follow it with **PB Assist®** to replenish the good bacteria in your gut.




doTERRA

**GX Assist**  
GI Cleansing Formula




**GX Assist is a combination of CPTG essential oils: oregano, melaleuca, lemon, lemongrass, peppermint and thyme and caprylic acid.**

**Helps support a healthy digestive tract by creating an unfriendly environment for potentially harmful pathogens that can disrupt digestive immunities and cause digestive upset.**



**GX Assist is formulated to be used for 10 days as a preparatory cleansing step before using PB Assist Probiotic Defense Formula.**



[www.mydoterra.com/brenna](http://www.mydoterra.com/brenna)  
[www.facebook.com/essentialhealthwithbrenna](https://www.facebook.com/essentialhealthwithbrenna)

**30 DAY CLEANSE BASICS**

DEEP CLEANSE FOR THE DIGESTIVE SYSTEM

POWERFUL PRE-BIOTIC & PROBIOTIC



doTERRA  
GX Assist  
PB Assist+  
OIL-POWEREDON@GMAIL.COM

## Plant-Grow-Bloom



This month's plant that we are featuring is: Shiso or also known as Perilla. I first saw Shiso when I was visiting Dover Days and thought it was beautiful so I decided to bring it home and plant it on the farm. I had no idea of the many health benefits of Shiso had until years later. Here I thought I was rescuing this little plant and now I find that it's going to rescue me-healthwise!

Shiso is a potent herb and increasingly popular spice of the mint family. Shiso leaves, seeds and stems are widely used in medicine practices to alleviate nausea and vomiting symptoms, treat abdominal cramps, food poisoning and infections and provide relief for cough and headaches. Shiso is also perfect for salads!

Aside from being an aromatic herb, shiso boasts a strong antioxidant activity, meaning it protects our cells from damage caused by reactive oxygen molecules called free radicals and helps prevent chronic disease and delay aging. As numerous experts suggest, diets rich in antioxidant foods such as shiso are the secret to longevity.

Shiso leaves have been found to have remarkable antibacterial and antiviral properties, which derive from the compounds that give the plant its natural flavor or spiciness. In traditional Chinese medicine, shiso or perilla leaves infusions were used to treat persistent cough and stuffy nose symptoms.

It contains generous amounts of alpha-linolenic acid, a plant form of Omega-3 fatty acids, as well as linoleic acid (omega 6) and oleic acid (omega 9), all unsaturated fatty acids. As a result, not only does shiso plant consumption protect artery walls, prevent atherosclerosis and stroke, but also reduces inflammation. Shiso has many health benefits...give it a try!



It is the season for Thankfulness... Our team at Healthy Roots is full of gratitude for such an amazing year. Together we have explored the benefits of Essential oils, Supplements, Probiotics, Nutrition and more...

We hope that you've grown as a result of our monthly newsletters, website, monthly classes, Zyto health scans and our blog. Thank you for your business and your friendship! We are so blessed to have you in our lives. Wishing you and your family a beautiful Thanksgiving.

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