



# Healthy Roots

## November 2018

GETTING TO THE ROOT OF THE MATTER

### Classes Re-cap...



Each month Sarah Peterson offers a class for the staff of the Rest Home. This month we taught how to create DIY Homemade Makeup Remover pads. We charged \$4 per person. Each attendee received a container and all of the supplies needed to create a set of makeup pads. We had 14 guests attend!



On October 27<sup>th</sup>, Savannah Deputy taught a class on DIY Green Cleaning with 6 guests. She covered why it's so

important to use green cleaning products in your home and how to get started. Each person received supplies to create 4 different take home cleaning products: All Purpose cleaner, Mirror & Window Cleaner, Toilet bowl cleaning spray and a Wood furniture cleaning spray. Be sure to check page 2 for the Wood furniture cleaning pray recipe.

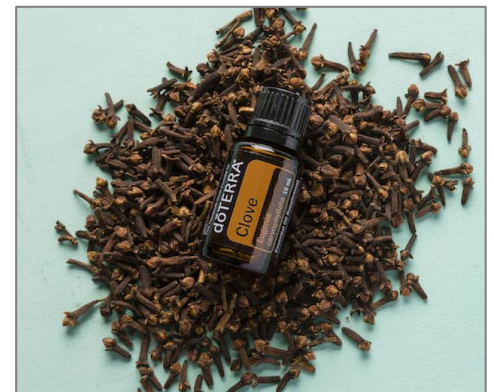


Here's a sneak peek at some of our 2019 Nutrition class to come...Mushrooms, Fiberlicious crackers, Olive oil, Sourdough, Homeopathy!



### November Promotions

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



This months Product of the month is **Digestzen Softgels**. Save 10% when you order this anytime in November!



## 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 3:00-4:00pm. Our Next event date is November 12<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...



**Sunday, November 11<sup>th</sup>, 2018**

**401: doTERRA Business Basics**  
Location: 36461 Old Ocean City Rd.  
Willards, MD 21874  
Time: 7:00pm  
Fee: FREE  
RSVP: 410-726-4452  
Instructor: Heather B.  
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.



**Tuesday, November 13<sup>th</sup>, 2018**

**101: All about Essential oils**  
Location: 8982 Morning Glory Farms Rd.  
Laurel, DE 19956  
Time: 6:30pm  
Fee: FREE  
RSVP: 302-448-0009  
Instructor: Sarah Peterson  
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.  
RSVP: on Healthy Roots FB page



**Saturday, November 17<sup>th</sup>, 2018**

**12 Sprays of Christmas**  
Location: 24126 Shufelt Dr.  
Seaford, DE 19973  
Time: 11am  
Fee: \$5 per spray  
Instructor: Cindy Williams  
RSVP: 302-245-9571  
Join us to create your very own sprays for Christmas using doTERRA Essential Oils. They make great gifts and are super easy to create! Sign up today! Friends are welcome.



**Wednesday, November 28<sup>th</sup>, 2018**

**Zyto Wellness Scans**  
Location: 8982 Morning Glory Farms Rd,  
Laurel, DE 19956  
Time: 6:00pm  
RSVP: on Healthy Roots FB page  
\$5 if you are on my team  
\$35 for a Zyto scan with a Symphony of cells



**Tuesday, December 4<sup>th</sup>, 2018**

**101: All about Essential oils**  
Location: 10159 Palmetto St., Suite 2,  
Laurel, DE 19956  
Time: 6:30pm  
Fee: FREE  
RSVP: 302-236-5280  
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.  
RSVP: on Healthy Roots FB page



**Saturday, December 15<sup>th</sup>, 2018**  
**12 Sprays of Christmas**

Location: 14106 Wootten Rd.  
Laurel, DE 19956  
Time: 11am-1pm  
Fee: \$10 includes 1 spray & a yummy lunch!  
Additional sprays available for \$5 each  
Instructor: Shelia Joseph  
RSVP: 302-841-8350  
Spread holiday cheer with assorted seasonal sprays that make great gifts. A stress-free Christmas class!



**Wednesday, December 19<sup>th</sup>, 2018**  
**Zyto Wellness Scans**

Location: 8982 Morning Glory Farms Rd,  
Laurel, DE 19956  
Time: 6:00pm  
RSVP: on Healthy Roots FB page  
\$5 if you are on my team  
\$35 for a Zyto scan with a Symphony of cells

## DIY Green cleaning recipe: Wood Furniture Spray



Ingredients:	4oz.	8oz.	16 oz.
Lemon	2 drops	4 drops	8 drops
Orange	2 drops	4 drops	8 drops
Olive oil	¼ cup	½ cup	1 cup
White Vinegar	¼ cup	½ cup	1 cup

Combine all ingredients in a spray bottle. Shake well before each use. Apply lightly to wood surfaces or spray on soft cloth and wipe dry.

## Homerun Recognition Winner



Congrats to Debbie Powell for winning our Team Recognition for the month of September. Debbie talked to 8 people one on one about signing up or follow ups, signed up 2 new advocates, and did 8 symphony of the cells. She won a doTERRA Water bottle! CONGRATS!

**We would love to recognize you and your team!** All doTERRA Wellness Advocates in our team are welcome to share their business activities.

### Where do you post your business activities each month?

You can find the Homerun Recognition event on our "Essential oils and training at Morning Glory Farms" FB group, under Events. Look for the Homerun Recognition Event. All you have to do is post your activity in the event or feel free to email your entries to [healthyrootsgroup@gmail.com](mailto:healthyrootsgroup@gmail.com).

Recognition entries must be made by the 1<sup>st</sup> of the following month in order to be entered in the drawing. The Winner will be announced by the 5<sup>th</sup> of the next month.

## GIVE THE GIFT

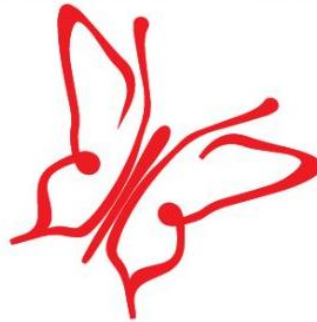


Sign up a new Wellness Advocate with a 100 PV enrollment order from **November 1 through November 30, 2018** and both you and the new member will receive **50 free product points!**

For more details, please go online to: [www.doterra.com](http://www.doterra.com)

## Weston Price Wise Traditions Conference

November 16-19<sup>th</sup>, 2018  
Hilton Hotel  
Baltimore, MD



This year's focus will be on therapies that nurture chronic diseases, as well as many other topics! You'll learn about traditional diets, how to farm, cook, self-healing, treat and prevent the flu, starve cancer with enzymes and diet, how to safely and effectively detoxify from mercury, explore hormone health and hysterectomy options, nourish your thyroid ... and so much more!

Beyond the educational opportunities, join us for nutrient-dense meals that will nourish you, community, connection and fun!

Register at:

<http://bit.ly/wisetraditionsweb>



## Did you know...

Did you know that Pleasant Pastures Farm deliveries Farm fresh Organic foods to Laurel and Greenwood every other Monday?

Ask us for more information at [healthyrootsgroup@gmail.com](mailto:healthyrootsgroup@gmail.com).

## Turmeric Essential Oil Golden Milk Recipe



Simply add 3 drops Turmeric and 3 drops Cinnamon Bark to 2 cups of steamed almond milk! Not only does it taste delicious, you are also getting all these benefits:

- Cell support and protection
- Cardiovascular support
- Improvement of healthy cholesterol levels
- Immune support and increased vitality

Additional health benefits: Helps with glucose & lipid metabolism, cellular & nervous systems, healthy skin and hair, tissue support, brain health and is a powerful anti-oxidant. Can be taken internally and applied topically.



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