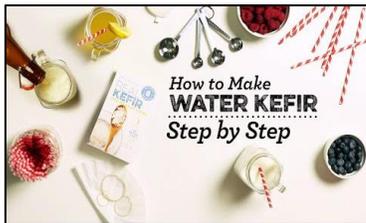


GETTING TO THE ROOT OF THE MATTER

Class re-cap...



How to make Water Kefir

On Thursday, September 21st, we had 10 guests attend our How to make Water Kefir class in Laurel, DE. Beth Drietzl covered the basics of creating Water Kefir and Apple Blueberry Water Kefir Soda. YUM!!!! See page 3 of this newsletter for tips on how to create Water kefir. Thank you Beth!



Back to School & Wellness in the Workplace

On Tuesday, September 26th, we had 7 guests attend our class in Laurel, DE. Sarah Peterson and Shelia Joseph shared Essential oils that promote a healthy immune system and ways to stay healthy in the workplace. Topics covered: Diffuser blends, roller ball blends, Recipes for health. We also created a Hand sanitizer and enjoyed two healthy snacks: On Guard apple chips and On Guard Pumpkin seeds.

All about Oils...

For the next few months we'll be highlighting a different Essential oil each month so that you can get familiar with all of the NEW products just launched at the convention. All products are available October 2nd, 2017.

This month's new oil is **Jasmine**. The oil is sourced from the flower. The aromatic description is: Intensely floral, warm, musky and exotic. It is sourced from Southern India.



- Evokes feelings of joy, peace & self-confidence
- Helps balance mood throughout the month
- Promotes a healthy-looking glowing complexion

Tip: Add to your skin care routine to nourish and protect the skin as well as reduce the appearance of blemishes. Can be used Aromatically, Topically and Neat-topically with no dilution.

Did you know?

If you place an order of 125 pv or more by October 15th, you will automatically receive a FREE 5 ml ON GUARD Essential oil. Here are a few fun facts about On guard:



On Guard

On Guard protects against environmental and seasonal threats with essential oils known for their positive effects on the immune system. On Guard can be taken internally on a daily basis to maintain healthy immune function as well as used on surfaces throughout the home as a disinfectant and non-toxic cleaner.

Abscess Tooth Air Pollution Antibacterial Anti-fungal Antiviral Candida Bladder Infection	Mold Flu Mono MRSA Pneumonia Sore Throat Staph Infection
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Primary Benefits:
Supports healthy immune function - Energizing and uplifting aroma
Protects against environmental threats - Cleanses surfaces
Purifies the skin while promoting healthy circulation

You can save 10% in October on a 15ml bottle of Ginger.

Ginger

Primary Benefits

- Helps ease indigestion and nausea
- Promotes digestion
- Supports overall digestive health

Practical Uses

- Inhale from your hands to lessen motion sickness general nausea
- Rub 1-2 drops on your stomach or bottoms of feet to aid in digestion
- Use Ginger oil in your favorite sweet and savory dishes



Giving Back Opportunity...



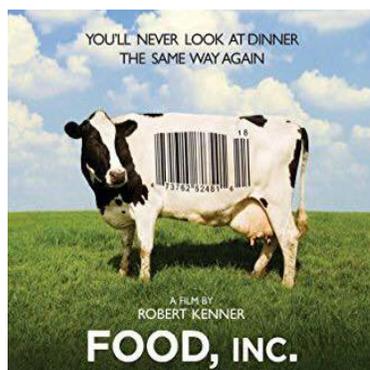
Please join our team by volunteering with us at the Country Rest Home in Greenwood, DE on the 2nd Monday of each month, from 6:30pm-7:30pm. Our Next event date is: October 9th. We will give free Aroma hand technique massages to the residents using Deep Blue Essential oil. The address is: 12046 Sunset Lane, Greenwood, DE. Please RSVP to Sarah Peterson at 302-448-0009.

Upcoming events...



Thursday, October 5th, 2017

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



Tuesday, October 17th, 2017

Location: Morning Glory Farms
Time: 6:00pm
Join us for an eye-opening documentary: Food, inc. You'll never look at dinner the same way again! Pleasant Pastures Farm will be joining us and providing samples and Popcorn during the movie. Sign up on the Healthy Roots business page under the Event.

Essential Oil Zyto Scan

Discover oils for
YOUR
best health!



Wednesday, October 25th, 2017

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

Health Tip

Have you ever experienced an Aromatouch massage?



Here is a reflection on the power of touch:

"The power of touch is profound. It soothes, nourishes, and heals; it is a fundamental part of our life.

Today I went to visit my 102 year old grandma who – unless she bounces back like she has for years-is most likely transitioning into the final days of her life here on earth and onto her everlasting life up in heaven. She is still as sweet as ever, but you could tell this time was a little different. She's a little less energetic and there are other signs, but I went with the intent to give her an AromaTouch Hand Technique along with a foot massage with my essential oils.

This lady has done so much for me, so this was a final act of service that I could give her: a caring touch to let her know that she means the world to me.

She didn't say much, but would exclaim, 'Oh, you don't know how good that feels!' over and over. I know the oils are doing something for her, but the touch-that's what it was all about today. Remember the power of touch!

-Becca Dallain

Plant-Grow-Bloom News



This month's plant we are featuring from the Farm is **Goldenrod**. Goldenrod's leaves are bitter and stimulate the stomach and digestive tract. Leaves should be harvested during early summer. Flowers help balance the respiratory system. Flowers are harvested in late summer and early fall. Goldenrod's roots are peppery and slightly bitter; they help to stimulate the kidneys. Harvest the roots during the fall.

In the past, flowers and leaves were used to remedy diarrhea, asthma, cough, chronic catarrh (excessive mucus), bedwetting, jaundice, throat issues, gum ulcerations, teeth problems, ulcers & swellings. Goldenrod has also been used for menstrual problems like cramping and excessive bleeding and when there are signs of weakened kidneys. Here are some of the symptoms: Cloudy and burning urine, Sore, tender, achy kidneys, Tired lower back and tired feet.

Goldenrod Tincture Recipe...

Fill a small jar around 1/2 to 3/4 of the way with chopped, fresh goldenrod flowers. If using dried, fill the jar about 3/4 to 1/2 way. (A few leaves are okay too include too.) Pour a high-proof alcohol such as vodka or brandy until the jar is filled. Cap, label and store out of direct sunlight for at least 4 to 6 weeks. Strain. Tinctures are usually good for at least 1 year.

Dosage tips: I generally dose my family in small amounts (around 5 drops at a time, mixed with a spoonful of raw honey.) According to Richo Cech in *Making Plant Medicine* though, a typical adult dose can be as high as 30-60 drops of tincture diluted in a little water and taken 3-5 times a day. Smaller frames, high metabolisms and milder conditions will need smaller doses while larger body types and more entrenched conditions may need the full amount. Use what feels right to you from that information, but certainly check with your health care provider if you have any questions or concerns before use.



Water Kefir Recipe: First Ferment

Ingredients:

2 TB rehydrated kefir grains
(if purchasing, they will be dry and you will have to rehydrate them, unless you are getting extra from a friend)
¼ cup sugar
Water
Wide mouth glass quart jar
Fine mesh plastic strainer
Coffee filter and rubber band

Directions:

1. Place sugar in the jar and pour a little bit of hot water over the sugar to dissolve it. Stir.
2. Add cold water up to the 3 cup line on the jar (This helps cool the water temperature down).
3. Make sure the water is room temperature (89 degrees or below) and then add the grains to the sugar water.
4. Place the coffee filter over the top of the jar and use the rubber band to secure it into place.
5. Set the jar on the counter - make sure it is out of direct sunlight - for 1 or 2 days. You want the liquid to be cloudy and have tiny little air bubbles.
6. Drain the grains using a strainer. These grains are ready to make another batch of kefir! If you are not ready for another batch, store used grains in the refrigerator in sugar water with a lid. When ready to use, discard water and make a fresh batch, Do NOT rinse your grains!

Apple Blueberry Water Kefir Soda: Second Ferment



Ingredients:

Water kefir from first ferment
100% apple juice, or other fruit juice, just make sure it is 100% juice
*optional: ¼ cup frozen blueberries, or other frozen fruit, organic is best
2 wide mouth glass quart jars with tight fitting lids
Fine mesh plastic strainer

Directions:

1. If you haven't already, strain the fresh batch of water kefir, from the first ferment, into a wide mouth jar.
 2. Add juice until filled to top of rim
 3. If adding fruit, do so now.
 4. Put the lid on tightly and leave jar on the counter for one day.
 5. After fermenting, strain fruit and discard (optional: add used fruit to smoothie)
- If you didn't use fruit, you may leave the jar on the counter for up to 3 days. This makes it have more fizz!
6. Refrigerate and enjoy!

Tips & Tricks

*Only use un-chlorinated and un-fluoridated water
*Water with natural minerals is good for the kefir grains
*Do not use metal (stainless steel is okay, but a high quality plastic is best) because some can react with the grains
*If doing a second ferment, use tight fitting plastic lids (find these in the canning section of most grocery stores)
*For sugar, do NOT use honey, coconut sugar, agave, maple syrup or any sugar substitutes for the best results

Healthy Roots Blog



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

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

Here are some of the topics covered on our Blog:

- Water Kefir
- Herbs
- Juicing
- Fats, oils & sweeteners
- Good Salts
- LiveRin' it up
- Plant-Grow-Bloom
- Pancakes
- Making Sauerkraut
- What's Lurking in your kitchen
- Soaking Grains

We'd love to have your feedback on which types of articles you'd like to see in the future. Please email your suggestions to, Adrienne Schell at: aschellog@gmail.com

Wishing you good health,
Sarah Peterson

302-448-0009

healthyrootsgroup@gmail.com

www.healthyroots.info

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Instagram: healthyrootsgroup

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

