



## GETTING TO THE ROOT OF THE MATTER

## Class Re-cap...



Sarah Peterson and Carolyn Biggs led us on a walk around the Farm to learn about Gravel Root, Wormwood, Fennel, Nettles and Mullein.

After the tour, we enjoyed creating Bitters from plants on the farm. You can learn more on how to make your own bitters in our August Newsletter, on pg.3. We also created a salve using a blend of essential oils based on our own skin type and Suet that we purchased from our Organic Co-op and Amish farm, Pleasant Pastures. You can learn more about joining the co-op on our website at: [www.healthyroots.info/nutrition](http://www.healthyroots.info/nutrition). As a bonus, we each received our own Mullein plant.

Here are some blends you can try when creating your own salve or skin cream.

**Normal:** Lavender, Petitgrain, Geranium, Ylang Ylang, Juniper Berry, Copaiba and Immortelle Anti-aging blend.

**Oily:** Lemon, Lavender, Cypress, Frankincense, Geranium, Lemongrass, Petitgrain, Wild Orange, Melaleuca, Helichrysum, HD clear topical blend, Spikenard, Basil and Grapefruit.

**Dry:** Sandalwood, Geranium, Cedarwood, Lavender, Myrrh, Patchouli and Copaiba.

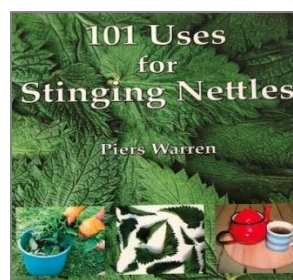
**Oil & Dry Combination:** Lavender, Petitgrain, Geranium and Ylang Ylang, Immortelle, Roman Chamomile and Juniper Berry.

**Blemished:** Spikenard, Basil, Petitgrain, Patchouli, Frankincense, Cedarwood, Helichrysum, Lavender, Lemongrass, Juniper Berry, Grapefruit and Immortelle.

**Mature:** Spikenard, Immortelle, Myrrh, Frankincense, yland Yland, Geranium, Helichrysum, Sandalwood, Wild Orange, Patchouli and Copaiba.

**Sensitive:** Roman Chamomile, Lavender, Petitgrain, Geranium and Basil.

## Resource



The book, 101 uses for Stinging Nettles by Piers Warren will help you learn more about this fascinating plant. Stinging nettles are thought of as a persistent weed. This book explores the diverse uses of the plant. For example, you will discover how to use nettles to: make a liquid plant fertilizer, brew an unusual beer, make a dandruff treatment, protect beehives, repel flies naturally, and keep yourself warm in the winter.

# Healthy Roots

September 2018

## September Promotions

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



This month's Product of the month is **Cardamom (5ml)**. Save 10% when you order this anytime in September!

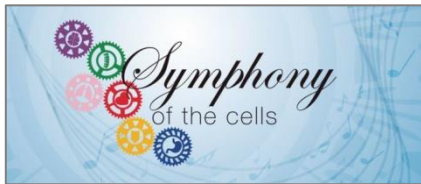


## Giving Back Opportunity...



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 September 10th. 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...



### Saturday, September 8<sup>th</sup>, 2018 Symphony of Cells Training

Location: 8982 Morning Glory Farms Rd.  
Laurel, DE 19956 (at the Barn)  
Time: 9:00am

Fee: \$75 (includes a Weston Price Luncheon & Training materials)

Register at: <https://bit.ly/2LHR420>

Instructor: Sarah Peterson

Symphony of the Cells™ is a collection of massage protocols formulated by Boyd Truman to create harmony physically, emotionally and spiritually within the body. Each protocol is specific to a system of the body allowing you to target ailments.



### Thursday, August 16<sup>th</sup>, 2018 201: Lifelong Vitality & Supplements

Location: 36461 Old Ocean City Rd.  
Willards, MD 21874

Time: 4:00pm

Fee: FREE

Instructor: Heather B.

RSVP: 410-726-4452

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



### Thursday, September 20<sup>th</sup>, 2018 301: Aromatherapy & Emotions

Location: 34412 Holly Tree Lane  
Dagsboro, DE 19939

Time: 4pm

Fee: FREE

Instructor: Jen Rodgers

RSVP: 302-542-7095

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.



### Saturday, September 22<sup>nd</sup>, 2018 401: Sharing Essential Oils & Growing a Business

Location: 7798 Stanton Ave.  
Salisbury, MD 21801

Time: 10am

Fee: FREE

Instructor: Heather Reynolds

RSVP: 443-880-6417

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, September 26<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

Fee: FREE if you are NEW

\$5 if you are on my team

\$35 for a Zyto scan with a Symphony of cells



### Friday, October 5<sup>th</sup>, 2018 101: All about Essentials

Location: 14106 Wootten Rd. Laurel, DE  
Time: 6pm

Fee: FREE

Instructor: Shelia Joseph

RSVP: 302-841-8350

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.

## Homerun Recognition Winner



Congrats to Tammie Deputy for winning our Team Recognition for the month of July. Tammie did 5 Zyto scans, 1 Symphony of cells, 1 follow up & 4 membership overviews! She won a doTERRA shopping bag and Louise Hays's book "Heal your body". CONGRATS!

**We would love to recognize you!** You can find the Homerun Recognition event on our "Essential oils and training at Morning Glory Farms" FB group, under Events. ☺

*Sarah Peterson, ND, CHS, CNHP*

302-448-0009

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

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## MANUKA TOUCH

**Application:** A T N

**Ingredients:** Fractionated Coconut Oil, Manuka

**Aromatic Description:** Rich, spicy, herbaceous

The rich, spicy, herbaceous fragrance of Manuka essential oil can help relieve feelings of stress and promote relaxation. When applied topically, this oil can promote smooth, healthy skin and may reduce the appearance of blemishes. Roll on daily to boost your courage and promote inner strength.

## LITSEA

**Application:** A T I N

**Plant Part:** Fruit

**Extraction Method:** Steam distillation

**Aromatic Description:** Citrus, sweet, fruity

This lemon-like essential oil has many surface cleansing properties, due to its similarities with many of our other citrus oils. When diffused, Litsea essential oil can have strong rejuvenating effects, bringing a fresh energy to your day! It's clean, sweet, fresh scent is uplifting and helps clear your mind.



dōTERRA