

Bogota Chiropractic & Holistic Center
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Dr. AMORUSO'S HOLISTIC PANTRY

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Dr. Amoruso's Linktree- Favorite Products For Home & Pantry:

<https://linktr.ee/thedoctorswife>

- **Includes the Following Great Companies and Their Products:**
 1. **US Wellness Pastured Meats-** (See Information in Meat section below and linktree above to order)
 2. **Organic Bread of Heaven-** Sourdough breads, wraps, rolls and more. See below in Bread Section for Discount Code and link.
 3. **Paleovalley Meatsticks (jerky and snack bars)-** Available at the follow link ***WITH A 15% DISCOUNT OFF EVERYTHING!!!!*** (see link page for details)- Paleovalley.com
 4. **Pure Indian Foods Organic Grass-Fed Ghee-** some of the best flavored ghee I have ever tasted. And the best part is it is a New Jersey based family I know personally!!! Purchase the Ghee at this link- PureIndianFoods.com
 5. **Live Vessel-** Raw, sprouted nut milks. Use this link for ordering and receive a 15% discount using the code **DRCHRISTOPHERAM**. Website Link: <https://livevessel.com/?ref=6TSVxJdO>
 6. **Blue Mountain Organics-** Use for all of your raw, sprouted nuts/seeds/nut flours/healthy snacks and more.
 7. **Truly Free Cleaning Products-** gentle non-toxic cleaning ingredients for floors, home, laundry, fruits and vegetables and more. Use this link or the one above for the linktree: <https://my.trulyfreehome.com/>
 8. **EVOLV** non-toxic/clean hair-care products
 9. **Thrive Market-** great products for healthy living made easy.

10. **MASA corn chips**- made with organic sprouted corn, nixtamalized in the ancient Mayan tradition and highly digestible. Use this link or the code DRAMORUSO to receive 10% off. <http://www.masachips.com/Dramoruso>
11. **SimPure Reverse Osmosis Countertop Filter (great for college students too!!!)** Use CODE: Hsd11 for 11% off your purchase. Click on this link to purchase- Simpure.com
12. **Dry Farms Wines**: organic, dry irrigation wines with no additives whatsoever (sulfites, flavorings, etc.) and fermented naturally with native yeasts and with very low to no residual sugars!! Dryfarmwines.com
13. **Vitev RO Water System Remineralizer**- Vitev.com
14. **Structured Water Filter for RO systems**: www.structuredwaterunit.com
Mention Dr. Christopher Amoruso for a discount. This filter is placed AFTER the RO unit before the hot/cold water split before the hot water heater. They can give you instructions as well.
15. **Life Boost Coffee**- (Organic, shade-grown, tested to be free of molds, fungicides and toxins; has a higher pH)-Click the link below for a 50% discount! <https://lifeboost.com>
16. **ARMRA Colostrum**- a great product which can be easily mixed in water and taken. Excellent for overall gut support, hair, nails and more. Use this link - <https://tryarmra.com> Use this **CODE for 10% off: DRAMORUSO**
17. **Safesleeve EMF Blanket**- protection from EMF from Laptops, phones and more. Click on this link to purchase- Safesleevecases.com
18. **TONAL** exercise system. *Get a \$125 discount using this link*- Tonal.com
I personally own this system and love it. It makes working out convenient, interactive and affordable for my family! Instead of paying individual memberships and having to drive back and forth to a gym, I can go right into my gym at home and workout for one monthly fee (currently \$59.99) if you want to pay for the videos, classes and workout programs. Otherwise you can just use the machine on your own and pay no monthly fee; only the cost of the machine itself.

Resources:

1. **Weston A. Price Foundation's 11 Dietary Principles:**
<https://www.westonaprice.org/wp-content/uploads/11Principles-chapter1.pdf>
2. **Thrive Market**- Great source for pantry items conveniently categorized by "Paleo," "Keto," "Gluten-Free" and so on. <https://thrivemarket.com/>
3. **Environmental Working Group's Dirty Dozen/Clean 15 and More:**
<https://www.ewg.org/foodnews/dirty-dozen.php>
4. www.LocalFats.com A great resource for restaurants which do not use seed oils/offer alternatives in their cooking.

5. www.GetRawMilk.com A source for finding raw milk WORLDWIDE!!!
6. ***The Healthy Home Economist Food/Shopping List-***
<https://www.thehealthyhomeeconomist.com/resources/>
7. Sarah Pope's Favorite Things 2023:
<https://www.thehealthyhomeeconomist.com/sarahs-favorite-things-2023/>
8. ***Sarah Pope's Favorite Things 2022:***
<https://www.thehealthyhomeeconomist.com/sarahs-favorite-things-2022/>
9. ***How to Make Your Own Coconut Milk Video-***
<https://www.thehealthyhomeeconomist.com/video-how-to-make-coconut-milk/>
10. **World's Largest Database on EMF-related Scientific Research-** <https://www.emf-portal.org/en>
11. **Article on Near Infrared Sauna and What You Should Know by Dr. Mercola**
(requires a subscription or free trial)-
<https://takecontrol.substack.com/p/infrared-sauna>
12. **Eat Like a Human-** <https://eatlikeahuman.com>

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Weston Price Foundation's 11 Dietary Principles- A great place to start your journey into the world of Traditional Wisdom in Eating and to better understand the basic tenets of healthy food choices.

<https://www.westonaprice.org/11-principles-overview/>

Important Things to Know About Reading Labels:

Produce Labels:

- ***Organically grown fruits and vegetables have labels with 5 digits starting with the #9***
- Conventionally grown fruits and vegetables have labels with ***4 digits = think pesticides!!!***
- If the 5 digit code begins with the ***#8 it is Genetically Engineered (GMO)***
- If the label contains more than 5 digits it is not part of the internationally standardized system.

Gum Additives: *Always Avoid Gum Supplements and Diet Pills*

All gum additives appear to exert a possibly powerful influence on the makeup of our gut bacteria. The full extent of this is not fully studied or understood, but another reason these common food ingredients should be treated as small additions to dishes and meals. They are inappropriate for use as supplements or sources of nutrition.

The GAPS & SCD Diets prohibit the use of xanthan gum, guar gum, or any gum additives for that matter due to the risk of inflaming the gut and the potential for gut flora disruption.

For all of the gums individually discussed below, it is wise to be exceptionally cautious using any for weight loss or other uses. In small amounts, as long as you are not sensitive, none appear of concern except for cellulose gum. But in larger amounts, they can cause bowel obstructions, negative changes to your gut microbiome, and other problems:

1. **Carrageenan**- absolutely avoid this gum-like additive. It is a suspected *carcinogen* and other diseases. ***Beware, it is often put in pet food!!*** Fortunately, some of the natural gums below are a much better option when used judiciously.
2. **Xanthan Gum**- used commonly in gluten-free flours. Be aware, this is a bacterial fermentation product, so the substrate used is of concern, usually GMO soy, GMO corn, wheat or dairy. *This can be of big concern, especially to those with allergies (it can contain residual gluten from the wheat).* **Bob's Red Mill** is one of a few transparent companies which guarantees the final product to be pure and free from gluten or any other contaminants. If you use xanthan gum, this is a good place to source it.
 - The main concern with xanthan is that some people experience gastrointestinal issues such as bloating and diarrhea after consuming it. Those with gut imbalance issues and pervasive intestinal symptoms would be wise to limit exposure.
 - Parents also need to make sure any foods they give to their babies do not contain it. Xanthan gum is clearly dangerous for infants. For example, the New York Times reported adverse events regarding infants who consumed the liquid gel thickener known as Simply Thick.
3. **Guar Gum**- this gum comes from a bean plant which is commonly found in India and Pakistan. Popular for its superior thickening power, it is a common ingredient in gluten-free foods, ice creams and coconut milk. Like with xanthan, there appears little reason to be concerned about guar gum, unless you are a sensitive individual. *Guar can cause excessive gas and abdominal discomfort in some*, with the risk increasing as the amount and frequency consumed increases.
4. **Tara Gum**- taken from a legume, minimal research/testing exists on this relatively new gum. *Most of the animal studies up to date have been very promising and it shows great promise as one of the least offensive gums available.*
5. **Gellan Gum**- used as an emulsifier and a stabilizer, this gum is processed from bacterial fermentation similar to xanthan gum.
6. **(Locust Bean) Carob Gum**- extracted from the seeds of the carob tree, this gum has a sweet taste similar to that of chocolate and is a common substitute for chocolate. *It is tolerated much better than xanthan gum for infants.*
7. **Acacia Gum and Kudzu**- both are fine in small amounts.

*** Guar gum, tara gum, gellan gum, and locust bean (carob) gum are all safe in small amounts. Tara gum has a perfect safety record in the research so far, although these results are only in animal studies. Acacia and kudzu gum are also fine in small amounts.*

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Guide to The BEST & WORST Sweeteners for Everyday Usage:

➤ **A Great Article & Video on Which Sweeteners Are Best:**
[WhichSweetenersAreBest](#)

■ **The Absolutely Avoid List:**

○ **Avoid All Artificial Sweeteners:**

Aspartame (a.k.a. NutraSweet, Equal)
 Acelsulfame Potassium (a.k.a. Acelsulfame-K or Ace-K, Sweet One or Sunett)
 Advantame
 Neotame (a.k.a. Newtame)
 Saccharin (a.k.a. SweetN'Low)
 Sucralose (a.k.a. Splenda)
 Swerve (Erythritol with “natural flavors”)

○ **Avoid All Sugar Additives**

| | | |
|---------------|--------------------------|------------|
| ■ Agave | Glucose | Molasses |
| ■ Barley Malt | High Fructose Corn Syrup | Rice Syrup |
| ■ Corn Syrup | Honey (Refined) | Saccharose |
| ■ Date Sugar | Levulose | Sorbitol |
| ■ Dextrin | Maltodextrin | Sucrose |
| ■ Dextrose | Maltose/Isolmalt | Treacle |
| ■ Dulcitol | Mannitol | Turbinado |
| ■ Fructose | Maple sugar | Xylitol |
| ■ Fruit Juice | Maple Syrup | Xylose |

■ **The Best Sweeteners:**

***** Please see the section on Sweeteners for Specific Brands*****

- 1. Coconut Sugar (aka Palm Sugar, Coconut Palm Sugar, Coconut Syrup)**- a great source of minerals, Vitamin C, B Vitamins and some amino acids. It is the single most sustainable sweetener in the world.
- 2. Date Syrup/Sugar**- Next to raw honey, date syrup is my favorite sweetener as it is 100% fruit and loaded with minerals. Date syrup is fine to use in any type of dish, heated or not.
- 3. Pure Maple Syrup**- see article above for sources or the section below on Sweeteners. Best to buy organic as lead, RoundUp, PEG and other contaminants can be of concern in the harvesting and boiling down of maple syrup.

4. **Raw Organic Honey-** you need to know that beekeepers use pesticide sprays (to control mites which parasitize bees and can destroy the hive), antibiotics and even high fructose corn syrup as a supplemental feed for bees. The next best is local honey directly from a beekeeper in your area who uses no chemicals or other treatments, does not feed or move their bees, does not filter or heat their honey, uses wooden frames and natural wax foundation and has bee hives within 5 miles of your home. If you can't find all that **aim for meeting at least some of these criteria.**
5. **Monk Fruit (lo han guo)-** Monk fruit has a long history of use as a low calorie sweetener and within Traditional Chinese Medicine (TCM). Modern monk fruit extract is 300 times sweeter than sugar with no calories. In addition, the glycemic index is zero making it suitable for diabetics. Monk fruit has a long history of safety for both adults and children. *However, you must find water-extracted monk fruit as many companies use solvents and other harsh chemicals to separate out the mogrosides.*
6. **Unprocessed Stevia-** Traditional stevia is green and unprocessed. The leaves are simply dried and ground. Be aware of *liquid extracts* as they contain fillers and other ingredients. Processed “stevia” products include Truvia, PureVia and others are to be avoided without exception. At up to 400 times the sweetness of sugar, these modern industrial amalgamations are “stevia in name only.” Be aware, many Stevia brands contain xylitol, erythritol, sugar alcohols, GMO ingredients like Dextrose, Glycerine and “natural flavors.” For those who follow traditional dietary principles such as Wise Traditions, Paleo, SCD and others, the unprocessed, low temp dried herb and quality extracts appear to have little to no risk if consumed on occasion and in moderation. *SweetLeaf* and *Frontier* are two trusted brands.
7. **Yacon Syrup-** made from yacon, a tuber in the daisy family native to South America. Very high in FOS which help nourish gut microbes, increase bowel transit time and encourage peristalsis.
8. **Sucanat (also referred to as Sugarcane Jaggery)-** if you are looking for the best and most nutritious form of cane sugar for your home, sucanat is it. It is the best alternative to “white” and “brown” sugar substituted 1:1 in all your recipes. *Look for brands that say Certified Organic as many brands are mixed with GMO Beet Sugar.*

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Local Restaurants to Visit:

1. **App for finding restaurants cooking with traditional fats and NOT SEED OILS:**
<https://localfats.com/>

2. **Seed Oil Scout- Guide to seed oil free restaurants in NYC-**
<https://www.seedoilscout.com/blog/the-hottest-seed-oil-free-restaurants-in-nyc>
3. **Farm Eats BBQ Restaurant in Irvington NY.**
<https://farmeatsbbq.square.site>
4. **True Food Kitchen (Hackensack, NJ)-** <https://www.truefoodkitchen.com/truestory/>

Beverages/Raw Dairy: Lacto-fermented beverages such as kombucha (made with organic black tea) and kvass; herbal coffee substitutes; plain mineral water in glass bottles without added sweeteners. Coffee and Tea made from organic beans/herbs without fungicide sprays, higher pH, mold tested, and organically grown. ***Milk/Dairy products should NEVER be consumed pasteurized/homogenized. Seltzers and other carbonated beverages should be limited and are not a replacement for clean, pure water. Drinking seltzer often causes the body to become acidified and can leach alkaline minerals (calcium/magnesium, etc.) from our body. Rice Milk, Soy Milk, Oat Milk, Almond and other Industrial Nut Milks (unsprouted) and other pseudo-milks are NEVER A HEALTHY CHOICE!! NEVER CONSUME WATER FROM PLASTIC BOTTLES!!!!***

Examples:

- **Raw Milk/Dairy Products-**
 1. **Uddermilk Creamery-** www.uddermilk.com They have both pick-up and delivery services offered all over the New Jersey, New York state and N.Y.C. area. Call Ahmed at (862) 249-3616. You can purchase the APP in the App store for free on any android or iPhone.
 2. **Birchwood Farms** (Pennsylvania)- pick-up only....convenient for the Princeton N.J. area as it is in close proximity. Visit website at BirchwoodFarmsDairy
 3. **Buyer's Club-** must be invited by an existing member- please contact me for details
 4. **Miller's Biodiversity-** www.amishbiofarm.com
 5. **Dutch Meadows-** fine high quality grass-fed meats, organic dairy. *You can visit the farm in Paradise, PA. (717) 442-9208; www.DutchMeadowsFarm.com*
- **Raw, Sprouted Nut Milks:** All store-bought manufactured nut and oat milks are garbage and should not be consumed in any regular amount.
 1. **Live Vessel Sprouted Plant-based Milks-** Cacao, Matcha, Pecan, Cashew, Golden Mylk. Can be purchased at the Nyack or Ramsey Farmers markets or online (15% discount using DRCHRISTOHPERAM code) at <https://livevessel.com>
- **Coconut Milk/Cream/Water/Yogurt:**
 1. **Native Forest Simple-** organic, no guar gum; 75g Fat; (BEST)

2. **Native Forest Classic**- organic, with guar gum; 72g Fat (GOOD)
3. **Natural Value**- organic, no guar gum; 72g Fat (GOOD)- available online: [OrganicCoconutMilk](#)
4. **Aroy-D**- not organic, no guar gum; 76g Fat (GOOD)- *do not buy in aseptic boxes*
5. **Nature Factor Organic Coconut Water**- available online: [OrganicCoconutWater](#)
6. **Fresh Coconut Water**- Straight from the coconut
7. **Juice Press, Harmless Harvest, Liquiteria, Exotic Superfoods, Luna's Living Kitchen brands**- *100% raw organic coconut water*
8. **Cocojune organic cultured coconut**-
9. **The Coconut Cult Probiotic Yogurt**- www.thecoconutcult.com/ - also available online through amazon.com or through Fresh Direct.
10. **Culina Dairy Free Coconut Yogurt**. <https://www.culinayogurt.com/>

➤ **Organic Teas (Made from fresh herbs; no fungicide sprays; not in plastic satchels):**

1. **NJOY Herbs**- sourced from agriculturally protected areas throughout the Mediterranean Mountains; these teas are organic, wild-grown and hand picked and never sprayed with any herbicides. The best part is they are distributed by a patient of ours!!! Visit <https://njoyherbs.com> to order. Use code **SAVE10** for 10% off your first purchase!!!
2. **Mountain Rose Herbs**- fresh loose herbs, organic and never sprayed with fungicides, etc. www.mountainroseherbs.com
3. **Traditional Medicinals**- assorted herbal teas (available at Whole Foods)
4. **Numi**- assorted herbal teas (available at Whole Foods)
5. **Yogi**- assorted herbal teas (available at Whole Foods)

➤ **Organic Coffee (Shade Grown; Alkaline; No Fungicide Sprays; Mold Tested):**

1. **LifeBoost coffee**- organic/Non-GMO, sustainably grown, shade-grown, and tested to be mold/toxin/pesticide-free. Use this link to get 50% off of your first order!!!- <https://lifeboost.com> The perfect choice for drinking and especially for using in enemas. It also has a more alkaline pH.
2. **Kion Brand coffee**- organic, sustainably grown and tested to be mold/toxin/pesticide-free. www.getkion.com. The perfect choice for drinking and especially for using in enemas.
3. **Dandy Blend**- great option for a coffee substitute. Available on Amazon.com.

➤ **Fermented/Probiotic Drinks, Fresh Juices, Kombucha, Kvass, Ginger Ale:**

1. **GT's**- organic raw kombucha and synergy (available at Whole Foods & Fairway)
2. **Health•Ade Kombucha**- available at Whole Foods and Green Life Market (Butler NJ)

3. **Brew Dr Kombucha**- available at Whole Foods
4. **Hawthorne Valley Farm**- beet kvass, fermented sauerkraut and kimchee juices
5. **Miller's Organic Farm**- kombucha, beet kvass, sourdough kvass, eggnog, ginger ale; fermented lemonade, grape juice, cabbage juice, kimchee juice and daikon radish juice <https://www.millersorganicfarm.com>
6. **Dr. Tima's**- root beer
7. **KeVita**- lemon ginger and lemon cayenne probiotic drinks
8. **Lightly Cultured Honey Lemonade (RECIPE)** (Full GAPS Approved/SCD Approved)- <https://www.theprairiehomestead.com/>

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Breads/Wraps: Sourdough or sprouted breads made from freshly ground organic whole grain flour, *without additives such as gluten, seed oils, soy flour and partially hydrogenated oils*. Breads should be made from *unbromated, unbleached organic flour and free from yeast and high fructose corn syrup*. *They should also be made through a slow-fermentation process using NATIVE YEAST (not added industrial yeast) making the bread much more nutritious and digestible. Read your labels and remember, you NEVER want breads made with high-fructose corn syrup, seed oils (canola, sunflower, etc.) or industrial yeast.*

Examples:

- **The Best Wheat Bread Choices** (Slow Fermentation, native yeast, no sugar, seed oils, dough conditioners, etc.)
 1. **Organic Bread of Heaven Sourdough Sprouted Breads/Tortillas/Challah/Hotdog and Hamburger Buns/ and much more-**
Click on this link: <https://ovenfreshdelivery.com/?aff=187>
and it will bring you directly to their page. *Use the CODE: GOODBREAD for a 15% discount on your order.* They deliver fresh sourdough breads made fresh when you order. Their products and facility are peanut, tree nut, soy, dairy, sesame, egg and bromate free. I recommend their Rustic Sourdough (they have multi-grain, oat and rye sourdough also), Sourdough bagels, Sourdough Cinnamon Bread, Tortillas, Sourdough English Muffins, and Sourdough burger buns.
 2. **Serenity Farm Bread**- shipping true sourdough breads, focaccia, cookies and more directly to your home; NO baker's yeast used and no seed oils or sweeteners. www.serenityfarmbread.com
 3. **Berlin Bakery sourdough**- available at Whole Foods.
 4. **Pacha Brand GLUTEN FREE SOURDOUGH (2 ingredients)-**
<https://livepacha.com>. Use the **CODE: Crunchymoms** for a 20% discount!

5. **Bread Alone sourdough-** www.breadalone.com; available at Whole Foods. Look for their San Francisco sourdough and other sourdough types.
6. Joseph's Organic Bakery- long-fermented, organic, stone-ground Kamut and Einkhorn Sourdough breads. Available online at:
<https://www.veganbakerymiami.com>
7. **Manna Organics-** sourdough breads; sprouted breads available online at:
www.mannaorganicbakery.com
8. **Hawthorne Valley Farm-** plain, spelt, fruited and old world rye sourdough breads; spelt and honey raisin walnut sourdough breads
www.hawthornevalleyfarm.org
9. **Food For Life-** organic sprouted corn tortillas. Available online at:
<https://www.foodforlife.com/product/tortillas/sprouted-corn-tortillas>
10. **Siete Brand Wraps-** a variety of wraps made from Coconut, Cassava, Almond and other non-gluten containing flours. Available at Whole Foods and online.
11. **ShaSha Co.-** sprouted sourdough spelt breads, Ezekial breads.
www.shashabread.com
12. **CauliPower Brand Wraps-** available at Green Life Market in Butler NJ.

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Broths/Condiments: Organic raw vinegars (UNDILUTED; No Bill Gates' Apples with Apeel); organic aged balsamic vinegars; organic raw naturally fermented soy sauce, tamari and miso; arrowroot; organic mustard made with natural ingredients; flavoring mixes made with natural ingredients; organic mirin; fermented ketchup and sauces; organic natto. ***I no longer recommend Bragg's Brand as they were bought out and now dilute their product with tap water!!!!***

- **Broths/Stocks/Soups:**
 - **Spring Bone:** <https://springbone.com/#whybroth> A great source for grassfed, organic bone broths and other healing foods; offering delivery and pick-up in the area.
 - **Kettle and Fire Bone Broth-** <https://www.kettleandfire.com/>
 - **Bonafide Broth To Go Cups-** <https://bonafideprovisions.com/collections/keto-broth/>
 - **Perfect Brand Supplements-** <https://www.perfectsupplements.com> Bone broth and Gelatin (powder to enrich and thicken your soups).
- **Condiments: (Sauces, Ketchup, Vinegar)**
 - **Omega Nutrition-** Organic Apple Cider Vinegar and Balsamic Vinegar
 - **Azure Market Organic-** Apple Cider Vinegar- (buy in glass bottle size only- NO PLASTIC) AzureStandardAppleCiderVinegar
 - **Fairchild's Organic Apple Cider Vinegar-** <https://www.fairchildsvinegar.com> (buy in glass bottle size only- NO PLASTIC)

- **Newman's Own Organic Balsamic Vinegar** (Whole Foods)
- **Spectrum Organic-** Balsamic and Raw Organic Apple Cider Vinegars
- **RawGuru** Nama Shoyu Unpasteurized Soy Sauce (Whole Foods)
- **OhSawa** Nama Shoyu Unpasteurized Soy Sauce (Whole Foods)
- **Primal Kitchen**-Dressings and Ketchup without additives and sugar.
- **Date Lady Sweet Chili, or Barbecue Sauce-** <https://ilovedatelady.com>
- **Frontier-** Arrowroot Powder (Whole Foods)
- **Annie's Naturals-** Mustard; Eden Mustard;
- **Hawthorne Valley Farm**-Fermented Hot Pepper Sauce (www.hawthornevalleyfarm.org)
- **Miller's Organic Farm-** honey mustard, mayonnaise, garlic spread, horseradish, fermented ketchup (www.millersorganicfarm.com)
- **Copper Creek Farms-** mayonnaise

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COOKWARE/POTS/PANS:

- **Luncheaze Heated Lunchbox-** <https://www.luncheaze.com/?refer=86>
- **Stainless Steel:** great for every day cooking *except when cooking acidic food*. You must know 2 very important identifying numbers:
 - **3 Digit Number-** this number reflects the wide array of *grades and types of stainless steel which reflect the quality, durability and temperature resistance of the steel*.
 - **2 Digit Identifier (usually 18/10 or 10/0)-** this number represents the composition of the steel with regard to the *percentage of chromium and nickel*.
 - ****304** stainless steel is the same as 18/8. It is often called surgical stainless steel. *It is also the minimum type one should purchase for cookware!*
 - **Cuisinart-** available in Marshalls, Homegoods, TJ Maxx and on the internet. Cuisinart pans have an aluminum core to improve heat conductivity. Since the aluminum does not touch the food, however, it is safe to use unlike some other brands such as All-Clad that blend the aluminum with stainless steel.
 - **iCook (Formerly Queen Cookware-Very Expensive)-**
https://www.amway.com/en_US/iCook™-19-Piece-Collection-p-120231
- **Enameled Cast Iron-** the downside to cooking with this type of cookware is how heavy it is. If you choose to cook with cast iron, *be sure to use enameled*. Furthermore, *adult men and postmenopausal women (who are no longer bleeding cyclically) are at risk of the negative health effects of iron overload*.
 - **LeCreuset-** available in many retail stores and online.
 - **Staub-** also available online.

- **Ceramic Cookware:** Ceramic pans are the best of both worlds - food doesn't stick to them the way it can with steel and cast iron. *And they're completely non-toxic and safe for you and your loved ones!*
 1. **Xtrema brand ceramic cookware-** <https://xtrema.com> Made of 100% ceramic (other pans are just coated in ceramic - and wind up wearing down and flaking. *Completely NON-TOXIC and dishwasher safe.*
 2. **Our Place Brand-** ceramic non-stick coating without PFAS (including PTFEs and PFOAs), lead and cadmium. Available on the website at <https://fromourplace.com/collections/cookware>
- **When Cooking With Acidic Foods (think Tomato sauce, lemon, etc.):**
Important Notes:
 - Cooking acidic foods in stainless steel can *leach toxic nickel and excessive amounts of chromium into your food.*
 - *For these types of acidic dishes it is best to use Clay or Stoneware (see below)*
 - *For an article about Clay vs. Stoneware and which is best for specific types of cooking-* <https://www.thehealthyhomeeconomist.com/vitaclay-review/>
 - Vitaclay- <https://vitaclaychef.com/pages/why-vitaclay>. *Excellent for making bone broth and stocks.*
- **Non-Stick Bakeware-** I do NOT currently recommend any of the current brands of non-stick bakeware. Please be aware that **any non-stick bakeware made with SILICONE or ALUMINUM IS TOXIC!!!!** Avoid Greenpan and other non-stick pans touting safety and testing. Please see these articles for more information:
 - <https://www.thehealthyhomeeconomist.com/silicone-molds-baking-safety/>
 - <https://www.thehealthyhomeeconomist.com/greenpan-thermolon-cookware/>
 - **Norpro-** great cookie sheets, cake and pizza pans. Available online at [NorproCookieSheetsCakeandPizzaPans](#)
 - **Pyrex-** loaf pans which are great for baking bread. Available online and in stores. <https://www.pyrexhome.com/product/1.5-quart-glass-loaf-pan>

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Fats and Oils: **Use:** Organic extra virgin olive oil (*see below because many brands are adulterated*); organic cold pressed macadamia, avocado (*again be careful because it is estimated that over 80% are adulterated*), almond, high-oleic sunflower and high oleic safflower oils (in moderation); organic extra virgin coconut oil; unrefined organic palm oil; fat and lard from pigs allowed to graze; tallow and suet from grass-fed cows and sheep; poultry fat from pastured poultry; fatty wild-caught fish. **NEVER USE: SEED OILS, especially those extracted with gasoline-like hexane like Corn, Soy, Most Commercial “Vegetable” Oils, Canola, Cottonseed, Rice Bran, Hemp and Grapeseed oils; NO Margarines, “Spreads” and Partially Hydrogenated Vegetable Shortenings.**

DR AMORUSO'S GUIDE TO COOKING OILS:

The lower the PUFA (Polyunsaturated Fatty Acid Content, in this case primarily Linoleic Acid (LA), the Better. Remember: **AVOID ALL SEED OILS; Keep LA to 1-2% of your total daily caloric intake (approximately 5-10 grams/day depending on your size); The avg. American consumes around 80 grams/day!!!**

| COOKING OIL | % LINOLEIC ACID (LA) (RANGE IN PARENTHESES) |
|--------------------|--|
| SAFFLOWER OIL | 70% |
| GRAPE SEED OIL | 70% |
| SUNFLOWER OIL | 68% |
| CORN OIL | 54% |
| COTTONSEED OIL | 52% |
| SOYBEAN OIL | 51% |
| RICE BRAN OIL | 33% |
| PEANUT OIL | 32% |
| CANOLA OIL | 19% |
| OLIVE OIL | 10% (3% - 27%) |
| AVOCADO OIL | 10% |
| LARD | 10% |
| PALM OIL | 10% |
| TALLOW (CAFO) | 3% |
| GHEE/BUTTER (CAFO) | 2% |
| COCONUT OIL | 2% |
| TALLOW (GRASS FED) | 1% |
| BUTTER (GRASS FED) | 1% |

Examples: ***Be aware that independent tests at the University of California found that nearly 70% of all store-bought extra virgin olive oils in the US are probably fake!!!* This study reported that the following brands failed to meet extra virgin olive oil standards: **Bertolli, Carapelli, Colavita, Filippo Berio, Mazzola, Mezzetta, Newman's Own, Safeway, Star and even Whole Foods.**

****If you want to find the best olive oils, your best bet is to choose brands from the Weston A. Price Shopper's Guide. Also, the same University of California study found that the following brands met their standards for being true extra virgin olive oil: Corto Olive, California Olive Ranch, Kirkland Organic, Lucero (Ascolano), McEvoy Ranch Organic, Pompeian.**

*****Look for Olive Oils carrying the North American Olive Oil Association (NAOOA) seal and/or the USDA Quality Monitored Seal.***

Some Great Articles on Fats/Seed Oils and what you need to know to clean your diet and get back to our Traditional roots:

1. <https://www.thehealthyhomeeconomist.com/caution-when-using-chicken-fat-for-cooking/>
 2. <https://www.thehealthyhomeeconomist.com/five-fats-you-must-have-in-your-kitchen/>
 3. **Article on Avocado Oil Warning:** <https://woodlandswellnessmd.com/tag/mercola/>
- **Extra Virgin Olive Oils, Avocado Oils & Coconut Oils:**
 - Brightland Extra Virgin Olive Oil- www.brightland.co
 - Trader Joe's California Estate- Olive Oil
 - Bariani Extra Virgin Olive Oil- available online from Radiant Life at www.radiantlifecatalog.com
 - Miller's Organic Farm- organic extra virgin unfiltered olive oil (www.millersorganicfarm.com)
 - Masseria- organic extra virgin olive oil from Sicily. www.masseriaestate.com
 - Spectrum- organic olive oils (filtered and unfiltered-Whole Foods)
 - Nunez de Prado- Organic extra virgin unfiltered olive oil (available at Whole Foods)
 - Barlean's- Extra Virgin Coconut Oil and High-Lignan Flax Seed Oil (available at Vitamin Shoppe and Whole Foods)
 - Garden of Life- virgin coconut oil
 - Jarrow Formulas- extra virgin coconut oil
 - Trader Joe's- organic virgin coconut oil
 - Primal Kitchen Avocado oil. <https://www.primalkitchen.com>
 - Chosen brand Avocado oil. <https://chosenfoods.com/avocado> Tested by UC Davis and found to be 100% pure: <https://www.sciencedirect.com/>
 - Marianne's Avocado oil- Available online and at Costco. <https://www.mariannesharvest.com>
 - **Ghee, Lard, Tallow, Suet, Duck Fat:**
 - US Wellness Meats- lard, beef suet, beef and lamb tallow, bison fat, duck fat. Visit our website at www.dramoruso.com and click on the US Wellness link in the upper left corner.
 - Miller's Organic Farm- Beef suet and tallow; sheep tallow, lard raw and rendered chicken fat, rendered goose fat www.millersorganicfarm.com **THEY HAVE DELIVERY DROP OFF POINTS ALL THROUGHOUT OUR AREA)**
 - LARD (Pasture Raised)- <https://www.radiantlifecatalog.com/lard/?a=58537>
 - Pure Indian Foods- Grass-fed organic ghee; organic almond oil (NJ-based company- www.pureindianfoods.com). Very low casein/lactose product.
 - Simply Ghee- A2/A2 Grass-fed ghee; wwwSimplyGhee.com; Use WAPF210 Code for 10% off.
 - Nutiva- virgin coconut and palm oils (available Whole Foods)

- **Radiant Life**- coconut and palm oils <https://radiantlifecatalog.com/red-palm-oil>
- **Castor Oil**- <https://radiantlifecatalog.com/castor-oil/>

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Grains/Legumes: All organic dried beans (*except soy beans*), lentils, whole grain rice, whole grains (*except bulgur*) and whole grain breakfast cereals that must be cooked; wildcrafted rice; organic popcorn (to pop at home); organic sprouting seeds (except alfalfa and soybeans-GMO). *All grains should be soaked in an acidic medium or purchased SPROUTED to remove phytic acid and to minimize enzyme inhibitors and to improve digestibility and assimilation of nutrients. Ask the doctor for instructions if you do not have them. Avoid purchasing brown rice and cereals in open bins to avoid rancidity; purchase in sealed packages only. IF you purchase any item below which has NOT already been sprouted, you must soak them properly yourself. Please see us for directions on how to properly do this.*

*****Please Note the Following When Purchasing Rice!!!: Soaking Rice Reduces Arsenic Up to 80%***

<https://www.thehealthyhomeeconomist.com/arsenic-in-rice/>

(Click this Link to learn HOW TO SOAK WHITE RICE PROPERLY!!)

<https://www.thehealthyhomeeconomist.com/cooking-soaked-white-rice/>

Studies show that overnight soaking can remove up to 80% of the arsenic, though more research is needed about how easily different rice varieties give up their arsenic

Note that Uncle Ben's, Walmart's Great Value, and Whole Foods 365 Everyday value brands have scored the WORST FOR ARSENIC CONTENT. Consumer Reports suggests brown basmati from California, India, or Pakistan might be among the safer rice choices.

****Refer to the Weston A. Price Shopper's Guide for a wide array of other Choices & Brands**

Examples:

One Degree- Sprouted Steel Cut Oatmeal- available in Whole Foods and online or through Thrive Market.

Sprouted Millet- a great alkaline grain which is an option for cereal. You can purchase at www.bluemountainorganics.com

McCann's Steel Cut Irish Oats (must be sprouted/soaked at home)

Manna Organics Sourdough

Bob's Red Mill Organic Hot Cereals

- **To Your Health Sprouted Flour Products**- Sprouted grains and flour for all baking needs; wide array of gluten-free products. www.healthyflour.com
- **Second Spring Sprouted Flour, Grains & Beans**- sprouted goods delivered to your doorstep. www.secondspringfoods.com
- **Arrowhead Mills**-organic grains, legumes; rice and quinoa; 4 grains plus flax hot cereal
- **Nutiva Hemp Protein**- available at Whole Foods
- **Eden Grains, dried legumes**- (www.edenfoods.com)
- **Manna Organic Grains**- (www.mannaorganicbakery.com)
- **Organic Planet Buckwheat Soba Noodles**- available at Whole Foods
- **Blue Mountain Organics**- www.bluemountainorganics.com
 —a great source for sprouted/organic nuts, beans, seeds, etc.
- **Jesha's Naturally Fermented Sourdough Baking Mix (Pancakes & Waffles)**- available at Whole Foods and online as well at www.jeshasbakery.com
- **Jovial Foods**- presoaked and cooked beans. Available at www.jovialfoods.com
- **Jovial Foods Cassava Pasta**- <https://jovialfoods.com/grain-free/cassava-pasta/>

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Lacto-fermented Vegetables: Very important source of probiotics, especially for those trying to recover from antibiotic usage, or restoring gut health via a 4 R's approach. Should be Unheated, organic lacto-fermented vegetables *made with unrefined salt and/or a culture, NOT vinegar and no sugar added!* They are a great source of Vitamin K2 for heart health and bone health among other things. Fermented vegetables like cabbage (sauerkraut) are a rich source of Vitamin K2.

Examples:

- **Green Life Market- Butler N.J.- Route 23** – (973) 283-8322; They sell Hawthorne Valley “Kraut Juice” and others.
- **Hawthorne Valley Farm**- sauerkraut, pickles and other lacto-fermented vegetables (available at Whole Foods or visit www.hawthornevalleyfarm.org)
- **Uddermilk Co-Op**- order from a variety of lacto-fermented foods online at <https://uddermilk.com>
- **Vital Choice**- fermented vegetables (www.vitalchoice.com)
- **Make Your Own!!!**- Use the Nourishing Traditions cookbook or Alex Lewin's book Real Food Fermentation.
- **Zukay Live Foods**- Lacto-fermented salad dressings (Whole Foods)
- **Real Pickles**- Sold in Whole Foods, they sell all different types of lacto-fermented vegetables.

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Mattresses (Organic): These mattresses are made with higher quality, organic ingredients or have a lower toxic load than standard mattresses and should be sought out when possible to replace your existing mattress.

- **Plushbeds-** Botanical Bliss mattress. PlushBeds.com
Use the Code **Bogota100 to receive \$100 off your purchase.**
- **Birch-** <https://birchliving.com/>
- **Green Mattress:** Visit their website at <https://www.mygreenmattress.com/>
- **Avocado Mattress:** I recommend buying the topper with it for added comfort based on patient feedback. <https://www.avocadogreenmattress.com/collections/mattresses>
- **Awara/Nectar:** <https://www.nectarsleep.com/p/nectar-by-resident/>
- **Saatva:** <https://www.saatva.com/mattresses?types=latex>
- **Naturepedic:** <https://www.naturepedic.com/adult/mattresses/chorus-serenade>
- **Joybed Mattress:** <https://joybeds.com/>
- **Obasan:** <https://obasan.com/>
- **Organic Mattress Topper-** <https://www.mygreenmattress.com/mattresstopper>

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Pastured Meats, Eggs & Wild-Caught Fish: Fresh or frozen beef, veal, lamb, poultry, goat and pork including fat and organ meats, from *soy-free animals* allowed to graze; venison and other game meat. Pastured organic eggs, **preferably soy-free and fertile**. Unfortunately we also have to be concerned with mRNA being found in our meats, so avoid this as well.

Remember it is important to eat meat with the fat as consumption of lean meats can lead to deficiencies.

Examples:

- **5 Bar Beef:** A great source for grass-fed beef with NO VACCINES, NO ANTIBIOTICS, NO MAN-MADE CHEMICALS WHATSOEVER. They ship to all U.S. states.
<https://5barbeef.com>
- **AkSalmonCo-** source for wild-caught, sushi grade fish delivered right to your door. Available online at www.aksalmonco.com
- **Wild for Salmon-** sustainably harvested in Alaska and shipped directly from the fishermen to your doorstep. www.Wildforsalmon.com **First order code for 10% off: FAMILYHEALTH10; or call (570) 387-0550**
- **Freedom Farms-** Source for pastured-raised, grass-fed/grass-finished beef, pastured chicken and pork. Cow-shares available. And you can tour/visit the farm. **100% VACCINE-FREE ANIMALS.** <https://wearefreedomfarms.com/products/beef-meat-shares>
- **Simply Grass-Fed-** 100% Grass Fed Beef, Lamb and Goat; Pasture Raised Pork, Chicken & Turkey; Organic Raw A2/A2 Cheeses ALL DELIVERED TO YOUR

DOOR!! Chemical-Free, Nutrient-Dense, Humanely Raised, Fresh Air & Spring Water; GMO-Free; Antibiotic & Hormone-FREE; mRNA-Free. www.simplygrassfed.com

- **REP Provisions-** Soy-free and Corn-free Beef, chicken and Pork- the pigs are forest-raised in wooded areas on a regenerative farm. They roam and eat pecans, walnuts, forbs, grasses etc. *No vaccines, antibiotics or hormones.* www.repprovisions.com
- **Tussock Sedge Farm-** Pasture-based Regenerative Agriculture; 100% Grass-Fed & Finished Beef and Lamb; 100% Pasture-Raised, Heritage Pork and Chicken. ALWAYS NON-GMO, CORN FREE, SOY FREE, ANTIBIOTIC FREE, HORMONE FREE and HUMANELY RAISED!!!! www.tussocksedgefarm.com
- **Agridime-** great source for pastured meats (pork, chicken, beef etc.) from U.S. farms. Visit their website at www.agridimestore.com. They ship directly to you.
- **Southtown Farms- Matt Soldano-** (201) 304-3712; Southtownfarms@aol.com, 5 Southtown Rd, Blairstown, NJ 07825; <https://www.facebook.com/southtownfarms/>
- **Crowdcow-** <https://www.crowdcow.com/> Online pastured, organic animal products and seafood.
- **Cooks Venture-** source for the best heritage meats including *gluten free chicken nuggets* (chick pea flour) made with pasture-raised chicken!! www.cooksventure.com
- **Pleasant Pastures Farm (Honey Brook, PA)-** source of grassfed, pastured organic products of all kinds. <https://thepleasantpastures.com>
- **US Wellness Meats-** beef, beef honeycomb tripe, lamb, bison, chicken, whole turkeys, duck. Visit www.dramoruso.com and click on the US Wellness link in the upper left hand corner.
- **Pasture Bird-** no antibiotics/drugs, pastured-raised chicken (may not be soy free but they encourage you to visit their farm and you can call to speak to them about it). www.pasturebird.com
- **Grass Valley Dairy:** <https://www.farmmatch.com/grassfedcarroll> Source for soy-free chicken, grass-fed beef and much more. They have pick up points in Wyckoff and other Bergen County areas.
- **Wild Pastures-** Meats that are *herbicide, pesticide free and pasture-raised meats without mRNA vaccines*. Available online at <https://wildpastures.com/>
- **Force of Nature-** available online at <https://forceofnature.com/>
- **Uddermilk Creamery & Co-op-** grass-fed meats, raw dairy, eggs and much more. Visit www.uddermilk.com and Sign-Up. Also call Ahmed at (862)249-3616
- **Applegate Organics-** grass-fed beef burgers
- **Miller's Organic Farm-** beef, veal, pork, lamb, mutton, poultry, rabbit
- **Pastured Organic Eggs-** *these are better than High-omega 3 eggs that say "vegetarian-fed" as chickens are NOT vegetarians!!* Look for "Pastured Eggs" as this indicates the chickens were raised outdoors where they could forage for food the way nature intended. Available at Whole Foods, Trader Joe's and at www.uddermilk.com.
- www.eatwild.com

- www.localharvest.org
- **KOSHER MEATS:**
 - **Grow and Behold-** Kosher pastured meats (Beef, Veal, Lamb and Poultry) delivered right to your door. <https://www.growandbehold.com>
 - **Kol Foods-** 100% premium kosher, grass-fed, pasture-raised meat and poultry. <https://kolfoods.com>
 - **Grass Fed Glatt-** Glatt Kosher Meat 100% Grass-fed. <https://grassfedglatt.com>
 - **Bakar Kosher Meats-** pasture-raised meats, Glatt Kosher. <https://bakarmeats.com>
 - **Glatt Organics-** Chicken, turkey and duck; Antibiotic free, pesticide/herbicide free, GMO-free FEED. <https://www.glatt-organics.com>
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Personal Care: (Makeup, Hair-care, Deodorant, Toothpaste, and more)

1. **Toothpastes-** look for products that do not contain the following: fluoride, SLS (sodium laureth/lauryl sulfate), gums, sorbitol or other sugar alcohols, PEG-6, PVP, carageenan, sucralose and other artificial sweeteners!!! Who knew that all this garbage is in your toothpaste!!!
 - a. **Magic Mud Activated Charcoal Toothpaste-** Available at <https://www.mymagicmudtoothpaste>
 - b. **Risewell Toothpaste-** available on amazon.com.
 - c. **Primal Life Organics-** no garbage ingredients and comes in flavors kids will like. Purchase at <https://www.primallifeorganics.com>
 - d. **Tom's Toothpaste-** make sure to get the version that has no SLS and no fluoride.
 - e. **Young Living Thieves Aromabright and Whitening Toothpastes.** Available online or through a Young Living representative.
 - f. **Dr. Sheffield's Original Toothpaste-** comes in "cool kid's flavors" like chocolate, cinnamon, strawberry-banana and mixed berry. Order online at <https://www.drsheffieldsnaturals.com/shop/>
2. **Makeup/Cosmetics/Body and Skin Care:**
 - **Pur O₃ Ozonated Olive Oil Salve-** great for healing irritated skin. Purchase at <https://www.simplyo3.com/products/ozonated-olive-oil>

- **Alliderm Topical Antibiotic-** Works great as an antibiotic, antiviral, antifungal, and anti-parasitic. Available at <https://www.allimax.us/Alliderm?AffId=66>
- **Timeless Tallow-** www.timelesstallow.com
- **Beauty by Earth-** Skincare/Self-tanner- available at <https://beautybyearth.com>
- **Crunchi Cosmetics-** available at <https://crunchi.com>
- **Evolvh-** Hair Care, Body Washes and Lotions- available at <https://www.evolvh.com>
- **Nature's Brands-** body care products, sanitizers, cosmetics and more. Available at <https://www.naturesbrands.com>
- **Environmental Working Group:** www.ewg.org Great reference for clean products like makeup and sunscreen and more.

3. **Deodorants:** Should be free from toxic ingredients like Aluminum, phthalates, parabens and other caustic chemicals.

- **Native Brand Deodorants-** www.nativecos.com. They also have great shampoos, conditioners and more.
- **Pur O₃ Ozonated Deodorant-** comes in unscented and naturally scented with essential oil. Last a long time and a little goes a long way. Better in my opinion than the baking soda-based deodorants.
- **Schmidt's Charcoal & Magnesium Mineral Enriched Natural Deodorant-** Available at Amazon.com and also <https://shop.schmidts.com/products/charcoal-magnesium-deodorant-stick>. They also have Toothpaste.
- **Ursa Major Natural Deodorant-** <https://www.ursamajorvt.com/collections/deodorants>

4. **Water Filtration/Reverse Osmosis Systems:**

- **Reverse Osmosis Water Systems-** Rich DiPaulis and Superior Water, Wyckoff NJ. <http://www.superiorwaterconditioning.com/> Tell Rich we sent you!!!
- **Reverse Osmosis Water Remineralizer-** Vitev pH Remin- <https://vitev.com/collections/replacement-filters/products/remin>
- **Inexpensive Countertop Water Filter-** <https://radiantlifecatalog.com/ss-gravity-countertop-filter/?a=58537>

- **SimPure Countertop Reverse Osmosis System**- great for college students or those looking to conserve space in the home. Available at <https://www.simpurelife.com>

5. **Fruit/Vegetable Wash/Household Cleaners/Laundry Detergent and More:**

- **Truly Free Fruit and Vegetable Wash**- see Linktree page 3
- **Truly Free Laundry Detergent/Household Cleaners**- see Linktree page 3
- **Young Living Thieves Cleaner**- available through a Young Living Sales Rep or online.
- **Force of Nature**- Laundry, Household, Kitchen Cleaners and more. Available at <https://forceofnatureclean.com>
- **Correct Cinnamon Oil and Recipe to Make Canelle Cinnamon Oil Mosquito Repellant Spray (no longer available)**- <https://milled.com/floracopeia/gold-top-cinnamon-powerful-natural-insect-repellent-FhbRVr8MI6KSMHEH>

The way I make the spray is to carefully drizzle 10 teaspoons of filtered water in a 2 or 4-ounce spray bottle. Then, add 150 drops of the Gold Top cinnamon oil to the bottle. This equals 15 drops of oil per teaspoon of water.

This combination makes just less than a quarter cup of spray.

It is the perfect amount for a 2-ounce bottle (slightly less than full to leave a gap of air for easy spraying.

6. **Radiation/EMF Solutions:**

- **Safesleeve EMF Blanket**- protection from EMF from Laptops, phones and more. [Safesleevecases.com](https://safesleevecases.com)
- **HigherDose**- sauna blankets, PEMF mats, etc. Available at <https://higherdose.com>
- **EarthCalm**- <https://shop.earthcalm.com>
- **Near Infrared Sauna**- [Saunaspace.com](https://saunaspace.com)

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RECIPES Here are some healthy recipes you can use in your routine to make your diet a little healthier and easier to follow:

- **Healthy Grain-Free Cold Breakfast Cereal:** <https://www.thehealthyhomeeconomist.com/homemade-cold-breakfast-cereal-grain-free/>
- **Healthy Corn Flakes:** <https://www.thehealthyhomeeconomist.com/corn-flakes-cereal-healthy-and-homemade/>
- **Homemade Rice Krispies:** <https://www.thehealthyhomeeconomist.com/homemade-rice-krispies-cereal/>

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Salt and Spices: Unrefined salt (which is light grey, pink, red or beige in color); fresh seasoning herbs; non-irradiated dried herbs, spices and blends without additives.

Examples:

- **Colima Sea Salt**- available online at: <https://www.avajaneskitchen.com>
- **Baja Gold Sea Salt**- complete mineral and trace element profile;
www.bajagoldseasalt.com
- **Celtic Sea Salt**- available at Whole Foods and other nutrition stores.
- **Himalayan salt**- crystal salt; available online or at Whole Foods
- **Redmond Real Salt**- sea salts; season, garlic and onion salts. Available at Whole Foods and online
- **Trader Joe's Coarse Sea Salt from Noirmoutier**- Available at Trader Joe's

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Snacks: Finding healthy snacks can be one of the most daunting tasks faced by parents looking to improve the overall nutrition of their children. *Modern snack foods are loaded with preservatives, artificial colors/flavors, MSG, stabilizers and other toxic ingredients which can cause cancer, contribute to ADHD/behavioral disorders, gut issues and more. These products, no matter how well they are marketed are NEVER an acceptable “food” for us and especially not for our children.* We need to arm ourselves with the knowledge of how to read labels and what snack choices we can trust to keep our children away from these modern toxins and healthy. There is no such thing as a “puffed” or “flaked” snacks and other foods are **NEVER** healthy options.

An article to read on food processing, especially with cereals and snacks:

<https://dirtysecretsofthefoodprocessingindustry>

Things to Look out for on Labels (AVOID):

- **Seed Oils**- see our section above for details.
- **Artificial Sweeteners/Processed sugars like agave syrup and many others** - see our section above on Sweeteners.
- **Artificial Colorings and Flavorings**

- **Extruded/Puffed Products-** these are modern “franken-foods” that are highly manufactured and processed.

The Healthy Home Economist (Sarah Pope) has a website with a great link to healthier snacks at:

<https://www.thehealthyhomeeconomist.com/resources/>

- **U.S. Wellness-** They sell all types of healthy snacks from pork rinds of different flavors to jerky. Visit their website by clicking the US Wellness logo on my Home Page at www.dramoruso.com
- **4505 Pork Rinds and Chicharrones-** available at Whole Foods and other supermarkets.
- **Epic Brand-** pork rinds and salmon sticks
- **Masa Corn Chips-** properly soaked (nixtamalized-grinding and soaking in an alkaline medium to make nutrients more bioavailable and make the corn more digestible; this also removes nearly 100% of the mycotoxins from molds), cooked in organic grass-fed beef tallow, and free of seed oils. **Use this code for 20% off:** <https://www.masachips.com>
- **Jackson’s Sweet Potato Chips-** made with only coconut oil and sea salt. Available online and at Whole Foods.
- **Stryne Beef Biltong (jerky)** (available through Thrive Market and online)
- **Thrive Market-** Organic Pitted Medjool Dates- a great recipe idea is to slice open the date and stuff it with organic peanut butter/any sprouted nut butter. Then melt Lily’s or Alter Eco (Whole Foods) dark chocolate and dip them in it; put on parchment paper lined platter and refrigerate.
- **Living Intentions Activated Superfood Nut Blend-** found through Thrive Market (see Resources)- Dark Cacao is very good flavor.
- **Thrive Market Coconut Oil Sweet Potato Chips-** available through Thrive Market
- **Solely Organic Fruit Jerky-** mango, etc.
- **Rhythm Organic Beet Chips and Carrot Sticks-** be careful, not all of this company’s products are great, so stick with these two or ask. Available at Whole Foods.
- **Patience Fruit & Company-** They have different types of organic dried fruits which are not sweetened with any added sugars. You can purchase them online at <https://www.patiencefruitco.com/en-us/> or on amazon.com.
- **Go Raw Company sprouted Granola-** available at <https://goraw.com/sproutedgranola> and at Thrive Market, or at Amazon.com.
- **Wellbee’s Grain-free Granola-** Available at www.wellbees.com as well as amazon.com.
- **Heavenly Organics Pomegranate chocolate honey patties-** Available at www.heavenlyorganics.com or amazon.com.

- **Paleovalley Meatsticks (jerky and snack bars)**- Available at the follow link WITH A 15% DISCOUNT (see link page for details)- <https://paleovalley.com/offers/protein-sticks/pvpartners?oid=48&affid=1382>
- **Chomp's jerky sticks**- available at Whole Foods and online at www.chomps.com
- **Made in Nature**- coconut flakes
- **Blue Mountain Organics**- www.bluemountainorganics.com
- **Fine and Raw Chocolate bars and spreads**- made with only a handful of organic ingredients and sweetened only with coconut sugar. Comes in a variety of flavors. <https://www.fineandraw.com/collections>

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Sprouted Nuts and Seeds: All nuts and seeds should be purchased *raw and organic from sealed packages, NOT from open bins*; organic almonds by mail order are best (as store-bought have been heat treated); soaked/sprouted organic or wild raw nuts, seeds and butters. *All raw nuts should be soaked for 6-8 hours (or purchased SPROUTED) in salted water (Celtic Sea Salt) and then dried in a dehydrator or in an oven on warm setting.* It is best to store nuts in the refrigerator in air-tight containers.

The best choices below will have already been soaked/sprouted and should be RAW. Try to choose from the nuts and seeds with the LOWEST LINOLEIC ACID (LA) Content.

Examples:

Sprouted Raw Walnuts, Almonds, Brazil Nuts, Pecans, Cashews, Chia Seeds, Flax Seeds, Pumpkin Seeds, etc.

- **Living Nutz**- Source for sprouted, organic nuts, nut butters, seeds and more. Available online- <https://www.livingnutz.com>
- **Healthy Nuts**: Source for sprouted nuts, seeds and more. Available for purchase online at: HealthyTruthSuperfoods
- **Blue Mountain Organics**- www.bluemountainorganics.com. They are purveyors of quality raw organic and sprouted nuts, seeds and much more.
- **Rich Nuts**- USDA organic certification, Sprouted. Visit their website to order www.richnuts.com
- **Manna Organics**- For sprouted almond flour and much more. <https://www.mannaorganicbakery.com/item/sprouted-almond-flour.html>
- **MaraNatha**- Raw Nut Butters (Whole Foods, Trader Joes, etc)
- **Jungle Peanut Butter by Vivapura (Low Aflatoxin; Raw, Organic)**- <https://www.vivapura.com/products/wild-jungle-peanut-butter>
- **Artisana**- Tahini (sold in Whole Foods)
- **Anderson Almonds**- Organic Raw Almonds (www.andersonalmonds.com)

- **Garden of Life**- raw organic chia seeds. <https://www.gardenoflife.com/chia seeds>
- **It's Alive! Sprouted Seeds**- raw sprouted seeds, raw bars, and more
<http://www.itsalivefood.com/products.htm>
- **Apricot Power**- www.apricotpower.com

○ **NUTS LISTED BY LINOLEIC ACID CONTENT:**

| ○ SEEDS/NUTS | % LINOLEIC ACID (LA) |
|----------------|----------------------|
| POPPY SEEDS | 62% |
| HEMP | 57% |
| WHEAT GERM | 55% |
| WALNUT | 53% |
| PECAN | 50% |
| PUMPKIN | 45% |
| BRAZIL NUTS | 43% |
| SESAME | 41% |
| PINE NUTS | 33% |
| PEANUTS | 32% |
| CHIA | 16% |
| ALMOND | 16% |
| FLAX SEED | 14% |
| PISTACHIO | 13% |
| HAZEL NUTS | 12% |
| CASHEWS | 8% |
| MACADAMIA NUTS | 2% |

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Supplemental Nutrition:

1. **Natren Authentic Bulgarian Yogurt Starter**- use for making homemade yogurt from Raw Milk. www.natren.com.
2. **Bloodroot Black Salve by Matrix of Holistic Health**- www.bloodrootsalves.com.
Maker of a powerful topical treatment for skin tags, moles, abnormally replicating cells and other skin irregularities.
3. **New Zealand Beef Organs**- 100% grass-fed, pasture raised and GMO/pesticide free.
www.OneEarthHealth.com. Use Code: WISE10 for 10% off.
4. **Perfect Brand Collagen Peptides**: Certified glyphosate-free (Round-up free) collagen peptides. Available on Amazon or at www.perfectsupplements.com.
5. **Perfect Brand Bovine Gelatin**- Use as a thickening agent in any recipe calling for gelatin and to enhance soups. <https://www.perfectsupplements.com/Gelatin>

6. **Perfect Supplements Brand Broth**- use to make quick soup broth or to enhance your own homemade soups and stocks.
<https://www.perfectsupplements.com/BoneBroth>
7. **“Perfect Multi-Organs” by Perfect Supplements Brand.** A great supplement for those unwilling to eat organ meats but who still appreciate the nutrition of these superfoods. <https://www.perfectsupplements.com/MultiOrgans>
8. **Emu Oil**- rich in Vitamin K-2 which is critical to putting calcium into the bone where it belongs. <https://walkaboutthehealthproducts.com>
9. **Vital Proteins Marine Collagen Peptides.** www.vitalproteins.com
10. **Blue Ice Cod Liver Oil**- important source of active Vitamin D and Vitamin A.
11. **Organic Traditions Sprouted Flax Seed (Meal) Powder**- a great source of fiber and also beneficial for helping to balance the female hormone system. Available on Amazon at the link below:
[OrganicTraditionsSproutedFlaxPowder](#)
12. **Seed Synbiotic/Probiotic**- [SeedProbiotic](#)

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Sweeteners: Organic natural sweeteners such as maple syrup, maple sugar, molasses, green stevia leaves and green stevia powder (whole leaf stevia), dehydrated sugar cane juice, malt syrups, coconut sugar, palm sugar, date sugar, sorghum syrup, and raw unfiltered/unheated honey.

Examples:

- **Kiva Raw Manuka Honey**- www.kivahealthfood.com. They have 20+ certified New Zealand Manuka honey. Their Manuka honey has been independently tested and rated to be at least UMF 15+ (equivalent to MGO 514+)
- **Wedderspoon Monofloral Manuka Honey**-
<https://www.radiantlifecatalog.com/manuka-honey/?a=58537>
- **Date Lady Date syrup**- <https://ilovedatelady.com/products/date-syrup>
- **Raw Honey**- preferably local to your area. Must be unheated and unfiltered (which means it will crystallize over time and harden). Look for it at local farmer's markets and in stores like Whole Foods.
 - **Campgaw Bees- (John C. Matarese- Beekeeper)**-
www.campgawbees.com
P.O. Box 370 Franklin Lakes, NJ 07417
(201) 614-2800
 - **Really Raw Honey**- Available at Fairway Markets and Whole Foods or online.
 - **Trader Joe's** organic raw honey

- **Azure Market Raw Orange Blossom Honey**
[AzureMarketRawOrangeBlossomHoney](#)
- **Maple Syrup**- Shady Maple Farms organic maple syrup, granules and maple butter.
 Available at Whole Foods. Whole Foods brand organic maple syrup is also excellent.
- **Blackstrap Molasses**- Wholesome Sweeteners organic blackstrap molasses. Available at Whole Foods and online at amazon.com
- **Madhava**- Organic Coconut sugar.
- **Whole Leaf Stevia**- *be sure to read your labels!!! It should not contain any other ingredients, including maltodextrin or fructose!*
 - **Navitas Naturals**- green stevia powder
 - **Frontier**- green stevia powder
- **Rapadura or Sucanat** (dehydrated sugar cane juice)- available at Whole Foods or online
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