



**Believe Big**  
Helping Families Navigate the Cancer Journey

## Helpful Resources

### Books:

- "Radical Remission" Dr. Kelly Turner
- "Grain Brain" David Perlmutter, MD
- "Eat to Live" Dr. Joel Fuhrman
- "One Word" Page, Gordon, Britton
- "50 Days of Hope" Lynn Eib

### Videos:

- Forks Over Knives - Vegetarian vs. Meat & Dairy Documentary
- Food Inc. - Food Documentary
- Food Matters

### Top Apps:

- Sworkit Workouts
- Jesus Calling - Spiritual Devotions
- Bible Gateway
- The Blender Girl - Smoothies

### Body Care:

- Eminence
- Juice Beauty
- Avalon Organics
- Piper Wai Deoderant
- Desert Essence
- Coola Sunscreen
- Nail Polish-Zoya, Sparitual
- NYR Organic
- DoTerra Essential Oils

### Home Products:

- Water & Vinegar (1 part vinegar + 3 parts water)
- Dr. Bronners
- Citra Solv
- 7<sup>th</sup> Generation

### Websites:

- [www.BelieveBig.org](http://www.BelieveBig.org) (recipes, mistletoe)
- [www.KrisCarr.com](http://www.KrisCarr.com) (recipes)
- [www.alkalinesisters.com](http://www.alkalinesisters.com) (recipes)
- [www.chrisbeatcancer.com](http://www.chrisbeatcancer.com)
- [www.ewg.org](http://www.ewg.org) (Check product safety)
- [www.thrivemarket.com](http://www.thrivemarket.com) (Food & Products)
- <https://greenchef.com/invite/naqa6e> (Home delivery of fresh organic meals)
- <http://www.remissionnutrition.com> (Integrative Oncology Nutrition)

### Favorite Food Finds:

- Beyond Meat Crumbles (no soy)
- Just Mayo (Hampton Creek)
- Orgain Organic Plant Protein
- Wegman's Organic Grandpa's Sauce goes Vegetarian
- Vanilla Oat Milk or Coconut Milk
- Spectrum Coconut Oil Spray
- Canyon Bakehouse Gluten Free Bread
- Frozen Organic Brown Rice
- Organic Coffee Company One Cups for Keurig Machines (no plastic bottoms, just filters!)

### Helpful Kitchen Tools:

- Vitamix Blender (cancer patients receive a discount, contact Believe Big for referral)
- Stainless Steel Cookware
- Berkey Water Filter

### Favorite Cold/Flu Immune Boosters:

- Wellness Formula by Source Natural (Make sure to get the capsules & not caplets)
- Primal Defense by Garden of Life (capsules)
- Homeopathy (Sambucol, Boiron)
- Essential Oil Diffuser