

## HELPFUL RESOURCES

### BOOKS:

- “Radical Remission” Dr. Kelly Turner
- “The Metabolic Approach to Cancer”  
Dr. Nasha Winters, Jess Higgins Kelley
- “Ketogenic Kitchen” Kemp, Daly
- “The Cancer-Fighting Kitchen”  
Mat Edelson and Rebecca Katz
- “50 Days of Hope” Lynn Eib
- “One Word” Gordon, Britton, Page

### 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
- EWG + Healthy Living

### BODY CARE:

- Eminence
- Juice Beauty
- Avalon Organics
- Piper Wai Deodorant
- Coola Sunscreen
- Nail Polish-Zoya, Sparitual
- Teddie’s Organics
- DoTerra / Young Living Essential Oils

### HOME PRODUCTS:

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

### WEBSITES:

- [www.BelieveBig.org](http://www.BelieveBig.org)
- [www.optimalterrainconsulting.com](http://www.optimalterrainconsulting.com)
- [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)
- [www.remissionnutrition.com](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)
- Stainless Steel Cookware
- Berkey Water Filter
- Juicer

### FAVORITE COLD/FLU IMMUNE BOOSTERS:

- Wellness Formula by Source Natural
- Primal Defense by Garden of Life
- Host Defense by My Community
- Homeopathy (Sambucol, Boiron, Uriel)
- Essential Oil Diffuser



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

**Volunteer. Donate. Learn More.**

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