

### BOOKS:

- “Radical Remission” Dr. Kelly Turner
- “The Metabolic Approach to Cancer” Dr. Nasha Winters, Jess Higgins Kelley
- “One Word” Page, Gordon, Britton
- “50 Days of Hope” Lynn Eib
- “21 Day Sugar Detox” Diane Sanfilippo
- “Food Rules” Catherine Shanahan, MD
- “Fully Alive: Learning to Flourish--Mind, Body & Spirit” Susie Larson

### TOP APPS:

- Think Dirty-Shop Clean
- Jesus Calling - Spiritual Devotions
- Bible Gateway
- EWG + Healthy Living

### WEBSITES:

- [www.beliebig.org](http://www.beliebig.org)
- [www.drnasha.com](http://www.drnasha.com)
- [www.remissionnutrition.com](http://www.remissionnutrition.com)
- [www.alkalinesisters.com](http://www.alkalinesisters.com) (Recipes)
- [www.ewg.org](http://www.ewg.org) (Product safety)
- [www.thrivemarket.com](http://www.thrivemarket.com) (Food & Products)
- [www.drcowansgarden.com](http://www.drcowansgarden.com)
- [www.susielarson.com/daily-blessing](http://www.susielarson.com/daily-blessing) (Blessings)

### HOME PRODUCTS:

- Water & Vinegar (1 part vinegar + 3 parts water)
- Dr. Bronners
- Branch Basics
- Ecos
- 7th Generation
- Therapeutic Grade Essential Oils (recipes online)
- Wool Dryer Ball instead of dryer sheets

### BODY CARE:

- Eminence
- Good Stuff Botanicals – Gypsy Cream is Ivelisse’s Favorite!
- Vintage Traditions
- Primally Pure
- Avalon Organics
- Beautycounter
- Little Seed Farm/doTerra Deodorant
- Desert Essence
- Coola Sunscreen
- Nail Polish - Zoya, Dazzle Dry, AILA
- doTerra/Young Living Essential Oils
- Uriel Pharmacy

### HELPFUL TOOLS AND PRODUCTS:

- Vitamix Blender (cancer patients receive a discount, contact Believe Big for referral)
- Cast Iron or Stainless Steel Cookware
- Berkey Water Filter
- Juicer
- Joovv Light Therapy
- Klassy Network (Blue light blocking glasses)
- Essential Oil Diffuser
- Salt Lamp
- Live Plants such as English ivy, spider plants and ferns (Remove 87% of toxins from your home/work air)

### FAVORITE COLD/FLU IMMUNE BOOSTERS:

- Wellness Formula by Source Natural (Make sure to get the capsules & not the caplets)
- Host Defense by My Community
- Homeopathy (Sambucol, Boiron, Uriel)
- OnGaurd/Thieves Oil



**Believe Big**

Helping Families Navigate the Cancer Journey

### Volunteer. Donate. Learn More.

4821 Butler Road, Suite 1D | Glyndon, MD 21136  
888-317-5850 | [BelieveBig.org](http://BelieveBig.org)