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

WEBITES:
• www.BelieveBig.org
• www.optimalterrainconsulting.com
• www.KrisCarr.com - Recipes
• www.alkalinesisters.com - Recipes
• www.chrisbeatcancer.com
• www.ewg.org - Check product safety
• www.thrivemarket.com
• 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

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