

HELPFUL RESOURCES

BOOKS:

- “Mistletoe and the Emerging Future of Integrative Oncology” by Steven Johnson, Nasha Winters, Adam Blanning, Marion Debus, Paul Faust, Mark Hancock, Peter Hinderberger
- “How to Starve Cancer: ...and Then Kill It With Ferroptosis” Jane McLelland
- “Radical Hope” 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
- “Chris Beat Cancer: A Comprehensive Plan for Healing Naturally” Chris Wark

TOP APPS:

- Think Dirty-Shop Clean
- Jesus Calling - Spiritual Devotions
- Bible Gateway
- EWG + Healthy Living
- Chronometer
- One Minute Pause

WEBSITES:

- www.beliebig.org
- www.shopuriel.com
- www.us.fullscript.com (Discounted Supplements)
- www.remissionnutrition.com
- www.alkalinesisters.com (Recipes)
- www.ewg.org (Product safety)
- www.thrivemarket.com (Food & Products)
- www.drcowansgarden.com
- www.susielarson.com/daily-blessing (Blessings)

HOME PRODUCTS:

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

BODY CARE:

- Good Stuff Botanicals – Gypsy Cream is Ivelisse’s Favorite!
- Osmia
- Living Libations
- Maya Chia
- 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 (Solum Aesculus Body Oil & Aurum Lavendar Rose Cream (stress relief) are Ivelisse’s favorite!)

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:

- Host Defense by My Community
- MycoShield Immune Spray (fullscript)
- Homeopathy (Sambucol, Boiron, Uriel)
- OnGaurd/Thieves Oil
- Cough - Plantain Spruce Cough Syrup & Arhangelica Eucalyptus Ointment (Uriel Pharmacy)
- Chest Congestion - Plantain Beeswax Mild (Uriel)
- Sore Throat - Purple Coneflower Spray (Uriel)
- Nutritional IV’s (Myers Cocktail)

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