

Candida

What is Candida?

Candida albicans and candida tropicalis are the names given to common yeasts that live within our intestines and certain mucous membranes. Everyone has candida within them: we are born with it.

Candida is usually kept in check by the gastrointestinal "good" bacteria and the immune system, but trouble can arise when certain conditions are present. It is in the presence of these conditions that candida can begin growing out of control in the intestines, branching out and colonizing the gut. In this process, candida can eat away at the intestinal walls, spread into the bloodstream, and infiltrate other tissues.

What are the Symptoms?

- Extreme Fatigue (especially after eating)
- Craving for breads and sugars
- Extreme mood swings
- Feeling of rage
- Food Allergies & Intolerances
- Foggy Brain
- Menstrual Irregularities
- Fungal infections of nails/skin
- Athlete's foot
- Weight gain or weight loss
- Ear infections
- Itchy ear and/or skin
- Blurred vision
- Muscle Aches
- Frequent Urination
- Migraines
- Thrush
- Cystitis
- Bloating & gassiness after eating
- Diarrhea and/or constipation
- Hypoglycemia
- Hay fever
- Sinusitis
- Asthma
- Itchy anus
- Insomnia
- Sensitivity to perfume, smoke, chemicals
- White coating on tongue

What are the Causes?

Usage of contraceptive pill or HRT
Prolong or repeated use of antibiotics (kills the good bacteria)
Diets high in sugars
Repressed immune system from medication or disease
Diabetes
Low stomach acidity
Improper bowel movements
Stress

Diet

Fruits - Only Apples, Pears and berries in moderation (low glycemic only)

Nuts - Almonds only (no other nuts)

Seeds - sunflower, pumpkin, sesame, flax seed

Fish - any type

Meats - antibiotic free beef, chicken and pork products (Trader Joes has antibiotic free bacon and ham)

Grains - brown rice, quinoa, buckwheat, millet (no wheat)

Vegetables - all vegetables (limit potatoes, yams, sweet potatoes, mushrooms to no more than 2 times per week)

Condiments - Mayonnaise in moderation (use veganaise) (no vinegar or vinegar base products like catsup, mustard etc)

Salad Dressing - make own with olive oil and lemon (see recipe below)

Beverages - Almond or rice milk, herb teas such (Symp,cho and pau d' arco are especially good)

Water - Drink lots of water to flush out toxins

The Candida Eating Guide

MEAT, FISH, DAIRY AND EGGS:

Eggs	Tuna
Halibut	Goat kefir
Salmon	Goat yogurt
Sardines	Buffalo
Turkey	Lamb
Chicken	Herring
Cod	Shrimp
FRUITS:	
Avocado	Lemons
Apples	Limes
Pears	Coconut
Limes	

Inflammation is the cause of nearly all disease – Here's how to prevent it

by Jonathan Benson, staff writer

(NaturalNews) Persistent, systemic inflammation is at the root of practically all known chronic health conditions, including everything from rheumatoid arthritis and high cholesterol to dementia and cancer. These conditions are not necessarily inevitable, and neither is chronic inflammation, but you have to know what lifestyle and dietary steps to take in order to avoid them, many of which are fairly simple and straightforward.

There are literally hundreds of illnesses caused by chronic inflammation that modern medicine has classified as unique and unrelated, when in fact they are all products of the same underlying imbalances inside the body. When the root causes of these imbalances are properly addressed, in other words, chronic illness in general stands a far less chance of taking hold than if left to run its natural course.

"Inflammation is your body's response to stress -- whether from your diet, lifestyle or environment," says a 2006 article by *Body Ecology*. "Think of what happens when you catch a cold. You may experience inflammation in the form of a fever as your body heats up to eradicate the effects of the invading virus."

"This kind of inflammation is good, but the modern epidemic of chronic, low-grade inflammation destroys the balance in your body. When your body's systems experience a constant inflammatory response, you become more susceptible to aging and disease."

And what are some of the primary causes of chronic inflammation? Excessive stress, poor diet that lacks vitamins and minerals, environmental toxicity, not drinking enough clean water, lack of sleep, and lack of exercise all contribute to low levels of chronic inflammation that often go undetected for many years until disease finally emerges.

The Standard American Diet (SAD), which is high in simple carbohydrates and refined sugars, is another major contributor to disease-causing inflammation, as is lack of natural sunlight exposure and routine inactivity. Failing to consume enough cleansing foods as part of a normal diet is another contributing factor to chronic inflammation, as cells and blood must be continually purified with the help of nutrient-dense foods and herbs in order to prevent a chronic inflammatory response.

How to fight chronic inflammation and prevent disease

So what can you do to help avoid chronic inflammation and resultant disease? Here are a few simple guidelines:

- **Drink plenty of clean, fluoride-free water** - Pure, mineral-rich water is the most basic, yet one of the most powerful, anti-inflammatory nutrient that you can feed your body. Drinking naturally high-pH water from mineral sources will not only help to alkalize your body, which will prevent disease from taking hold, but will also purify your blood and cleanse toxins from the body.
- **Eat plenty of fermented foods** - Kombucha tea, kefir, sauerkraut, yogurt, fermented vegetables, and apple cider vinegar are all excellent examples of probiotic-rich superfoods that will help to populate your gut with beneficial bacteria, and ensure that your digestive tract

remains healthy and well-functioning. Fermented foods and beverages also help prevent harmful pathogens from taking hold within the body.

- **Cut out the carbs and omega-6 oils, and eat plenty of healthy, saturated fats** - The average American doctor would probably cringe at this advice, but saturated fats like those found in butter and fat from grass-fed animals, as well as In coconut and palm oils, are actually beneficial for your health, while carbohydrates and oils rich in omega-6 fatty acids are heavy promoters of disease-causing Inflammation. Your best bet is to skip the low-fat diet and start eating more healthy fats in combination with mineral and enzyme-rich whole foods.

- **Get plenty of natural sunlight exposure** - The vitamin D hormone plays a critical role in regulating Immune function, as well as preventing the onset of chronic illness. A powerful, natural anti-Inflammatory, vitamin D Is easily accessible through natural sunlight exposure or supplementation, and it is one of the most powerful interventions for deterring inflammation.

To learn more, visit: <http://bodyecology.com>

Sources for this article include:

<http://bodyecology.com>

http://www.naturalnews.com/035069_low_fat_diet_myths_weight_loss.html

DISEASE PREVENTION

Inflammation is the number one cause of death and the number one cause of the metabolic problems that affect so many people. Heart disease, cancer, strokes, diabetes, Alzheimer's, arthritis, fibromyalgia, irritable bowel syndrome, osteoporosis and degenerative joint disease just to name a few. Chronic low level inflammation interferes with our body's ability to function properly, setting us up for disease. High level inflammation causes us to feel pain.

Let's look at the primary foods that increase inflammation.

Grains which are high in omega 6 fats. When whole grains are processed into finely ground powder, the fiber and nutrition are stripped away, leaving a product that causes a major blood sugar spike and is empty of nutritional value.

Sugar. Sugar increases inflammation and accelerates the degenerative process. Artificial sweeteners are especially dangerous. When sugar stays in the blood and can't get into the cell, it easily causes something called "Glycation" to occur. Glycation is the process of sugars binding to proteins and fats and causing an aging effect on every cell.

Dairy. Milk is the worst, plain yogurt is the least inflammatory (as long as it's antibiotic free, hormone-free and you do not have dairy sensitivities).

Fats. Fats are key when it comes to inflammation. Most of us have been programmed to think all fats are evil but this is not true. Fats contain special nutrients such as vitamins D, A, E, K, B12, omega 3's and more. Vitamin D and A are very important in helping your body through inflammatory processes and in allowing hormones to do their job. Omega 3's are important in that they allow hormones to send a signal across a cell membrane to make an action happen. Saturated fats (such as butter and eggs) are excellent sources of healthy fat as long as they are coming from grass-fed sources. The dangerous fats include: Trans fats or Hydrogenated fats. Unsaturated fats can convert to Trans/Hydrogenated fats however Saturated fats CANNOT be altered into Trans fats. It is vital that you understand this concept.

These harmful Trans-fats are in thousands of food products; virtually everything in a box, most processed foods, commercial breads, frozen dinners, salad dressings and margarines. These fats cause brittle cell walls and do not allow the right nutrients in, the right waste products out, or the right communication between cells. Our cellular health is the very foundation of our health.

HOW TO GET SICK

(From “The Maker’s Diet” by Jordan Rubin)

- 1. Stay out of the sun.**

The sun is vital to human health. The human skin uses the energy from the sun to manufacture vitamin D for the body. What is unhealthy is exposure to sunlight with the diets we consume. Rex Russell, M.D. notes that when sunlight activates the phyto-chemicals in healthy foods, consumption of these foods not only blocks the harmful effects of the UV rays, but they also produce “antiviral, antibacterial, and anticancer components, as well as pest repellents.”
- 2. Go to bed after midnight**

The more hours that you can sleep before midnight, the better off you will be. From biblical times to just before the Industrial Revolution, people used to go to sleep and rise with the setting and rising of the sun. This is the natural way to link your peak activity to the body’s natural hormonal rhythms.
- 3. Never let them see you sweat**

Any attempt to artificially prevent perspiration is very unhealthy because perspiration is the Maker’s method of safely cooling the body while excreting numerous toxins. Suppressing this natural sweat response in your underarms or others areas blocks the body’s cleansing process and the natural flow of the lymphatic system.
- 4. Take megavitamins**

The use of massive amounts of vitamins and minerals is very unnatural – especially the popular and cheap synthetic brands sold in retail stores. Vitamins and minerals that have not been incorporated into an organic matrix – a natural food form containing all necessary cofactors – may actually be very harmful to the body.
- 5. Use fluoride toothpaste and mouthwash, and drink fluoridated water.**

Fluoride is extremely poisonous – especially the salt-based form used in toothpaste and mouthwash. Choose nonfluoridated alternatives for oral hygiene and be safe.
- 6. Use artificial sweeteners and avoid sugars**

As bad as sugar can be in its various forms, artificial sweeteners are the worst. Some are downright deadly because of their carcinogenic properties and their use in such high-volume products as diet soft drinks and sugar-free foods. Renowned diabetes expert Dr. H. J. Roberts believes there is a clear scientific link between aspartame and increased incidence of brain

tumors, seizure disorders, chronic headaches, and hyperactivity in children.

7. Shower every day, but don't bathe (take a bath)

Excessive showering- even in the purest water-can actually rob your hair and body of the natural oils. It can also alter your body's pH (especially if you're using certain alkaline shampoos and soaps as well as the added problem of heavily chlorinated public water supplies)

8. Swim in chlorinated pools (and drink and shower with chlorinated water)

Chlorine is an effective bacteria killer, although some strains of bacteria are developing a resistance to chlorine. Unfortunately, chlorine is an indiscriminate killer that kills both friendly and unfriendly bacteria. It also eats through lead pipes, corrodes most metals, and harms cells and DNA strands in virtually every living thing it touches.

9. Don't breast feed your baby

Mothers, consider breastfeeding your children if you don't want them to risk the trauma of numerous childhood disease and if you don't want to pay the hospital bills. It will also reduce your risk of developing breast cancer by 25%, and it may lower the risk of postpartum depression. Mother's milk is the Maker's perfect food for babies delivered in the close bonds of maternal intimacy.

10. Get tattoos

Scripture warns against piercing the skin (Leviticus 19:28). Body piercing and tattoos can easily introduce potentially deadly infections and toxic foreign substances into the body and bloodstream.

11. Get all your immunization shots

Despite massive media and government public relations campaigns to the contrary, certain childhood immunizations may pose considerable risks to children. Most adults today received one to five immunizations in childhood, but schoolchildren today receive an average of 22 or more immunizations-most of them administered while the brain and nervous system are still developing!

12. Travel in airplanes often

Some people who spend a lot of time at high altitudes experience problems with infertility and oxygen production in the body. Some researchers believe the atmospheric pressures and radiation to which airplane travelers are exposed are the equivalent of hundreds of CAT scans and pose the greatest oxidative stress on the human body. (Who wants to be trapped in a small room with hundreds of sneezing, coughing people?)

13. Expose yourself often to electromagnetic energy

Everywhere you go, you run into electromagnetic fields (EMFs) from television sets, microwave ovens, cell phones, and local media transmission towers. Studies conducted over the last two decades imply possible associations of EMFs with miscarriages, birth defects, leukemia, brain cancers, breast cancers, and lymphomas. CAT scans and MRIs expose us to especially high levels of EMFs. One MRI delivers radiation equal to one hundred conventional x-rays. Cell phones may pose dangers to brain tissues due to the close proximity of delicate brain tissue to powerful EMF transmitters.

14. Use a lot of skin care products, cosmetics, hair care products, nail care products, soaps, perfumes, shaving cream, suntan lotion, and antibacterial soaps.

Beware of skin care products that cause harm by destroying the skin's natural pH and by introducing dangerous toxins to the body. Avoid products containing DEA or TEA-these ingredients often contain carcinogenic nitrosamine impurities. Toluene, a neurotoxic substance that triggers asthma attacks and causes asthma in previously unaffected people, was found in every fragrance sample tested by the EPA in 1991. Antibacterial soaps, most of them contain triclosan, which may be absorbed through the skin and pose a risk to the liver.

15. Take lots of medication

Every medicine has a side effect. Much of the prescription activity in the US perpetuates health problems by treating symptoms rather than their root causes. Meds like antibiotics, oral contraceptives and corticosteroids may cause major problems with the gastrointestinal terrain, the immune system, cause liver problems and alter enzyme function.

16. Get your cavities filled with mercury

Mercury is a heavy metal toxin. According to an independent non-profit watchdog agency, vapor released continuously from mercury fillings in your mouth can produce "neurological and psychiatric symptoms such as depression, irritability, exaggerated response to stimulation, excessive shyness, insomnia, emotional instability, forgetfulness, confusion and vasomotor disturbances such as excessive perspiration and uncontrolled blushing. Tremors are also common in individuals exposed to mercury vapor."

17. Do aerobic exercise

I believe regular exercise is a strong need for our bodies however high intensity aerobic exercise producing a very high elevated heart rate for long periods of time through vigorous exercise such as jogging or running on hard surfaces is essentially unnatural to the body. Exercise as the body was designed to, by incorporating the principles of Functional Fitness (more on this in a later lesson)

- 18. Wear contact lenses and receive implants of other foreign objects such as silicone breast implants**
These products offer certain conveniences and cosmetic benefits, but remember that they are still foreign substances that the Maker never intended for us to inset into the human body.
- 19. Live in a toxic home with toxic paint, carpet, mold, paraffin candles**
You could fill a small library with the books and official research reports written on this subject. Do some research if you or your family suffer from allergies or unexplained physical symptoms. Many of these products contain highly toxic materials such as formaldehyde, chloroform, lead vapor, arsenic and countless other toxins.
- 20. Wear synthetic fabrics**
The Maker's natural fibers produce the ideal clothing for the human body. Such natural fibers as wool and cotton are far better for the human body because they "breathe" and are better suited to handling human perspiration while preserving balanced body temperatures in hot or cold climates. Synthetic fibers often come from petroleum-based resins and other unnatural sources.
- 21. Breathe with shallow breaths**
The Maker gave you two lungs with an amazing air capacity. Unfortunately, most of us use only a fraction of our lung capacity, and we suffer for it. The body (and the brain and nervous system in particular) thrives on abundant oxygen. Breathe from the abdomen or "belly" instead of from the chest.
- 22. Swallow your food without chewing well (or at all)**
Chewing is extremely important to proper digestion. The chewing reflex signals the body to release saliva containing the salivary enzyme ptyalin, a form of amylase, which begins to break down carbohydrates. The ultimate goal of the process is to deliver food to the stomach in a liquid state.
- 23. Use plastic food storage products, the popular food wraps, and re-use plastic drinking bottles**
Plastic products release or leach carcinogenic toxins into foods. The toxicity is increased when foods contain high amounts of water or when they are highly acidic. Do not use plastic water bottles more than twice at the most.
- 24. Eat grocery store produce and processed foods treated with pesticides, herbicides, animal growth hormones, and antibiotics (don't forget hybridized, irradiated, and genetically altered foods)**

This pretty much speaks for itself. All of these treatments come with a variety of health issues and side effects. This topic will be discussed in greater length and detail in lessons to come.

25. Wear tight underclothing

The body's lymph system is absolutely crucial to the immune system. It is the first line of defense against cancer cells, toxins, and viral and bacterial attacks. Lymph nodes that are compressed or blocked by tight underclothing such as bras or other tight clothing may not allow the lymph system to be properly cleansed. Women should not wear bras to bed.

26. Undergo surgery to remove “unnecessary body parts”

It was a common medical myth years ago that it was best for children to have their tonsils removed. This myth has been disproved and discarded, but other equally arrogant myths persist about the supposedly useless appendix. The truth is that the appendix and the tonsils are lymphoid tissues serving a very necessary purpose. If it was there when you were born, chances are your Maker intended for it to stay there until you die. Besides, you take your life in your hands every time you agree to enter a hospital for surgery. The risk of infection, surgical error, surgical complications, or dangerous drug interaction may be far greater than most of the problems you face outside of the hospital.

27. Visit your medical doctor often

While we should be thankful for all the wonderful medical breakthroughs and excellent emergency medical care available in this country, you might want to know that according to the “Journal of the American Medical Association”, doctors are the 3rd leading cause of death in the U.S., causing 250,000 deaths every year.

SUPPLEMENTS

Omega 3 Fish Oil – Nordic Naturals 1000-3000 mg daily with meals. This is anti-inflammatory, good for skin, hair, nails, eyes, cardiovascular and cholesterol, brain function including mood and memory, depression, anxiety, aggression, emotional outbursts, attention, focus, joint lubrication, weight management, and immune system health. The EPA component of Omega 3 is an important precursor to the production of beneficial hormones called eicosanoids, which have much to do with our feelings of well-being. Pharmaceutical companies are currently working on new formulas incorporating Omega 3's to treat even bipolar disorder and borderline personality disorders. It is essential for optimal brain function and extremely beneficial for healthy child development before and after birth. Supports the entire body!

Vitamin D3 – Liquid form is best 2000 to 5000 iu's daily. Also builds healthy cell walls, supports immune system to fight against viruses, bacteria, helps prevent over 20 types of cancer, assists the blood sugar system by helping us use insulin more efficiently and is crucial for proper calcium metabolism and bone health. 85% of Americans are deficient in this vital nutrient.

Antioxidants – Help stop free radical damage to cells, DNA, and decrease the inflammation that free radical damage causes. Important in maintaining health, slowing the aging process and good for the skin. Vitamins C (1000mg per day) and E (with tocotrienols, as directed on bottle) Alpha Lipoic Acid (600 to 1200 mg daily) CoQ10 (100-300mg daily).

Magnesium – Up to 1000mg a day. This is another major deficiency in our society (nearly 90%). Magnesium helps relax muscles, great for cramping, muscle spasms, muscle pain, restless leg issues, headaches, sleep, heart health, bone building, stress, anxiety, and focus.

Probiotics – Natural Factors, Garden of Life brands (refrigerated brands are best) Kombucha teas (many flavors to choose from, GT's or Synergy brands are good).

Keep your system as alkaline as possible. Remember, cancers and other diseases thrive in an acidic environment. Eat lots of veggies! Green drinks also help (Vitamineral green brand) powder or capsules. Make your smoothies with spinach and other veggies then add a little fruit or stevia to sweeten for taste. Pea protein is a good source for your smoothies.

EXERCISE

We cannot leave out this important and necessary component of our health. Fortunately it's not as hard as it sounds and we can make time for it when it only requires approximately 20 minutes a day. Walking is a great exercise with intermittent bursts of weight bearing exercises such as squats, lunges, sit ups, push ups etc. For more specific information look up "Burst Training" on the internet or visit www.danielplan.com/healthyhabits/bursttraining. This is an excellent method of exercise that is doable for almost everyone with little to no risk of injury. Of course always consult your physician if you have any physical limitations or health issues. Always stay hydrated and go at your own pace and be sure to take a day of rest. Even God did that!

FASTING PRAYER

There are so many wonderful examples in God's word about fasting and prayer. Just one of them is found in Matthew 6:16-18 "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. But you, when you fast, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you." Within these verses we see that fasting is a command and there is also a promise given for when we do what the Father asks of us. There are many different types and lengths of fasts noted in the Word as well. Water fasts, full fasts, and partial fasts. The duration of a fast can vary from 3 days, 7 days, 21 days and 40 days but there are also references to half day fasts and 24 hour fasts. Fasting is like a spring cleaning for your body. It gives your digestive system a break and medically speaking, that is very healthy. You may experience a headache or even flu like symptoms the first couple of days. This is the toxins leaving your body. It should disappear by the 3rd day. If you can get passed that (with plenty of water to flush it out) you will experience a lighter and clearer feeling. Use this time to find a deeper place with the Lord as you pray and focus on His Word. Fasting is NOT a "Christian diet". It should be done with a purpose. If it doesn't mean anything to you, it doesn't mean anything to God.

Be prepared/equipped – Satan is very intentional in choosing his tactics. He knows where we are weak. He desires to lure us away from God in any way he can. "The cravings of the sinful man, the lust of his eyes, and the boasting of what he has or does." Satan used all 3 tactics on Eve. She didn't walk away and give herself time to really consider her choices (prayer). She didn't consult Adam (accountability). She didn't consider the truth of what God had clearly instructed (truth). She focused only on the object of her obsession. Food is not the enemy here, Satan is and his strategic plan is to render us ineffective or at least sluggish for the cause of Christ. When we're defeated and stuck in issues of the flesh, it's really hard to fully and passionately follow hard after God. So, lest we start mourning what will be lost, we must celebrate all that's being gained through this process. What if this whole journey of getting healthy could be more about what we're gaining than what we're losing? Food isn't sinful but when the enemy uses it to send messages like "you will never be able to get free from this battle, you deserve it, everyone else is eating this way, etc etc, then it becomes some level of bondage. So set yourself up for success by carrying healthy snacks so if you get into a situation where you can't get to healthy choices, you always have something with you. Try to eat at least one "living" food with every meal and snack.

TRANSITIONING

The most important thing to remember is how much God loves us and gives us grace when we stumble. This is a process and not a one time "event" so be patient and try not to get overwhelmed. Remember our identity and security is in Christ and if we've gone through steps for healing our soul and spirit, we will have a better understanding of our value no matter what food choices we make. I John 3:1 "How

great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

Nutrition, which is food's purpose, means consuming proper portions of healthy choices that enable our bodies to function properly. Idolatry, in the case of food, means the consumption of ill-sized portions and unhealthy choices because we feel like we deserve it or need it to feel better. Expecting anything outside the will of God to satisfy us is idolatry.

This journey needs to become something we deeply WANT to do as a lifestyle. It is a decision of the will. We need to replace the lie that says "I deserve that treat" and ask "why" do I want that? To fill (or feel) something emotionally or physically? Can I choose a healthier option? Do I need to walk away, or choose to fast that meal? Gal. 5:16 "So I say, live by the Spirit and you will not gratify the desires of the sinful nature." When we "choose" to make wiser choices and use self control and submit our will over to God, our hearts will feel closer to Jesus and more pure to receive what He wants for us each day as opposed to feeling we've dishonored Him for our poor choices (conviction).

Product	Brand Name	Stores- TJ, M, HEN, WF
Almond/Peanut Butter-Organic	Maranatha, TJ Organic	M, HEN, WF
Bacon, Pork (nitrite free)	Pederson, Nieman Ranch, www.grasslandbeef.com	M, WF, TJ
Bagels	Alvarado	M, WF
English Muffins	Food for Life	M, WF
Bread, Sprouted	Food for Life (Ezekiel), Alvarado	M, HEN, TJ, WF
Bread, other	Rudys, Food for Life Millet (gluten free), French Meadows Sourdough Rye, Oasis Breads	M, WF
Broth, Chicken	Imagine Foods (gluten free)	M, WF, TJ, HEN
Buns, Hamburger, Hot Dog	Food for Life, Rudys	M, WF, HEN
Butter (pastured or raw)	Organic Valley Pasture, Organic Pastures Raw	M, WF, TJ, HEN
Cereal, Hot	Cream of Buckwheat, Arrowhead Mills 7-Grain wheat-free, Arrowhead Mills Whole Oat Groats, McCann's oatmeal, Bob's Redmill Cream of rice,	M, WF, HEN
Cheese (Preferably raw)	Alta Dena Sonnet Farms, Trader Joe's Brand, Organic Pastures	M, WF, TJ, HEN
Chicken(Fresh, frozen, deli) (antibiotic free)	Rocky Range, Rosie, Smart Chicken, Trader Joe's Brand	M, WF, HEN, TJ
Coffee Alternatives	Java Teechino, Yerba Mate, Green Tea	M, HEN, WF
Crackers	HolGrain brown rice, Barbara's Right Rounds, Hain's, Wasa, Mary's Gone Crackers	M, WF, HEN
Deli Meats (nitrite free)	Diestel, deli section of Whole Foods, Applegate Farms	TJ, M, WF, HEN
Dressing, Salad	Follow Your Heart, Annie's Bragg's	M, HEN, WF
Eggs, Fertile/Organic	Nutrifresh, Chino Valley Ranchers, Trader Joe's, CDM Farmers Market	M, TJ, WF, HEN
Flour Products	Arrowhead Mills, Bob's Redmill	M, WF, HEN
Frozen Meals	Amy's, Cascadian Farms stir fry, Edamame stir fry blends	M, WF, HEN
Goat Milk Products	Redwood Hill Farm yogurt, kefir, Alta Dena, Sonnet Farms Cheese	M, HEN, WF
Hot Dogs (chicken/turkey)	Sheltons, Rocky Range, Applegate Farms	M, WF, HEN

Ice Cream/Sorbet	Stonyfield Farms, Ben and Jerry, Trader Joe's Brand, Good Karma (gluten/dairy free)	HEN, M, TJ, WF
Jelly	Cascadian Farms	M, WF, HEN, TJ
Ketchup	Muir Glen	M, HEN, WF
Mayonnaise/Vegannaise	Follow Your Heart(purple)	M, HEN, WF
Milk (Raw)	Claravale, Organic Pastures	M, WF, HEN
Oils-Cooking	Extra Virgin Organic Coconut, Ghee	SHC, M
Oils-Salad	Any organic olive oil, virgin, cold pressed, in dark bottle	M, WF, HEN
Pancake Mix, Gluten Free	Bob's Redmill, Rice Baking Mix, Pamela	M, WF, HEN
Pasta	Deboles Artichoke Pasta	M, WF, HEN
Pasta-Gluten Free	TJ Rice or Deboles Rice, Tinkyada Rice	M, HEN, WF, TJ
Pasta Sauce	Muir Glen	M, WF
Red Meat (grass-fed is the healthiest)	Mannings, Coleman Harris, Delivered to your home: www.grasslandbeef.com	WF, HEN, Bristol Farms, Celestinos, Hershey's Market
Salt	REALSALT- contains valuable minerals, Himalayan Salt	M, WF, HEN
Sausage Sweet Italian-turkey, chicken		HEN, M
Seafood (Wild not farmed)	Whole Foods, Santa Monica Seafood	WF, M, HEN
Soda Alternatives	Kombucha, Coconut water	M, WF
Soy Ice Cream	Soy Delicious, Good Karma	M, WF, HEN
Tea, Herbal	Eden Bancha Green Tea, Yogi Tea, Traditional Medicinals	M, WF, HEN
Tortillas-Sprouted, Hemp Tortillas	Alvarado, Food for Life, French Meadow	M, WF, TJ
Turkey (fresh, frozen, deli)	Shelton's, Rocky Range, Diestel,	M, WF, HEN
Vegetables, frozen	Cascadian Farms, Edamame Soy Beans	M, WF, TJ
Waffles, Gluten-free	Lifestream Hemp, Flax Seed, Buckwheat	M, WF, HEN
Yogurt	Strauss, Stonyfield Farms, Alta Dena Organic, , Brown Cow, Redwood Hills Farm	M, WF, HEN

*TJ- Trader Joes M- Mothers, WF- Whole Foods, HEN- Henrys