

## RESOURCES – Water, Foods, Equipment, cleaning, cookware, storage

Not everything on this list will be appropriate for you especially the foods, but I may have suggested something specific for your plan in the links below

Water Filters		Link
Britta Water Filter	Basic, will not remove as many impurities as the ones below	Amazon, supermarkets etc
BottlePro Bottle	This is a bottle with a filter that you drink from directly. Takes a little sucking power as the water is filtered as you suck, but I like this one, the filters last for 2 months also. You can get these at discount from The Natural Dispensary and replacement filters (comes in green or black).	<a href="https://naturaldispensary.co.uk/products/BottlePro_Green_Water_Filter_Included-10007781-0.html">https://naturaldispensary.co.uk/products/BottlePro_Green_Water_Filter_Included-10007781-0.html</a>
Black & Blum Charcoal Water Filter Sticks	Traditional Japanese way of filtering water. Need to leave the sticks in for a certain number of hours for them to filter. This set of sticks will last 6 months	Amazon
Zero Water Jug	Zero Water (filters are about £15 per month) – purchase from Amazon –This water tastes very nice.	You can purchase these jugs on Amazon also at discount on the Natural Dispensary and also the replacement filters. Removes all toxins and minerals
Phox Glass Jug	Will need to purchase regular filters	<a href="https://www.phoxwater.com/">https://www.phoxwater.com/</a>
Berkley	Expensive option – large metal filter tank	<a href="https://berkey-waterfilters.co.uk/">https://berkey-waterfilters.co.uk/</a>

Foods		Link
Short grain	The original rice. This rice holds much more moisture.	Buywholefoods online (from their website <a href="https://www.buywholefoodsonline.co.uk/">https://www.buywholefoodsonline.co.uk/</a> or Amazon) or Wholefood Earth <a href="https://www.amazon.co.uk/dp/B08GDFR1ZB?ref=nb_sb_ss_w_as-reorder_k8_1_6&amp;amp=&amp;crd=1ZJ3AOR1DC68E&amp;amp=&amp;srefix=short+">https://www.amazon.co.uk/dp/B08GDFR1ZB?ref=nb_sb_ss_w_as-reorder_k8_1_6&amp;amp=&amp;crd=1ZJ3AOR1DC68E&amp;amp=&amp;srefix=short+</a>
Sea vegetables (nori)	Seaweed sprinkles, sea veg crispies, sushi roll	<a href="https://www.clearspring.co.uk/">https://www.clearspring.co.uk/</a>
Organic cold pressed unrefined sunflower oil	If specifically recommended in your plan for omega 6 and vitamin E	<a href="https://www.clearspring.co.uk/products/organic-sunflower-oil?_pos=9&amp;_sid=603c2f555&amp;_ss=r">https://www.clearspring.co.uk/products/organic-sunflower-oil?_pos=9&amp;_sid=603c2f555&amp;_ss=r</a>
Fermented foods	Only if I have suggested these so far in your plan – your gut may need healing first	<a href="https://www.therealfoodcompany.org.uk">https://www.therealfoodcompany.org.uk</a>

Sauerkraut	Only if I have suggested these so far in your plan – your gut may need healing first	Hurly Burley (plain or with ginger, garlic & turmeric). Available from Ocado, Waitrose, Able & Cole. <a href="http://www.hurlyburlyfoods.com">www.hurlyburlyfoods.com</a>  Sauerkraut also available from <a href="http://www.lauriesfoods.co.uk">www.lauriesfoods.co.uk</a>
Goat's milk kefir	Only if I have said this is appropriate for you. Goat's milk or probiotics may not be appropriate for you at this time	<a href="https://www.chucklinggoat.co.uk/product/live-goats-milk-kefir/">https://www.chucklinggoat.co.uk/product/live-goats-milk-kefir/</a>
Ground seed, oats easy mixes / toppings Protein overnight oats + chia, and protein powders	<ul style="list-style-type: none"> <li>• Organic hemp protein + with flaxseed, chia seed, broccoli &amp; spinach powder</li> <li>• Organic hemp protein + with flaxseed, chia seed, cocoa and beetroot powder</li> <li>• Protein overnight oats + chia, oats, plant protein (3 flavours)</li> </ul>	<a href="https://linwoodshealthfoods.com/shop/?currency=GBP">https://linwoodshealthfoods.com/shop/?currency=GBP</a>
Energy balls	I do not recommend all their snacks, some are high in sugar <ul style="list-style-type: none"> <li>• Peanut butter &amp; raspberry energy balls</li> <li>• Peanut butter &amp; cacao energy balls</li> <li>• Almond &amp; blueberry protein ball</li> <li>• Cashew &amp; ginger energy ball</li> </ul>	<a href="http://www.deliciouslyella.com">www.deliciouslyella.com</a>
Ready to eat rice, grains, beans, lentils	These are more suitable for Blood Type A <ul style="list-style-type: none"> <li>• Champagne lentils (simply cooked)</li> <li>• Puglia lentils with truffle infused oil</li> <li>• Beluga lentils (simply cooked)</li> <li>• British quinoa &amp; wholegrain rice (simply cooked) Puy lentils (simply cooked)</li> <li>• Quinoa (red &amp; white) (simply cooked)</li> <li>• Rainbow rice &amp; green lentils (simply cooked)</li> <li>• Superseeds with quinoa and chia (simply cooked)</li> <li>• Wholegrain rice &amp; seaweed (simply cooked)</li> </ul>	<a href="http://www.merchant-gourmet.com">www.merchant-gourmet.com</a>

<b>Breakfast</b>	Remember though that you want a <b>protein-rich breakfast</b> . These foods may not sustain your blood sugar until lunch time on their own	
Quinoa flakes	Revital wholefoods organic quinoa flakes	www.revital.co.uk
Buckwheat flakes	Revital wholefoods organic buckwheat flakes	www.revital.co.uk
Millet flakes	Planet Organic organic millet flakes	Planet Organic organic gluten-free oats
Gluten-free oats		www.planetorganic.com

Flour	<p>Flours other than wheat that you may wish to try could include buckwheat flour, coconut flour, brown rice flour, almond flour, quinoa. Cornflour and arrowroot can be helpful in making / thickening sauces.</p> <p>Other flour alternatives (basically ground plants) include chickpea flour, tapioca / cassava flour, soya flour, maize flour, peanut flour, amaranth flour, azuki bean flour, teff flour, lupin flour, chestnut flour, tiger nut flour,</p> <p>Blood type O however should be limiting grains. <b>All products made with flour will raise blood glucose levels quickly</b></p>	<p>Most of these are available on Buywholefoodsonline <a href="https://www.buywholefoodsonline.co.uk/search?search=FLOUR">https://www.buywholefoodsonline.co.uk/search?search=FLOUR</a></p>
Nuts and seeds, herbs and spices	Buywholefoods online are a great resources for these	www.buywholefoodsonline.co.uk/

<b>Breads</b>	While reducing your dependence on bread. <b>Gluten-free breads are not good options long terms because of the additives. They are processed foods</b>	
Biona	Millet wholegrain bread Rice wholegrain bread Rice & sunflower wholegrain bread	Amazon or their website <a href="https://biona.co.uk/">https://biona.co.uk/</a>
Gluten free bread, sourdough	Delivered gluten free ready-made loaves to buy online	<a href="https://www.mygfbakery.com/">https://www.mygfbakery.com/</a>

	Also, gluten free sourdough mixes including pizza bases, flatbread, loaf for you to easily mix and bake at home	
Sunshine Bakery Sourdough bread wheat free	Available with your discount from The Natural Dispensary	<a href="https://naturaldispensary.co.uk/products/Sourdough_Bread_Wheat_Free-10008460-0.html">https://naturaldispensary.co.uk/products/Sourdough_Bread_Wheat_Free-10008460-0.html</a>
Dillon Organic Bread	5 different mixtures. Available from The Natural Dispensary with your discount or from Amazon, or Able & Cole.	<a href="https://naturaldispensary.co.uk/products/Tocopherol_Tocotrienol_Complex_300mg_60_s-20495-234.html?query=dillon&amp;brand_cid=&amp;brand_name=&amp;search=full&amp;view_more=no&amp;logged_in=no&amp;page=0">https://naturaldispensary.co.uk/products/Tocopherol_Tocotrienol_Complex_300mg_60_s-20495-234.html?query=dillon&amp;brand_cid=&amp;brand_name=&amp;search=full&amp;view_more=no&amp;logged_in=no&amp;page=0</a>
Seedful Loaf		<a href="https://www.seedful.co.uk/">https://www.seedful.co.uk/</a> - limited selection also available on Amazon
Omega Seeded loaf – recipe on my website	Recipe to make is on the recipe page	<a href="https://www.gutfeelings.uk/Recipes">https://www.gutfeelings.uk/Recipes</a>
Oat Soda Bread - recipe on my website	Recipe to make is on the recipe page	<a href="https://www.gutfeelings.uk/Recipes">https://www.gutfeelings.uk/Recipes</a>
Bakery by Knife & Fork		<a href="https://knifeandforkbakery.co.uk/?fbclid=IwAR1-QadAJmrylx0tDBm4R7ReoAFxAtdGQ7mGARyIKRaVCD9RDnOXAF3Z6AM">https://knifeandforkbakery.co.uk/?fbclid=IwAR1-QadAJmrylx0tDBm4R7ReoAFxAtdGQ7mGARyIKRaVCD9RDnOXAF3Z6AM</a>

Equipment		Link
Coffee, bean, nut, spice grinder	For grinding chia seeds, flaxseeds, nuts into flour	Andrew James Grinder from Amazon <a href="https://www.amazon.co.uk/gp/product/B005FFT9B6/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&amp;th=1">https://www.amazon.co.uk/gp/product/B005FFT9B6/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&amp;th=1</a>

Chemical Free		Link
Helpful Website	This is a great resource for finding out about the chemicals in your cosmetics and other harmful chemicals. They produce annually what is called the “Clean Green and the Dirty Dozen” fruit and vegetables, so if you can’t afford much organic food, you could eat non organic “clean green” foods, but make sure you buy organic “Dirty Dozen” foods	<a href="https://www.ewg.org/">https://www.ewg.org/</a>
Ego Egg – laundry (powder & liquid free)	Does 70 washes, then you buy a refill This is what I use	<a href="https://www.amazon.co.uk/Ecoegg-Fragrance-Free-70-Washes/dp/B07Y2N9Z6B/ref=sr_1_5?dchild=1&amp;keywords=eco+egg+fragrance+free&amp;qid=1633353070&amp;sr=8-5">https://www.amazon.co.uk/Ecoegg-Fragrance-Free-70-Washes/dp/B07Y2N9Z6B/ref=sr_1_5?dchild=1&amp;keywords=eco+egg+fragrance+free&amp;qid=1633353070&amp;sr=8-5</a>

Dryer laundry egg	<u>Unscented Ecoegg Dryer Eggs</u>	<a href="https://www.amazon.co.uk/Ecoegg-Dryer-Eggs-Fragrance-Free/dp/B00W0V7OPO/ref=sr_1_6?dchild=1&amp;keywords=eco+egg+fragrance+free&amp;qid=1633353128&amp;sr=8-6">https://www.amazon.co.uk/Ecoegg-Dryer-Eggs-Fragrance-Free/dp/B00W0V7OPO/ref=sr_1_6?dchild=1&amp;keywords=eco+egg+fragrance+free&amp;qid=1633353128&amp;sr=8-6</a>
Wool tumble dryer balls	Softens linen & reduced drying time	Lots of different makes available on Amazon
Wilson's Eco Washing up liquid	This is one of my favourites (other scents are available) – you can purchase via your account any time on the Natural Dispensary. Also on Amazon	<a href="https://naturaldispensary.co.uk/products/Washing_Up_Liquid_Lemon_Myrtle_500ml-10011952-0.html">https://naturaldispensary.co.uk/products/Washing_Up_Liquid_Lemon_Myrtle_500ml-10011952-0.html</a>
Ecoleaf	Washing up liquid, laundry detergent, fabric conditioner dishwasher tablets, toilet cleaner, multi surface cleaner	Amazon
Best natural cleaning	Use bicarbonate of soda, white vinegar spray, and lemon juice. If you want a scent add in lemon essential oil or lavender essential oil	Ingredients are widely available on Amazon
Reusable kitchen roll	Can be washed 85 times	<a href="https://www.peacewiththewild.co.uk/product/reusable-bamboo-towels/">https://www.peacewiththewild.co.uk/product/reusable-bamboo-towels/</a>

<b>Cookware</b>	<b>Avoid conventional Teflon coated pans.</b>	
The Always Pan	Many “pans” in one, but smaller options also available and cooking pot	<a href="https://fromourplace.co.uk/products/always-essential-cooking-pan">https://fromourplace.co.uk/products/always-essential-cooking-pan</a>
Greenpan		<a href="https://www.greenpan.co.uk/shop/">https://www.greenpan.co.uk/shop/</a>
Glass - Visions		<a href="https://www.concepthousewares.co.uk/visions">https://www.concepthousewares.co.uk/visions</a>
Le Creuset	Great pans, but heavy	<a href="http://www.lecreuset.co.uk">www.lecreuset.co.uk</a>

Storage & Wrapping	These company has some great products, including non-toxic food storage products including Ecoleaf compostable cling film, organic cotton food wrap, reusable/ washable kitchen roll	<a href="https://www.ethicalsuperstore.com/">https://www.ethicalsuperstore.com/</a> <a href="https://www.peacewiththewild.co.uk/">https://www.peacewiththewild.co.uk/</a>
Glass storage jars and bottles	Ditch the Tupperware and plastic storage and store in glass instead.	Lots of options on Amazon. Ikea also sell a good range. Kilner glass jars, or similar, are great for storing seeds, nuts, herbs, rice etc
Organic cotton wool pads		<a href="https://www.amazon.co.uk/dp/B00PFV6N28?ref=nb_sb_ss_w_as-ontype-md_k2_11_19&amp;camp=&amp;crd=261BPSV77BUFW&amp;camp=&amp;srefix=organic+cotton+wool">https://www.amazon.co.uk/dp/B00PFV6N28?ref=nb_sb_ss_w_as-ontype-md_k2_11_19&amp;camp=&amp;crd=261BPSV77BUFW&amp;camp=&amp;srefix=organic+cotton+wool</a>

Organic cotton wool balls		Available on Amazon
Organic cotton or muslin face cloths		Available on Amazon
Organic hair colour		<a href="https://www.oway.it/en/products/color-and-shape/">https://www.oway.it/en/products/color-and-shape/</a>
Personal Care	<p>Sukin have a nice range of cleansers, lotions, creams etc which are available with your Discount on the Natural Dispensary</p> <p>I like Tisserand's Skin Rescue essential oil face cream (it smells amazing) – there is a small travel size and larger size. They also have a nice range of hand creams, bath products and massage oils.</p> <p><i>I do not recommend their body or hand washes though as they contain sulfates which strip the skin of oils and dry the skin.</i></p>	<p><a href="https://naturaldispensary.co.uk/catalog/Sukin-601-1.html">https://naturaldispensary.co.uk/catalog/Sukin-601-1.html</a></p> <p><a href="http://www.tisserand.com">www.tisserand.com</a></p>
Nail Varnish & Remover	<p><i>Benecos</i></p> <p>Vegan and plant based with a unique 20-FREE formula. These nail polishes are free from 20 synthetic and harmful ingredients. The air and water permeable formula is enriched with French apple seed oil and biotin to nourish and hydrate the nails, perfect for a long-lasting manicure.</p> <p><i>London Grace Nail Polish –21 FREE formula, vegan, cruelty free, econ friendly.</i></p>	<p>Available at discount on the Natural Dispensary</p> <p>This is the Benecos main website <a href="https://benecos.uk/shop-1/nails">https://benecos.uk/shop-1/nails</a></p> <p>A selection of London Grace nail polish is available on the Natural Dispensary with your discount</p> <p>This is the main London Grace website <a href="https://londongracepolish.com/pages/about-us">https://londongracepolish.com/pages/about-us</a></p>

<p>Natural Soaps Solid shampoo Facial cleansing bar</p>	<p>As a previous soap maker I am pretty fussy about my soaps and I would only use a cold processed traditional method soap.</p> <p>One of my favourite companies is The Little Soap Company. They also have unperfumed soaps for sensitive skin. I particularly love their Citrus &amp; Lavender.</p> <p>They also produce natural shampoo bars and facial cleanser bars, which are fabulous.</p>	<p>This is their website but you can also purchase their products on Amazon. <a href="https://www.littlesoapcompany.co.uk/">https://www.littlesoapcompany.co.uk/</a></p>
<p>Deodorant – aluminium free</p>	<p>Pit-rok, Green People, Urtekram</p> <p>Tisserand deodorants with essential oils – 5 wonderful blends</p>	<p>The Natural Dispensary</p> <p><a href="https://www.tisserand.com/?ywcas=1&amp;post_type=product&amp;lang=en_GB&amp;s=deodorant">https://www.tisserand.com/?ywcas=1&amp;post_type=product&amp;lang=en_GB&amp;s=deodorant</a></p>
<p>Natural &amp; cruelty free cleansing pads, make up, personal care</p>	<p>Good selection of natural make up, skin care, deodorant sticks, soaps,</p>	<p><a href="https://www.peacewiththewild.co.uk/">https://www.peacewiththewild.co.uk/</a></p>
<p>Fluoride-free Toothpaste</p>	<p>Splat Calcimax (Amazon) – cheapest option Dentalcidin Revitin</p> <p>Dentalcidin and Revitin were created by well known Biological / Holistic Dentists – they are expensive but good. You only need a pea sized amount of toothpaste on your brush, it is actually the brushing that does most of the work.</p>	<p><a href="https://www.amazon.co.uk/gp/product/B0725M67F1/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&amp;th=1">https://www.amazon.co.uk/gp/product/B0725M67F1/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&amp;th=1</a></p> <p><a href="https://www.amritanutrition.co.uk/products/dentalcidin-90ml">https://www.amritanutrition.co.uk/products/dentalcidin-90ml</a></p>

## Reducing Toxins

Toxin Exposure. We can do a huge amount to improve our health and take the burden off our liver and kidneys, simply by addressing our toxic exposure. Health is often about how many toxins we are exposed to versus how effective we are at eliminating them. Our bodies were never designed to have to detoxify all of huge amount of chemicals we are expecting it to get rid of these days.

Toxins include:

- Solvents, hydrocarbons, cleaning materials, pesticides, herbicides, fertilisers, food additives, PCBs (plastics), vehicle exhaust fumes, combustion products.
- Cosmetics and personal care products (whatever you put on your skin is the fastest way in), fumigants and disinfectants, plasticisers, outgassing from plastics and fabrics, medical drugs (do not however stop any prescribed medications), illicit drugs, heavy metals (e.g. mercury, aluminium, lead), dental materials, Teflon, water supply contaminants (many contaminants, especially oestrogen / hormones which is why filtering water is important), tobacco smoke, alcohol, our exposure to veterinary drugs via the food chain but even exposure to animal's flea collars etc.
- Weather, physical effects of the seasons, geopathic stress, volcanoes, dust, biological allergens, noise is a huge "pollutant" these days, EMF (electromagnetic frequency / Wifi), air pollution.
- Physiological / emotional – toxic emotions.

Gradually try and reduce the use of plastics and cling film for storage cooking, swap for glass instead – plastics can compromise the endocrine (hormone) system. Aluminium is present in almost everyone on a hair mineral test so avoid the use in cooking and aluminium pan, Teflon or non-stick pans are also highly toxic. Swap chemical-based cleaning materials for more Eco-friendly options.

Gradually swap your personal care products for ones with less chemicals such as removing sodium lauryl (or laureth) sulphate or parabens or dramatically reduce your products.

There are also a lot of toxins in household mould, new cars, new furniture, carpets, paint. Artificial fragrance, such as perfumes on the body or in candles, sprays, reed diffusers also the candles themselves unless they are soya or beeswax. The more we can reduce of these, the less burden there is on the liver to detoxify other things such as metabolic waste e.g., hormones, histamine etc.