

biodynamic wellness

Optimal Wellness through Real Food & Nutritional Therapy

Non-Toxic Personal Care Products

Baby Care (skin and hair)

- Weleda

Deodorant

- Aubrey Organics
- Dr. Hauschka
- Herbal Clear
- Nature's Gate Organics
- Real Purity
- Terra Naturals
- Vital Image

Facial Care

- Aubrey Organics
- Dr. Hauschka
- Eminence Organics
- evanhealy
- Super Salve
- Vital Image
- Weleda

Feminine Protection

- Dioxin-free pads and tampons, like Natracare

Hair Care

Color

- Aveda Color Conditioners
- Aubrey Organics
- Goldwell Elumen
- Herbatint
- Light Mountain Henna
- Morrocco Method, International
- Surya Brasil Henna

Shampoo & Conditioner

- Aubrey Organics
- CWS
- John Masters

- Miessence
- Pure & Simple
- Real Purity
- Terra Naturals

Lips

- Dr. Hauschka
- Hemp Organics
- Honey House Propolis Salve (Honey Gardens)
- John Masters Organics Lip Calm
- Real Purity
- Super Salve Lipsticks
- Unpetroleum Terra Tints

Lotion

- AromaBella
- Aubrey Organics
- Coconut oil, organic and unrefined
- Dr. Hauschka
- evanhealy Shea Butter (our office)
- Miessence
- Royal Labs
- Vital Image Oil
- Weleda

Make-up

- Aubrey Organics
- Dr. Hauschka
- EccoBella
- Lavera
- Miessence
- Paul Penders
- Super Salve



Mosquito Repellent

- All Terrain
- Solvarone (our office)
- TerraShield (our office)

Nail Polish

- None; buff for a natural shine
- Conventional nail polish consists of greater than 50% toluene (known carcinogen), formaldehyde (known carcinogen) and phthalate (endocrine disruptor) resins. Even the formaldehyde-free, toluene-free and phthalate-free alternative brands contain toxic isopropyl alcohol and other synthetic chemicals.

Shaving Cream

- Affusion Skin Care
- Kiss My Face
- Real Purity
- Vital Image

Soap

- Aubrey Organics
- Dr. Bronner's
- Ecco Bella
- Vital Image
- Young Living

Sunscreen

- All Terrain
- Aubrey
- Badger
- California Baby
- John Masters Organic
- Pure Organic Shea Butter (has a mild 5 to 6 SPF)
- Reflect Outdoor Balm (Annie's Organic)

Toothpaste

- Baking soda & Celtic sea salt or Himalayan salt (equal portions)
- Homefresh
- Peelu
- Tooth Soap

Non-Toxic Cleaning Products

Cleaning Products

- Borax
- BioKleen
- Branch Basics
- Bon Ami
- Charlie's Soap
- Country Save
- Earth Friendly
- Ecover

Make Your Own

Though it takes time and a little planning, you can make your own cleaner out of non-toxic readily available ingredients and save money. Recipes are available online. Here are a few common ingredients:

- **Castile soap** – Dr. Bronner's castile soap because it is sage and effective for both personal and household usage. Examples include shampoo, body wash, shaving cream, laundry soap, grout cleaner, toothpaste, hand soap, pet shampoo, floor cleaner, and more.
- **Baking soda** – Scours, scrubs, deodorizes, and cleans.
- **Lemon juice** – Kills most bacteria due to its high acidity
- **Hydrogen peroxide** – cleaning countertops



Housewares

Cookware

- Le Creuset (enamel cast iron)
- Saladmaster (titanium) <http://vibrantblossom.com>

Juicers (see www.discountjuicers.com for best price)

- Angel
- Champion
- Green Star or Green Power
- Samson

Dehydrator (available through our office)

- The Sausage Maker D-5 and D-10
- American Harvest Gardenmaster

Lacto-Fermented Vegetables System

- Pickl-it

Water Purification System

- 2PureH2O (available through our office); see futurewatertoday.com for video
- Sweetwater Water Purification (cleanairpurewater.com and let James know we sent you)

Whole House Chloramine Filters

- PerforMax (available through our office)

Chloramine filters for showerheads and bathtubs (use this when whole house chloramine filter is not an option)

- Rainshow'r (www.rainshowermfg.com)

Gapalicious

For iPhone users, be sure to check out the Gapalicious app.
<http://www.gapalicious.com/gapalicious-iphone-app/>

