
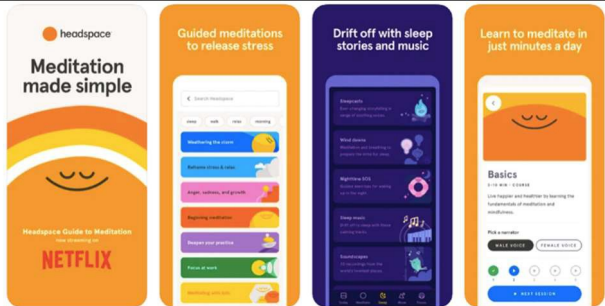
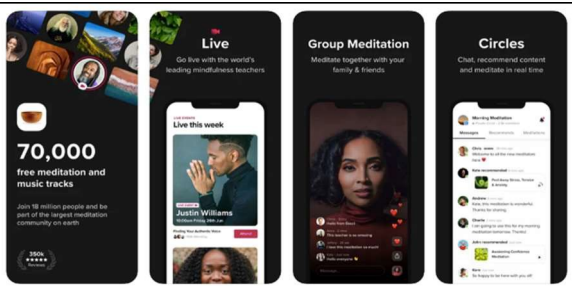
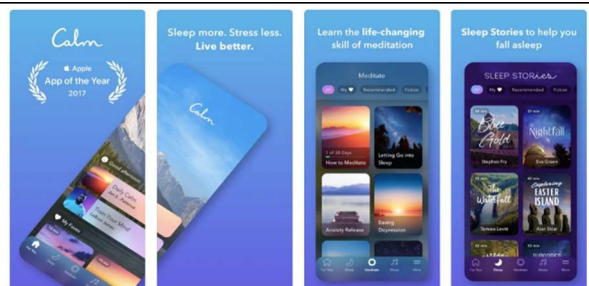


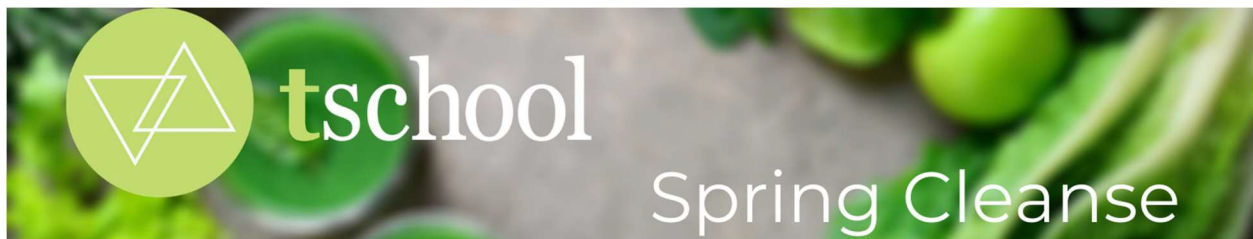


RESOURCES

Mindfulness is such a hot topic that there are a plethora of helpful apps to help you practice. I've curated a few of my favorites for you to review. Click on the pics to access and see if any of them resonate with you. Many offer free access with paid upgrades.

| | |
|---|--|
|  <p>A STOIC'S JOURNAL</p> |  <p>VERY POPULAR</p> |
|  <p>HUGE DATA BASE WITH SUBSCRIPTION</p> |  <p>USER FRIENDLY</p> |
|  <p>EMOTIONAL AWARENESS</p> |  <p>RECORD YOUR OWN AFFIRMATIONS</p> |



RESOURCES

FOR THE HOME

WATER FILTERS

Best Faucet Attachment

[PUR Faucet Water Filtration System at Amazon](#)

Best Whole-House System

[Aquasana Whole House Water Filter System at Amazon](#)

Best Small Pitcher (6 cups)

[ZeroWater 6-Cup Water Filter Pitcher at Amazon](#)

Best Large Pitcher (12 cups)

[Brita 12-Cup Stream Filter Pitcher at Amazon](#)

AIR PURIFIERS

[Blue Pure 211+ Air Purifier](#)

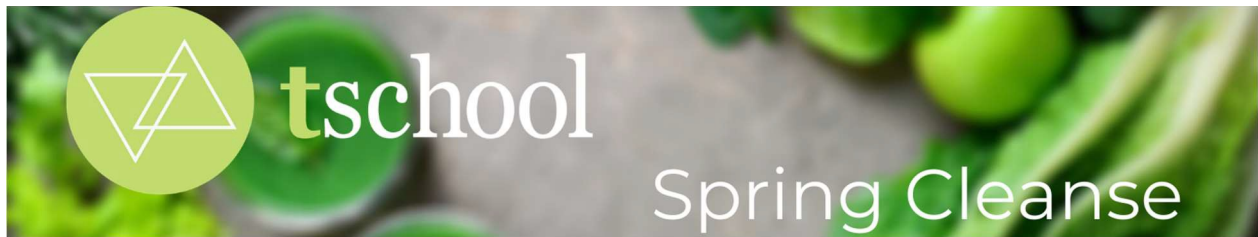
Its three-part filtration system (one each for fabric, particles, and carbon particles) claims to clear up to 99% of common airborne pollutants. Designed to cover up to 540 square feet, and very quiet.

[Mighty Air Purifier](#)

An Amazon favorite, this model has an LED light that constantly indicates how clean or dirty the air is. It's built to purify the air in up to 361 square feet. There are various fan speeds, timers, and an eco-mode that claims to automatically save energy when it doesn't detect air pollution for 30 minutes.

[True HEPA Allergen Remover Air Purifier](#)

Honeywell's air purifier comes in five different sizes, to target rooms ranging from small (75 square feet) to extra-large (465 square feet). The largest version claims to remove up to 99.97% of super tiny airborne particles (including viruses). This HEPA-certified air purifier is great for allergies because it can remove fine particles and common allergens from the air.



PERSONAL CARE

[Dry Brush](#) via Whole Foods

[Tongue scraper](#) via Amazon

[Rebounder](#) via Ebay (but can get on Amazon as well)

[Local Infrared Sauna](#) @ Centered Spirit

[Colon Hydrotherapy Center](#) in Overland Park

[Lymphatic Massage with Kim Rash](#) @ Sage Chiropractic

TOP 3 EWG APPROVED SKIN CARE AND COSMETICS LINES

[Beauty Counter](#) (Lisa Kiene is a sales rep)

[100% Pure Natural Beauty](#)

[Rejuva Minerals](#)

And one of my personal favorites, [BLISSOMA BOTANICALS](#), is made in St. Louis and available via Monica @ KCFACE in Brookside

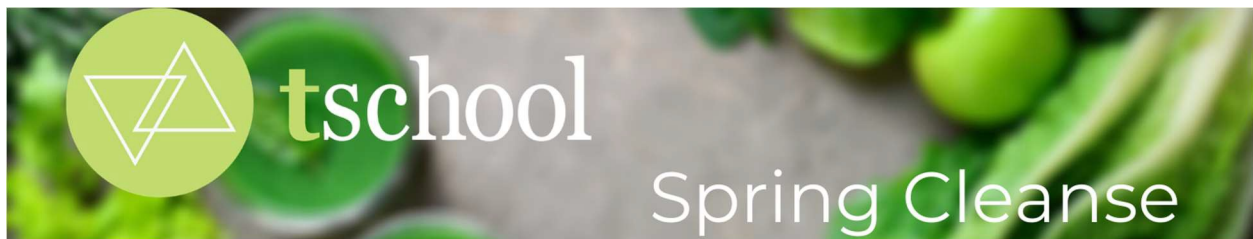
[THE LOCAL CLEANSE](#) is a great KC handmade custom handmade organic soaps, salts, scrubs, lotion bars, balms, bombs, candles, and more. Text Erin @ 816 616 4197.

GET SMART

[EWG Healthy Living App](#) Take inventory of your house and beauty products with this search and scan app.

[Water Reminder App](#) This app helps you to calculate, how much water your body needs, track your hydration and gently remind you to drink water to fulfill your goal.

[Pillow Sleep App](#) **Track** the quality and quantity of your precious sleep.



SUPPLEMENTS

Supplements are powerful agents and should not be taken without the care and supervision of your physician or health care professional. They are meant to compliment not substitute the abundant nutrients you access and absorb through eating healthy, whole foods.

Milk Thistle (silymarin)

Available in teas, capsules, powders, and extracts, milk thistle is the most commonly used herbal supplement in the U.S. for liver support. Silymarin has antioxidant and anti-inflammatory effects that may help the liver repair itself after being damaged by toxins. You can purchase in pill form, but I prefer to drink in [teas](#).

Turmeric

This spice has been shown to offer several health benefits, including helping liver detoxification. Turmeric is full of essential minerals, including magnesium, potassium, and calcium. It's also an excellent source of fiber, vitamin B6 and zinc, and contains healthy amounts of vitamin C and magnesium. Research also suggests that turmeric may be helpful in treating inflammatory bowel diseases, lowering cholesterol levels, supporting cardiovascular health, relieving indigestion, and improving liver function. A good brand is [Curcum-Evail@](#) by Designs for Health.

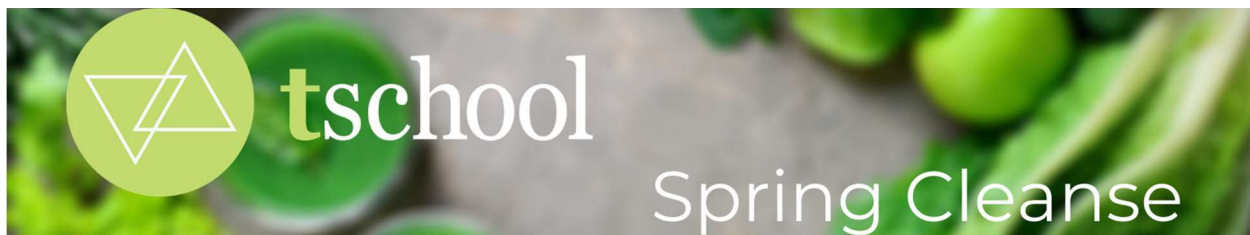
Dandelion

Most homeowners hate the dandelion, but this flower, and its root, are actually packed with vitamins and minerals. Dandelion root has a natural diuretic effect, allowing your liver to more quickly eliminate toxins. Burdock root is another option in the same plant family as dandelions that can help detox your system by cleansing the blood, therefore helping to support liver function. Like milk thistle, both dandelion root and burdock root can be taken in both supplement form and, as a [detox tea](#).

Glutathione

Glutathione, known as the 'master antioxidant', been shown to help eliminate toxins from cells and to protect against the damaging effects of radiation, chemicals, and environmental pollutants. It also has the ability to enhance the performance of other antioxidants, making it a good idea to sell glutathione with other antioxidants. Glutathione can be depleted by poor diet, pollution, toxins, radiation, and stress. The best form is liposomal glutathione. A good brand is [Pure Encapsulations](#).

Best overall: [Liver GI Detox by Pure Encapsulations](#) (has all of the above or their precursors and more)



SUPPLEMENTS

ELIMINATION SUPPORT

Magnesium Citrate

Nearly 50 percent of Americans fail to eat enough magnesium in their diet. On top of that, our stressful lives and other health conditions may deplete our body of this important mineral. Magnesium is an essential mineral that plays an essential role in over 300 functions in the body including hormone balance, thyroid function, estrogen detoxification, and balancing blood sugar. Taken in the citrate form, magnesium is a gentle way to soften stools and support elimination. [KAL brand](#) or [CALM powder](#) are good ones.

SLEEP SUPPORT

Magnesium Glycinate

In this case, the magnesium is combined with an amino acid called glycine. Glycine works alongside many neurotransmitters (chemicals in your brain), like GABA, to promote feelings of calm. Glycine may also improve sleep quality and promote a healthy circadian rhythm. like the [KAL brandC](#) as well via Amazon.

L-Theanine

L-theanine is an amino acid that can positively impact the key neurotransmitters (brain chemical messengers) involved with stress, sleep, mood, focus, and memory.

L-theanine enhances the production of the neurotransmitter's dopamine and serotonin, and also appears to play a role in the formation of GABA – a neurotransmitter that acts like a "brake" during times of stress. Because serotonin converts to melatonin in the pineal gland in your brain, improving serotonin levels ultimately results in improved melatonin levels, which in turn supports restful sleep. You can get via green tea, but I take this one before I go to bed: [Theanine Serene](#).

Mellow Mojo

Mellow Mojo is a doctor-designed, 3-in-1 sleep drink engineering to boost your immune system, calm racing thoughts and rapidly induce slow-wave sleep; Say goodbye to insomnia and hello to calm sleep! Contains 2 mg of Melatonin - enough to drift off, but not enough to inhibit natural production; Also contains 3 powerful stacks to help provide relief from anxiety, support hormonal & adrenal balance, and induce natural sleep.

Designed by a biochemist / molecular biologist, this powder includes GABA, Zinc and Vitamins C & D, which promote healthy sleeping without zapping all of your energy the next morning. You can get it via [Amazon](#).