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Resources for Healthy Products

Kvass (raw juice from fermented beets)- FabFerments.com

RAW Sauerkraut – Immunitrition.com; Whole Foods stores

Large glass jars to make it - ULINE.com (1-800-295-5510)

Raw goat's milk (delicious!!) - Herb Hill Farm, Andover, MA (for humans); Answerspetfood.com (for pets)

Olive Oil - KofinasOliveOil.com (Cincinnati, OH)

Suet for making tallow for skin rashes and cooking:

Brookfordfarminfo@gmail.com (Brookford Farm in NH)

Blackdiamondmeats.com (540-641-2518 – Bill)

Grass-fed organic meat - Walden Local Meat company (Lincoln, MA)

Pete and Jen's Backyard Birds (Concord, MA, call Verrill Farm in Concord for info); Brookford Farm, NH

Organic produce delivered around the Boston area - Boston Organics

Lindentree Farm, Lincoln, MA 781-259-1259

Weston A Price chapters – go to www.westonaprice.org for list;

members have experience/knowledge in many health areas!

Yogurt starters, kefir starters – Culturesforhealth.com

Mini-loaf pans for making almond bread – Williams-Sonoma.com

(Stainless steel coated with ceramic)

Glass loaf baking dishes and food storage dishes – Target, WalMart, Kohl's and many other department stores; I finally found mini-loaf pans that were not aluminum at Williams-Sonoma.com (stainless steel coated with enamel)

BioKult probiotic – Dr. Nancy Campbell-McBride recommends this probiotic she helped develop once the body is ready for stronger probiotic (after raw sauerkraut, kvass, yogurt and kefir) ; GAPSdiet.com, Amazon.com