



brand favorites

key cellular nutrition



By now, I think just about everyone has heard about toxins.

They're all around us; that's true.

Before you assume that you've detoxified your life, you might want to think about the most common sources of toxicity that people often forget to consider.

It doesn't matter how many steps you take to improve your health. If you're still continually exposed to toxins, you won't be truly well. That's why everyone can benefit from taking a closer look at the possible toxins in their lives.

This guide is designed to help you do just that.

Instead of sitting at the computer spending hours Googling different products and ingredients, you can use this guide to help you purchase nontoxic products. Whether it's makeup, household cleaners, or body wash, there are superior choices you can make.

Use this guide to help you navigate the many available choices!



This health journey has been amazing and I have to tell you, it works! I have lost 25 pounds, the bloating I felt after eating is gone, my blood pressure is the best it's been in years (back in the normal range), inflammation is gone and I have felt an emotional lift as my health has improved. I am so grateful to Dr. Bill Cole for creating this program.

-Karen M.

CHA Team Favorites

Body Soap

Dr. Bronner's Pure Castile Soap
Everyone
Kiss My Face
Lemongrass Spa
One With Nature - Dead Sea Soap
Pacha Soap
Tropical Traditions
Young Living

Deodorant

Black Chicken Remedies Axilla
Dr. Lily Ros Organics
Native
PiperWai
Primal Pit Paste
Primally Pure
Schmidt's
Stinkbug

Makeup

100 Percent Pure
Beautycounter
Cocokind
Honeybee Gardens
Mineral Fusion
Thrive Causemetics
Young Living - Savvy Minerals

Essential Oils

BARE
do-TERRA
Vibrant Blue
Young Living

Oral Health

Earthpaste
Frau Fowler
JA-SÖN
OraWellness
Weleda Salt Toothpaste
Young Living - Thieves AromaBright

Shampoo & Conditioner

365 by Whole Foods Market
Acure
Cove Castile Soaps for face, body, & shampoo.
Add 2 oz. honey for every 8 oz. of Castile soap for shampoo. Add 2 oz. honey for every 8 oz. of ACV for conditioner.
Everyone
Griffin Remedy
Intelligent Nutrients
Shea Moisture
Young Living



"This program really changed the way I look at nutrition, and for me, it was the missing ingredient to get back to health. My body pains subsided, then vanished. I can walk up the stairs with no problem and have more energy. The knowledge you get from this program is invaluable. The structure of the program was excellent and there was so much support throughout! I have immense admiration for Dr. Bill Cole for putting this program together. It couldn't have been done if he didn't have a personal goal to bring healing to others and I hope other people will choose this healing journey as I have."
-Carolina T.

CHA Team Favorites

Skin Care Products

100 Percent Pure
 Alaffia Everyday Shea
 Annmarie Gianni
 Beautycounter
 Buffalo Gal Grassfed Beauty
 Cocokind
 do-TERRA
 earth mama Organics - Baby
 Griffin Remedy
 Honeybee Gardens
 Lemongrass Spa
 Mad Hippie
 Mineral Fusion
 MyChelle Dermaceuticals
 NOW - Jojoba Oil
 Primal Life Organics
 Primally Pure Body Oil
 RosehipPLUS
 Suzanne Organics
 Thayers Alcohol - Free Witch Hazel
 Thrive Causemetics
 Touds and Co Organics
 Young Living - Savvy Minerals

Cleaning Products

Aleppo Soap
 ATTITUDE
 biokleen
 Branch Basics
 Dr. Bronner's Pure Castile Soap
 ECOS
 Homemade Laundry Butter
Google for recipes
 Homemade Laundry Detergent
Mix up 1 part Zote Soap Flakes, 2 parts Borax, 2 parts washing soda and 15-20 drops lemon essential oil (or EO of your choice). Use 1 heaping tablespoon for normal washes. Use 2 heaping tablespoons for extra dirty or large loads.
 HoneyBerry Naturals
 Molly's Suds
 MyGreenFills
 Norwex
 Seventh Generation
 Tru Earth
 White vinegar
 Young Living Thieves

Water Filters

Berkey Filter
 Enagic's Kangen Water

FOOD BRANDS:

Bone Broth

Bonafide Provisions
 Butcher's
 Osso Good

CHA Team Favorites

Cheese Alternatives (Nutritional Yeast)

Anthony's Goods
Bob's Red Mill
Bragg
Frontier Co-op
Simply Organic
Starwest Botanicals

Chocolate Alternatives (Carob Powder)

Anthony's Goods
Blue Mountain Organics
Terrasoul
The Australian Carob Co.

Coconut Aminos (soy sauce replacement)

Coconut Secret
Thrive Market
Trader Joe's Organic

Coconut Milk

Aroy-D
Jiva Organics
Native Forest Simple
Nature's Greatest Foods
Trader Joe's Organic

Coconut Oil

Kirkland (Costco brand)
Nutiva
Thrive Market
Tropical Traditions

Coconut Butter/ Coconut Manna

Jiva Organics
Kevala
Nutiva
Thrive Market
Tropical Traditions

Coffee Alternatives

Coffig
Starwest Botanicals - Chicory Root
Teeccino - Dark Roast Tea

Collagen Protein Powder

Ancient Nutrition
Further Food
Great Lakes Gelatin Company
LiveWell

Flour Alternatives (Cassava Flour)

Ancient Nutrition
Further Food
Great Lakes Gelatin Company
LiveWell

CHA Team Favorites

Flour Alternatives (Coconut Flour)

Anthony's Goods
Bob's Red Mill
Terrasoul
Thrive Market

Flour Alternatives (Tigernut Flour)

Anthony's Goods
Iya Foods
Kate Naturals
Organic Gemini

Ghee

Ancient Organics
Carrington Farms
Fourth & Heart
Organic Valley
Pure Indian Foods

Nut Butter Alternatives

ROOTs - Tigernut Butter

Salad Dressing

Bragg
KC Natural

Seasonings

KC Natural
Paleo Powder - AIP Seasoning
Primal Palate - AIP Blends

Wraps/Shells

Nuco
Siete
Thrive Market

Yogurt Alternatives

Anita's
COYO
GT's Cocoyo

FOOD DELIVERY SERVICES:

Grocery

Shop AIP
Thrive Market

Meals

Paleo-On-the-Go
Pete's Paleo

Meats

ButcherBox
Crowd Cow
Grass Roots Farmers' Cooperative
(GRFC)
Moink Box

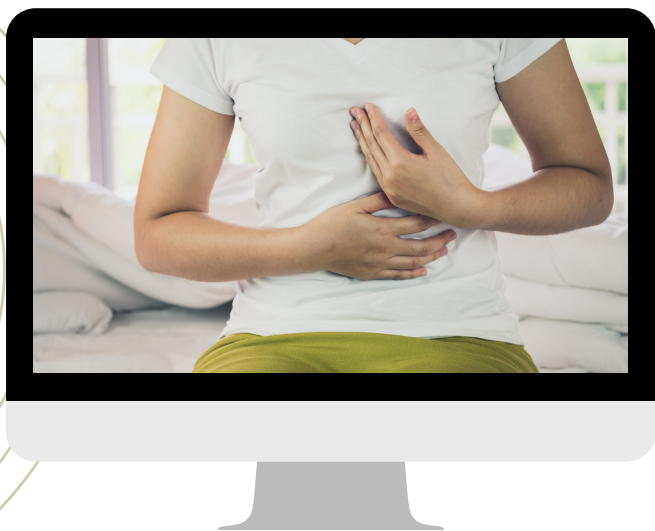


Y'all, I am just so full of joy I cannot wait to share.

I wake up feeling good! I have energy and my creative self is coming back. And **today I fit into size 16 pants for the first time since before my youngest daughter was born- 21 freaking years ago!!** I threw my plus size catalogs into the trash!!! **I am down exactly 40 pounds since the start of this, and I don't feel like I'm doing anything special to merit the weight and inches coming off.....it feels Good to eat well, and I don't need near as much food as I used to think I did. I'm hoping for a few more pounds down before my last checkin on December 6. I had several issues in the beginning, and didn't even exercise for the first two months. I am beyond ecstatic tonight- I feel like I won the biggest prize imaginable- I guess that's what returning to health feels like. Stay with the plan as best as you can. Is it worth it?? You Betcha!!**

Suzanne L.B

key cellular
NUTRITION



Having trouble with heartburn?

Watch the **FREE TRAINING** & learn to regain control of your health

[Click Here!](#)