

🌸 Appendix II: Products and Vendors 🌸

The below list of vendors and products is not meant to be exhaustive, but rather it is a list of some of the “hidden gems” we have found that help us survive and thrive while combining AIP, low FODMAP, and GAPS. The Weston A. Price Foundation (see *Appendix I* under “General Health”) publishes a yearly list of good quality products and vendors that respect our bodies and the Earth. We get most of our food from our local farmers, Trader Joe’s, Thrive Market, and Costco, though when I have lived in more rural areas, I did more online shopping.

NB: Just because these products work well for various members of my family, doesn’t mean they are right for yours. They are all good products, but not all comply with GAPS, AIP, or the low-FODMAP diet and every body is different, anyhow.

We are finally living in a place where we can grow a lot of our own food and keep chickens. It is a lot of work and probably doesn’t save that much money, but it is very life-giving as my family loves to be outside in the dirt and it seems that every child, and possibly every human loves to care for growing things.

FOODS AND BRANDS

Cosmic Bliss: Let’s keep our priorities straight and start with dessert. This is hands-down the best dairy-free ice cream I’ve ever had. Available at health food stores and some grocery stores including Wegmans.

Cocojune: A decadent and carefully crafted coconut yogurt. The “pure coconut” flavor has just coconut, water, cassava and cultures. Available at Mom’s Organic Market, Whole Foods, and Wegmans.

Epic Brand Oven Baked Pork Rinds: They have lots of flavors but we stick with the “Pink Himalayan + Sea Salt” flavor which contains only pork skins and salt. Epic Brand is generally committed to raising animals properly, but their pork skin comes from “a blend of organic, non-GMO, pastured, and pork raised without

antibiotics,” according to EpicProvisions.com, so we don’t go overboard with theses. Still, these are a great way to switch up the snack menu.

Foods to Live: I buy their sprouted organic sunflower and pumpkin seeds to make seed butter for Jason and Seamus. FoodtoLive.com

Malk: sprouted, organic, additive-free nut milks. Available in health food stores.

Lindsay: This brand of olives has some products containing only olives, water, and salt. Available online and in grocery stores. They are buttery and filling.

Parthenon Kalamata Olives: Available at Costco and grocery stores. They contain only olives, water, vinegar, and salt and are dangerously addicting and inexpensive. Available at Costco and grocery stores.

Siete Foods: Siete makes a number of good products, of particular note are their Sea Salt chips. We buy big bags at Costco and use them for dipping, nachos and eating straight out of the bag. They are the closest thing to tortilla chips in the paleo world and they have no questionable ingredients.

Smart Juice: organic, not-from concentrate, additive-free tart cherry juice.

Sir Kensington’s condiments and Primal Kitchen condiments: We love these two brands. Both companies make an avocado oil mayonnaise, which has all “real” ingredients and no cheap oils. These mayonnaises are incomparable to the average store-bought mayonnaises. Sir Kensington’s also has a mustard without any garlic or onion. Available at Costco and grocery stores.

South Mountain Creamery: Good quality minimally processed cream in glass bottles. Available in some grocery and health food stores.

Trader Joe’s and Thrive Market coconut milk: additive-free for \$1.99.

Trader Joe’s Plantain Crisps: TJ’s has several types of plantain chips, but the

Plantain Crisps are hands-down my favorite. Cooked with palm olein and salt, they are reminiscent of a corn chip and are the perfect vehicle for any dip. A great treat for anyone who can tolerate plantain.

US Wellness Meats: meats, bones, organ meats, raw cheese. A great way to source these items if they are not available locally. GrasslandBeef.com

Vital Choice Seafood: frozen and canned seafood, including roe/caviar, very pricey, but a very conscientious company, and a good way to source wild caught seafood if you can't find it locally. VitalChoice.com

SUPPLEMENTS

Iberogast: this “bitters” formulation was prescribed for Fiona when she was a baby. From online reports and from our experience, it seems to help every conceivable digestive problem. Our PCP recommends taking it just a few times a week, though the bottle suggests three times a day. Availability changes so I always end up typing “Iberogast” into the search bar and seeing where I can get it shipped from and then stocking up.

Pure Radiance C by the Synergy Company: this powdered food-based, additive-free vitamin C is a staple in our house. We buy the powder because it is much cheaper than the capsules and it is easy to mix with honey for Seamus and Fiona to eat every morning.

Zinc Chelate and Calcium Lactate by Standard Process: A zinc and a calcium/magnesium that don't upset my stomach! Huzzah! These are only available through healthcare providers but worth the work it might take to scope out a provider who can help you.

ZyCarb by Houston Enzymes: A carbohydrate-specific enzyme formulation. Excessive protein-specific enzymes can be very hard on the stomach, which is made of protein. ZyCarb can be helpful for SIBO sufferers who do not tolerate standard formulations of digestive enzymes. Houston-enzymes.com

WHERE TO ORDER

CredoBeauty.com: This website is one-stop shopping for non-toxic beauty/body care products. As of publishing, they carry over 130 different brands of clean products. In a world that focuses on physical beauty at the expense of most anything else, I love supporting companies that give us the chance to get all dolled up without compromising anything.

EdensGarden.com: Best place for high-quality, ethically sourced essential oils with no funny business. More on this website in *Appendix I* under “General Health.”

Hazelaid.com: Where I order Baltic amber jewelry for pain relief. I have been very happy with their products and I love that there seem to be no concerning spiritual ties to crystals or “energies.”

GimmetheGoodStuff.org: Gimme the Good Stuff was founded to empower parents to steer clear of toxins in the home. While I have a number of philosophical disagreements with some ideas promoted on the website, it is nonetheless a very helpful resource for me – they typically do their homework quite well. My favorite part of the website is the product guide where they not only list their top brands of a given type of product, they also tell you the “pros” and “cons” of each and mention and notable brands that didn’t make the cut and explain why. Everything from baby formula to snacks to mattresses is included. Many products are available directly from Gimme the Good Stuff and they even have a subscribe and save option. I can find it a little discouraging that we don’t have the money for many (most?) of these things, so I always have to remind myself that I can only do what I can do and try not to worry about the rest.

Rooted-nutrition.com: Has excellent quality, ethically sourced foods and supplements. More on this website in *Appendix I* under “General Health.”

SupplementFirst.com: This easy-to-navigate website carries many of my favorite brands of various supplements and has a subscribe-and-save option.

Thrive Market: An ethically run, easy-to-use online grocery option. The prices are remarkably low and they have high standards for what sort of products they will sell. They also offer free shipping on orders over \$50 and have their own line of products which is quite good. One of my favorite things about Thrive is the fact that they are very mindful of sourcing and shipping their products in a way that is respectful of human dignity and kind to the earth. I use Thrive to buy a lot of our hard-to-find and hard-to-afford foods. It is easy to make up for the low membership fee in savings and it is always easy to find the ingredients of the products they sell. Of particular note are their “store brand” paleo chips. They carry plantain, sweet potato, and cassava chips that are non-GMO and cooked in palm olein/coconut oil – a much better “compromise” than most “paleo” chips. Their Thrive Market Brand coconut aminos are hands-down my favorite aminos that I’ve tried and their coconut milk and ginger candy is excellent, too. I warmly recommend Thrive Market.