



BREAKTHROUGH **M2**

**Recommended  
Products**



## Food Items:

- Authentic Foods Vanilla Powder
- Authentic Foods Xanthan Gum
- Bragg Apple Cider Vinegar
- Bragg Liquid Aminos
- Chosen Avocado Oil & Spray
- Edward & Sons Brown Rice Snaps
- Finn Crisp
- Harney & Sons Tea
- Nature's Hollow Ketchup
- Organic Beef, Chicken or Bone Broth  
(Brands: Imagine, Pacific, Thrive Market, Kettle & Fire, Butcher's, Bonafide Provisions)
- Redmond Real Salt
- Simple Girl Dry Bouillon
- StaceyHawkins.com (Delicious spices)
- Sweet Leaf Liquid Stevia  
(Vanilla, English Toffee, Coconut)
- Sweet Leaf Stevia Packets
- Wasa Crackers (Thins or Crisps)
- Yogi Tea

## Supplements:

- Digestive Enzymes
- Instant Breakthrough CalMag-C
- Curamed- Terry Naturally
- Curcumin Extra Strength- Terry Naturally
- Probiotics
- Syntol by Authur Andrew Medical
- Thyroid Care Plus- Terry Naturally

## Other:

- Eat Right 4 Your Type  
Books & Kit
- Atomic Habits by James Clear
- As a Man Thinketh by James Allen

## Deodorant:

- Black Chicken Remedies Axilla
- Primally Pure
- Pretty Farm Girl
- Schmidt's

## EMF Protection:

- BlueShield.com
- Grounding Mat & Sheets from Earthing.com
- Faraday Bags for all devices
- WaveBlock for all devices
- Shungite

## Oral Care:

- Earthpaste
- Green Beaver
- JA-SÖN
- PurO3
- Young Living -  
Thieves AromaBright

## Body Care:

- Bentonite Clay
- Dry Brushing
- Magnesium Foot Spray
- Pretty Farm Girl
- Queen of Thrones Castor Oil Packs
- Pretty Farm Girl
- Tongue Scraper

## Essential Oils:

- Young Living
- do-TERRA
- Revive

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