

BREAKTHROUGH **M2**

Recommended Products Guide





Food Items:

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

Body Care:

- **Bentonite Clay**
- **Dry Brush**
- **Epsom Salt**
- **Kiss My Face Lotion**
- **Magnesium Foot Spray**
- **Plant Paper-** Toilet Paper
- **Pretty Farm Girl-** tallow cream, tallow soap
- **Queen of Thrones Castor Oil Packs**
- **Tiffalina's Body Lotion**

Deodorant:

- **Ancestral Cosmetics**
- **Black Chicken Remedies Axilla**
- **Primally Pure**
- **Schmidt's**

Oral Care:

- **Coconut Oil** for oil pulling
- **Gum:**
 - Pur Gum
 - Spry Gum
 - Xyloburst Gum
 - Zellies Gum
- **PurO3-** tooth gel
- **Tongue Scraper**
- **Toothpaste:**
 - Earthpaste
 - Green Beaver
 - JA-SÖN
 - Thieves AromaBright

Supplements:

- Arthur Andrew Medical: Devigest ADS
- Arthur Andrew Medical: Syntol
- Biotin
- Chromemate
- CoQ10 (Ubiquinol)
- Digestive Enzymes
- Impower AHCC
- Instant Breakthrough CalMag-C
- Omega-3
- Probiotics
- SAM-e
- Terry Naturally- Curamed
- Terry Naturally- Curcumin Extra Strength
- Thyroid Care Plus- Terry Naturally
- Vitamin D3 & K2

EMF Protection:

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

Books & Education:

- **Eat Right 4 Your Type** - Books, Kit & App
This is recommended for Step 4 & Beyond!
- **Atomic Habits** by James Clear
- **As a Man Thinketh** by James Allen
- **The Body Keeps The Score** by Bessel van der Kolk
- **The High 5 Habit** by Mel Robbins
- **The Miracle Morning** by Hal Erod
- **Think and Grow Rich** by Napoleon Hill

Essential Oils:

- do-TERRA
- Revive
- Young Living
 - Clove
 - Frankincense
 - Lavender
 - Oregano
 - Peppermint
 - Tea Tree
 - Thieves

Please do your own research before use and consult your doctor, especially when adding new supplements to your routine.

Water Upgrades:

- Clearly Filtered Filtration System
- Jolie Shower Filter
- Kangen Enagic Filter Machine
- Reverse Osmosis Filtration
- Tyent USA Water Ionizer
- Stainless Steel & Glass Bottles

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