7 Steps to Get Off Sugar and Carbs Course
Introduction Handout: Recommended Products

Disclosure: I may earn a small commission for my endorsement, recommendation, testimonial, and/or link to any products or services from this website. Thank you for your purchases, they help support my work.

PROBIOTICS

You want at least 10 strains of probiotics in your supplement. Purchase a different supplement each time so you reinoculated your gut with diverse probiotic strains.

Raw Probiotics Ultimate Care has 34 probiotic strains in 100 billion units. It is gluten-free and vegan.

Raw Probiotics Vaginal Care has 38 probiotic strains in 50 billion units specifically designed for balancing the urinary tract and vaginal flora.

Renew Life Ultimate Flora Probiotic has 12 probiotic strains in 30 billion live cultures. It is more reasonable priced.

Garden of Life Once Daily Women's Probiotic has 16 probiotic strains with 50 billion units.

Garden of Life Urinary Tract Probiotic has 16 probiotic strains with 50 billion units.

Klaire Labs Vital-10 Probiotics has 10 probiotic strains with 5 billion units.

Seed Daily Synbiotic has 24 probiotic strains with 40 billion units. To receive a 15 percent discount enter the code: SNEAL15

GUT HEALTH

Digestive Enzymes Ultra after age 50 the amount of digestive enzymes to break up food decreases. Digestive enzymes helps with digestion.

Supper Enzymes

L-Glutamine Powder this supplement helps heal the lining of the gastrointestinal tract.

CANDIDA CLEANSE

Biocidin Liquid—this is the cleanse my practitioner recommended.

RenewLife CandiSmart—gluten and dairy-free.

ADRENAL VITAMINS (If your need adrenal glands need support these are excellent.)
Dr. Wilson's Super Adrenal Stress Formula
Dr. Wilson's Adrenal Rebuilder
Adrenal C Formula

SUGAR SUBSTITUTES
Better Stevia Packets includes the ingredient inulin which is a prebiotic (food for probiotics). If you use this in your coffee or tea in the morning and take your probiotic at the same time, you've just fed your prebiotic to help it grow in your gut better.

Monk Fruit in the Raw Packets if you do not like the taste of stevia try this sweetener in your coffee or tea.

Liquid Stevia by Pure Mountain Botanicals is gluten-free and reasonable priced.

Better Stevia Organic Extract Powder this could be used in baking.

Pyure Organic Stevia Extract could be used in baking.

Lakanto Monkfruit Sweetener is my primary sugar substitute. It is zero on the glycemic index and looks and tastes like sugar.

NuNaturals White Stevia Powder I've used in baking for years.

Nature Nate's Organic, Raw Honey in a squeeze bottle.

Beekeeper's Naturals Wildflower Raw Honey in a glass jar.

Organic Maple Syrup

OIL
Olive Oil
Coconut Oil

Avocado Oil

BAKING SUPPLIES
Bob's Red Mill Almond Flour, gluten-free oats and other products can be found by clicking here.
Bob's Red Mill Arrow Root Powder to replace cornstarch as a thickening agent.

Anthony's Premium Organic Coconut Flour

Nature's Eats Blanched Almond Flour

NON-DAIRY PRODUCTS
Simply Almond Milk
Califia Farms Toasted Coconut Almond Blend
So Delicious Dairy-Free Unsweetened Yogurt
Coyo Yogurt
Cocoyo Yogurt
Kite Hill Yogurt

NUTS
Pecans at https://renfroepecan.com/collections/halves-pieces

Macadamia Nuts
Walnuts
Almonds

SEEDS
Sunflower Seeds
Pumpkin Seeds
Sesame Seeds
Chia Seeds

TEA
Numi Organic Tea Aged Earl Grey

MISCELLANEOUS
Coconut Aminos

Quinoa

Ghirardelli's Dark Chocolate

Udi's Millet Chia Gluten-Free Bread

WATER PURIFICATION
Aquaspace Water Filter I place this filter over my pitcher to purify my water.

Shower Water Filter I like water filter that connects to my shower head.

ORAL HYGIENE (Excellent oral hygiene helps to prevent dementia and Alzheimer's.)
Dentalcidin Toothpaste removes biofilms from plaque for healthier gums and teeth.

Waterpik Water Flosser