

## **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 re inoculated 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.

[Coconut Sugar](#)

[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](#)

[Vanilla Extract](#)

## **SPICES**

[Cinnamon](#)

[Turmeric](#)

## **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://renfropecan.com/collections/halves-pieces>

[Macadamia Nuts](#)

[Walnuts](#)

[Almonds](#)

## **SEEDS**

[Sunflower Seeds](#)

[Pumpkin Seeds](#)

[Sesame Seeds](#)

[Chia Seeds](#)

## **TEA**

[Numi Organic Tea Aged Earl Grey](#)

[Matcha Tea](#)

## **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