A top-down view of various fresh ingredients and kitchen items arranged on a white surface. At the top, there are green onions, a whole red tomato, a shallot, and a bowl containing a cracked egg. Below these are a whole shallot, a glass jar filled with a dark, textured spice blend with a spoon inside, a piece of salmon, a halved avocado, and several stalks of asparagus. At the bottom, there is another glass jar containing green onions.

How to Transform Your Home and Pantry: The Ultimate Holistic Product Resource Guide

By Courtney Polivka

author of www.revivedkitchen.com

How to Transform Your Home and Pantry:

*The Ultimate Holistic Product
Resource Guide*

From the Revived Kitchen

By Courtney Polivka

www.revivedkitchen.com

Disclaimer: I am not a doctor.
Nothing in this book is meant to be
taken as medical advice.

© 2016 Revived Kitchen
All Rights Reserved

www.revivedkitchen.com

Table of Contents

Introduction

- 1 The Importance of Reading Labels
- 2 Nutrient Density
- 3 Genetically Modified Organisms
- 4 Fats & Oils
- 5 Sweeteners
- 6 Meat, Poultry, Fish
- 7 Dairy
- 8 Eggs
- 9 Fruits & Vegetables
- 10 Grains, Legumes, Nuts & Seeds
- 11 Condiments & EXTRAS
- 12 Chocolate
- 13 Alcohol
- 14 Water
- 15 Cookware & Storage
- 16 Cosmetics
- 17 Soaps & Cleaners
- 18 Cloth vs. Paper & All That Bleach
- 19 Overcoming Food Deserts
- 20 Conclusion

Resources

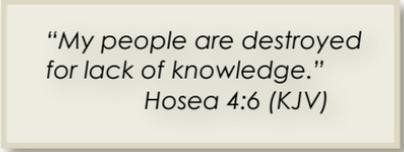
Introduction

I do not believe that we are created to be sick. I do not believe that we are born unlucky. And I do not believe that disease is something that is totally out of our control.

I believe that everyone on this earth has a unique purpose, and that finding wellness can empower us to reach our full potential and make our time here worth it.

I've heard people say that God gives us sickness and hardship to teach us things. And this can be true, but I don't believe for a second that God's desire or original intention for us is to be sick, in pain, disillusioned, hopeless, and dying.

There is a pandemic of *dying* in this country. Premature dying. There are people dying of preventable illnesses, parents poisoning their children from lack of knowledge, and disconnect between ourselves and the rest of the natural world.



*"My people are destroyed
for lack of knowledge."
Hosea 4:6 (KJV)*

You have biological needs just like a cheetah or a chimpanzee. Your needs are specific to human beings, but being *human* does not make you the exception to the rest of nature. *We are a part of nature*, not separate or above it. It's plain and simple.

If you put an animal in captivity, what happens? Cancer, obesity, infertility, heart disease, diabetes, depression. Sound familiar? We are humans in a captivity of our own making.

Look at chronic illness in native populations two hundred years ago. Look at disease in isolated populations today. It doesn't exist like it does in developed countries.

This isn't to say we should all be living in the jungle somewhere, half-naked with no air-conditioning. But success leaves clues. What are these people doing that we aren't?

To put it simply, it's the food and environment. They aren't living in a toxic waste dump, breathing in VOCs, drinking government-added fluoride in their water, and eating "food" that more closely resembles a chemistry experiment than something that grew from the ground.

Disease doesn't happen because your body is flawed or broken. **Disease is an appropriate physiological adaptation to your environment.**

Chronic illness is a result of chronic toxic decisions. Not bad luck. Not bad genes. The body is constantly reaching for homeostasis and balance. Every choice we make either moves us toward homeostasis or away from it. Disease is a body out of balance, **and does not exist outside the body.** Imbalance can be caused by one of two things: **toxicity or deficiency.**

It is my wish that this book will help you identify and remove toxicity in your life and gradually add more nutrient dense foods and healthy products to counter deficiencies. Within our bodies exists the power to heal, adapt, rebuild, and change. We need only remove the interference.



You need this book because you've tried to change before, and it didn't work. This is not a book about elimination. The fact is, elimination diets don't work. Why? Because it's not sustainable to tell people that, every day, they have to wake up and do something they hate. Make small changes by *adding* not excluding, and you will reach your goals over time. **My goal is to empower you with the knowledge to make healthy choices at your own pace.** I believe that if you don't have enough information, then you can't make a real choice.

Also know, **real food does not have to taste like cardboard.** Real food should be fun, delicious, and seductive.

What do I mean by seductive? I mean that real food should taste so good that you want to keep coming back for more. Real food should be a treat for the eyes and taste buds, in addition to nourishing and healing the body.

You can find plenty of real food recipes, as well as recipes and resources for cosmetics and natural home goods on my blog:

www.RevivedKitchen.com



Three Things

Lastly, before we start, write down three things you absolutely won't give up no matter what. Let's just get it out of the way, so you don't feel like you're fighting yourself on this journey.

Examples: chocolate, beer, French fries.

1. _____

2. _____

3. _____

Now, to begin...

Chapter 1

The Importance of Reading Labels

If you want to become more knowledgeable about your food, then start with reading labels.

Here in the United States, we are still trying to pass legislation that identifies Genetically Modified Organisms (GMOs) on nutrition labels everywhere. But until that happens, your best bet is to learn to recognize harmful ingredients, identify GMOs, and decode words that belong to things that should be in a laboratory rather than on the dinner plate.

The junk food industry is invested in turning you into an addict. It's psychologically and physically harder to quit junk food than it is to quit heroin. Awesome, right?

This isn't a mistake. The junk food companies pay chemists millions each year to research chemicals they can put in your food that are every bit as addictive as a controlled substance.

They hook customers with clever marketing words like "Fat Free" and "No Sugar," instead, substituting zero calorie sweeteners like aspartame or sucralose (Splenda®) that actually do *more* damage than regular ol' fat and sugar!

Your best bet is to stick with whole foods as much as possible. You know, the ones without ingredient lists. I'm talking things like carrots, that are just, you know, *carrots*.

This book will help you identify foods to avoid and foods to choose instead. But first let's talk labels.

How to Read Labels

Tip #1

Less is more.

The fewer ingredients a product has, the more likely it won't kill you. If a product has an ingredient list longer than a couple lines, there is a 99% chance of GMOs, chemicals, or food dyes. No kidding.

Tip #2

If you don't know what it is immediately, don't eat it.

I don't know about you, but I never saw anything like propylene glycol, dimethylpolysiloxane, TBHQ, alum, or polysorbate 80 called for in any recipe. Better to stick with things you know are actually *food*.

Tip #3

Learn how to recognize GMOs. Assume all varieties of corn, soy, canola, cotton, and sugar are GMO, unless they are labeled "Non-GMO Verified" or "organic."

Tip #4

Ignore calorie counts.

100-calorie snack packs of Oreos are still Oreos. You'd be a lot better off eating a whole head of lettuce with only 20 calories, because it has a heck of a lot more nutrients. Instead of calories, focus on **nutrient density**. Calories don't matter when you are eating whole, nutrient-dense organic foods.

Tip #5

Beware of marketing words like “green,” “sustainable,” “fat-free,” “sugar-free,” “low calorie,” “low carb,” “low fat,” “zero trans fats,” “healthy,” “natural,” “vegetarian,” “free-range,” “cage-free,” or “grain-finished.”

Companies will try to fool you into buying their unhealthy products with these buzz words. The first question to ask should be, “Why?” Why is this fat-free? Why do you think fat is bad anyway? (We’ll get there.) Why is this considered “natural,” when corn syrup (GMO) is also listed as an ingredient? Why does this say “zero trans fat” when there are hydrogenated oils listed in the ingredients? (Answer: Companies can list Trans Fats as 0g if it is less than 0.5g.) One of my biggest pet peeves is chicken eggs labeled as “100% vegetarian.” Why on earth would I want my chickens to be fed a vegetarian diet, when they are *omnivores*?!

These five tips should be enough to turn you into a full-blown label reader in no time!*

*WARNING: You may begin to annoy friends and family when you become more informed about your food and lifestyle choices. This is normal. Try to be patient and sensitive. Change is usually met with resistance. You were there once, too, after all.

Chapter 2

Nutrient Density

You've heard it before: it's about quality, not quantity.

The same is true when it comes to calories in food. Nutrient density is a term that references the ratio of calories vs. vitamins and minerals. Things are said to have high nutrient density, when the calories are low and the vitamins and nutrients are high. Low nutrient density occurs when calories are high and vitamins and nutrients are low.

Foods with high nutrient density:

- Pastured Eggs (with yolks)
- Cod Liver Oil
- Pastured meats & organ meats
- Grass fed raw milk
- Pastured butter
- Wild-caught salmon
- Lacto-fermented sauerkraut
- Bone broth
- Avocados

Foods with low nutrient density:

- Cookies
- Crackers
- Chips
- Fast food
- Soft drinks, sports drinks, & other sugary beverages
- Donuts
- Controlled Animal Feeding Operation (CAFO) meat
- Conventional fruits and vegetables

Okay, okay. So you know what foods with low nutrient density look like. But we also need to be aware of **nutrient absorption**.

Nutrients are more readily absorbed in their whole food state. The body does not as easily utilize supplements because they are isolated forms of vitamins and minerals. For example, the body needs calcium, but in order to process calcium, we need Vitamins A and D. To utilize Vitamins A and D, we need healthy saturated fat.

Raw (unpasteurized) milk is rich in all these nutrients, and the body can easily absorb and utilize them together. When milk is heated during pasteurization—killing the enzymes, denaturing the proteins, and vastly reducing the vitamin content—the body can no longer process it correctly.

A car needs gas (just as we need calories) to run, but it also needs regular tune-ups, oil-changes, tire rotations, new break fluid, etc. to stay in good working order. Likewise, even if we technically eat “enough” calories, nutrient deficiency allows our bodies to break down because we don’t have enough vitamins and minerals to maintain homeostasis.

Also, milk with added calcium or orange juice with added vitamin C does not come close to the benefit of eating whole foods and vegetables.

For example, a standard glass of orange juice is pasteurized, mostly sugar, and contains around 75-90mg of vitamin C. However, 1 cup of broccoli has 100mg of vitamin C and no sugar. Red bell peppers have even more at 190mg per cup.

This is why it is SO important to eat whole, traditionally prepared foods.

Chapter 3

Genetically Modified Organisms

Just what the heck is a GMO?

The Non-GMO Project website defines GMO's as:

“Plants or animals that have been genetically engineered with DNA from bacteria, viruses or other plants and animals. These experimental combinations of genes from different species cannot occur in nature or in traditional crossbreeding.

Virtually all commercial GMOs are engineered to withstand direct application of herbicide and/or to produce an insecticide. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit.

Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage and violation of farmers' and consumers' rights.”

Words like genetically modified, biotech, and biochemical engineering all refer to GMOs. And unfortunately, a company called Monsanto has been pushing Genetically Modified crops the world over. In the United States, we've got a serious problem on our hands, with GMOs showing up in almost all processed and restaurant foods, with the biggest culprits being sugar and oils. Today, GMOs are in 80% of conventional processed food. Wow!

Just take a look at the current statistics of GMOs in the USA:

| | |
|-------------|-----|
| Soy | 94% |
| Corn | 88% |
| Cotton | 93% |
| Canola | 90% |
| Sugar beets | 95% |

You should assume that varieties of corn, soy, canola, cotton, and sugar are GMO, unless they are labeled “Non-GMO Verified” or “organic.”

Other crops to keep an eye on for risk of contamination are:

- Papayas from Hawaii
- Alfalfa
- Zucchini & Yellow Squash
- Acorn & Patty pan Squash
- Wheat
- Rice
- Flax

Common Ingredients Derived from GMO Risk Crops

Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings (“natural” and “artificial”), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products.

For the most up-to-date information about GMO crops in the United States check out:

<http://www.nongmoproject.org/learn-more/what-is-gmo/>

Are GMOs safe?

In a nutshell? No. I don't think they are safe at all. I avoid them as much as I possibly can.

GMOs are banned in over 60 countries world-wide, including Japan, Australia, and the entire European Union. Some studies have been done that “prove” GMOs are safe, but the same companies that manufacture GMOs conducted these studies. Conflict of interest much?

Other studies done by independent researchers have shown that GMOs actually change the DNA of your gut flora which are essential for proper digestion. While research on gut flora is relatively new, we do know that:

- Gut bacteria are essential for human survival.
- Each individual's gut flora is unique, just like fingerprints.
- Our gut flora contains tens of trillions of bacteria, which is ten times more cells than in our body.
- There are more than 3 millions microbial genes in our gut for, which is 150 times more genes than in the human genome.
- Microbiota, in total, can weigh up to 4 lbs in the body.

How do GMOs affect the gut flora?

GMOs are created in order to withstand massive doses of the chemical *glyphosate*, which is found in RoundUp. Unfortunately for us, glyphosate also disrupts the metabolic pathways of our microbiome, vastly decreasing our beneficial gut flora, which we need for digestion and the immune system.

For more information check out the following resources:

65 Health Risks of GM Foods

<http://www.responsibletechnology.org/gmo-dangers/65-health-risks/5notes>

Genetic Roulette documentary:

<https://www.revivedkitchen.com/geneticroulette>

GMO OMG documentary:

<http://www.revivedkitchen.com/gmoomg>

Dr. Stephanie Seneff's research on glyphosate:

<http://people.csail.mit.edu/seneff/>

Dr. Mercola's collection of articles on GMOs:

<http://gmo.mercola.com/>

Chapter 4
Fats & Oils

YES

Saturated (For cooking)

Preferably raw, organic, unrefined, pasture-raised, grass fed, when possible.

Coconut oil

Palm oil

Butter

Ghee

Lard

Tallow

Unsaturated (For cold uses, like salads, etc.)

Preferably raw, organic, extra virgin, unrefined, cold-pressed, when possible.

Olive oil

Sesame oil

Flaxseed oil (in moderation)

Avocado oil

NO

Saturated

Hydrogenated oils
Partially hydrogenated oils
Margarine
Vegan spread
Vegetable shortening (Crisco)

Unsaturated

*These are highly processed and easily oxidized oils
that create inflammation via free radicals.*

Canola oil (GMO)
Vegetable oil (GMO soy)
Cottonseed oil (GMO)
Corn oil (GMO)
Soybean oil (GMO)
Safflower oil
Rice bran oil
Safflower oil
Sunflower oil

Chapter 5
Sweeteners

YES

Coconut palm sugar
Raw honey
Maple Syrup
Sucanat
Jaggery
Organic cane sugar
Date paste

NO

High Fructose Corn Syrup
Corn Syrup (& CS solids)
Aspartame
Saccharin
Sucralose
Dextrose
Table sugar (white sugar)
Agave

Transitioning to a healthier lifestyle doesn't mean you have to give up sweets. In fact, in our family, we usually enjoy dessert 1-4 times a week. All of our desserts are delicious and satisfy that sweet tooth! Some examples include, raw milk ice-cream (made with coconut palm sugar), eggnog (made with maple syrup), carrot halva (made with jaggery), or coconut cacao truffles (made with honey).

Avoiding artificial and harmful sweeteners is easy if you make everything at home, but harder to do if buying anything already made. On the list above, I listed the most common sweeteners I see on product labels. Below, I've listed sweeteners that go by more obscure names.

The simplest solution is just to avoid buying anything in a box. Or memorize the list below. But I guarantee you, the first option is easier!

More sweeteners you want to avoid:

Dextrose
Glucose Syrup
Crystalline Fructose
High Fructose Corn Syrup
Sugar
Fruit Juice Concentrates
Maltodextrin
Trehalose
Saccharin
Aspartame
Acesulfame-K
Sucralose
Neotame
Sorbitol (Also a laxative. Fun!)
Mannitol

Xylitol, made from corn
Erythritol
D-Tagatose
Isomalt (Palatinat)
Lacititol
Maltitol
HSH Hydrogenated Starch Hydrolysates, Maltito
Glycerol
Polydextrose
Alitame (not yet approved by FDA)
Cyclamates (not yet approved by FDA)
Neohesperdine (not yet approved by FDA)
Thaumatococcus (not yet approved by FDA)

How much sweeter are these sugar substitutes?

| | |
|--------------------------|---------------------------|
| High Fructose Corn Syrup | 30x sweeter than sugar |
| Aspartame | 200x sweeter than sugar |
| Acesulfame K | 200x sweeter than sugar |
| Saccharin | 700x sweeter than sugar |
| Sucralose | 600x sweeter than sugar |
| Neotame | 8,000x sweeter than sugar |

GMOs in sweeteners

Many sweeteners are made from a genetically modified source. For example, 50-60% of common table sugar is made from sugar beets, instead of sugar cane. **Today, Monsanto's GMO crop makes up 95% of all sugar beets grown in the United States.**

Dextrose is made from GM corn, as is high fructose corn syrup, corn syrup, corn syrup solids, maltodextrin, and corn starch, among others.

Sucralose is 600 times sweeter than sugar and found in Splenda, energy drinks, fruit juices from concentrate, popsicles, pre- and post-workout powders, energy shakes, and many other products. You have to be diligent about reading labels if you want to avoid this sweetener. Sucralose has been linked to weight gain and cancer, and affects your kidneys, liver, and intestinal tract.

Chapter 6
Meat, Poultry, Fish

YES

100% Grass fed beef with no added hormones or antibiotics
100% Grass fed veal with no added hormones or antibiotics
100% Grass fed lamb with no added hormones or antibiotics
Pastured chicken with no added hormones or antibiotics,
GMO feed, corn, or soy
Pastured pork with no added hormones or antibiotics
Wild-caught fish, shrimp, fish roe, & other seafood

NO

All conventional meat
Conventional lunch meat, salami, pepperoni, bologna, etc.
Meats (especially pork) with nitrates & nitrites
Farm-raised fish and shrimp, etc. (fed antibiotics, food
coloring Rx's, corn, soy)

Did you know?

60% of antibiotics in this country are used in livestock

Chapter 7

Dairy

YES

Raw cow's milk (real milk), 100% grass fed with no added hormones or antibiotics

Raw goat's milk, 100% grass fed with no added hormones or antibiotics

Raw sheep's milk, 100% grass fed with no added hormones or antibiotics

Raw grass fed cheeses or grass fed cheeses

Grass fed (pastured) butter with no supplemental feed (like GMOs)

Grass fed, non-homogenized yogurt (easy to make at home or buy from a coop or CSA)

Homemade raw milk kefir

Alternative replacements:

Low-temp pasteurized, 100% grass fed, non-homogenized milk (Organic Valley)

Coconut milk without added thickeners, emulsifiers, or sweeteners

P.S. Jersey cows make the best milk (in my opinion!)

Find raw milk near you!

www.realmilk.com/real-milk-finder/

NO

Pasteurized milk

Pale, brittle butter from non-pastured cows

Dairy creamers

Ultra-high temperature pasteurized organic milks

Homogenized yogurt

Yogurts with added sweeteners

Store-bought pasteurized kefir

Soy milk

Rice milk

Coconut milk with added sugar, carrageenan, agar agar, guar gum, “natural flavor”

Almond milk with added sugar, locust bean gum, sunflower lecithin, gellan gum, “natural flavor”

Chapter 8

Eggs

YES

Pastured chicken eggs, free of GMOs, soy or corn

Pastured duck eggs, free of GMOs, soy or corn

NO

The cheap white eggs at the grocery store

Egg beaters

Egg whites in a carton

100% vegetarian feed eggs (Chickens aren't vegetarians! These hens are fed corn & soy!)

Grade A Brown eggs (with no other labeling)

Free-range eggs

Cage-free eggs

Chapter 9
Fruits & Vegetables

YES

Organic produce
Pesticide-free produce
Heirloom produce

NO

Produce grown with pesticides,
insecticides, and other chemicals
Genetically modified produce (GMOs)
Seedless (chemically altered) produce

The Worst Offenders

These fruits and veggies have some of the highest amount of pesticides and should be bought organic as much as possible.

| | | |
|-------------|---------------|--------------------|
| Apples | Kale/Collards | Spinach |
| Celery | Nectarines | Strawberries |
| Cucumbers | Onions | Summer Squash |
| Grapes | Peaches | Sweet Bell Peppers |
| Hot Peppers | Potatoes | Tomatoes |

Buy Organic When Possible

(But don't sweat it if you can't.)

| | | |
|------------|------------|----------------|
| Asparagus | Sweet Corn | Mushrooms |
| Avocados | Eggplant | Papaya |
| Bananas | Grapefruit | Pineapple |
| Cabbage | Kiwi | Sweet peas |
| Cantaloupe | Mangos | Sweet potatoes |

Personally, the only things I won't buy organic 100% of the time are bananas, avocados, mangos, papaya, and pineapple. Huh. All the tropical fruits, I guess! Other than those, I buy everything else organic/pesticide-free.

Fermenting Vegetables

It's especially important when fermenting things to use organic produce. The fermentation process is supposed to grow beneficial healthy probiotics. But if there are pathogenic bacteria on conventional produce, the harmful bacteria could multiply, as well, causing more harm than good.

Stay updated on the highest pesticide crops each year by checking this website:

<http://www.ewg.org/foodnews/summary.php>

Chapter 10

Grains, Legumes, Nuts & Seeds

YES

Sprouted, soaked, or fermented grains
Einkorn wheat (heritage wheat)
Sprouted, soaked, and/or organic legumes
Raw, organic, and/or sprouted nuts & seeds

NO

White bread
Whole wheat bread
Enriched White Flour
Non-organic nuts (high pesticides)
Non-organic seeds (high pesticides)
Non-organic legumes (high pesticides)

Chapter 11

Condiments & Extras

YES

Organic soy sauce (shoyu or gluten-free tamari)
Wild-caught fish sauce ([I like this brand](#))
Organic ketchup (or make your own!)
Organic mayonnaise (or make your own!)
Non-aluminum baking powder
Arrowroot powder or almond flour as a thickener

NO

Liquid aminos (made from soy)
Fish sauce with more ingredients than just fish and sea salt
Ketchup with high fructose corn syrup
Mayonnaise with soybean oil or canola oil
Baking powder with aluminum
Cornstarch as a thickener (GMO)
Salad dressings (with rancid and/or GMO oils)

Chapter 12
Chocolate

YES

Organic soy-free chocolates
Cacao powder
Homemade chocolate!

NO

Chocolate made with soy lecithin, hydrogenated oils, non-organic sugar (often from GMO sugar beets), and “natural flavor”
Cocoa powder

Chapter 13

Alcohol

YES

Organic wine, liquor, and beer
Fresh fruit juices (not from concentrate and with no added sweeteners)
Homemade bitters and liqueurs ([Recipes](#))
Simple syrup made with honey ([Recipes](#))
Homemade grenadine from pomegranate juice
Soft drinks made with cane sugar (often in the foreign foods aisle or in organic groceries)
Kombucha as a mixer
Water kefir (instead of soda water)

[CLICK HERE FOR REAL FOOD COCKTAIL RECIPES!](#)

NO

Non-organic wine
Beers made with GMOs (see list in this chapter)
Premade mixes
Margarita mix
Sweet n' sour
Coffee liqueur
Irish cream
Grenadine
Simple syrup made with corn syrup
Syrups made with food dyes
Soft drinks as mixers (made with high fructose corn syrup)

Chapter 14

Water

YES

Reverse Osmosis water

Distilled water

Filtered and reduced- fluoride Berkey water

[CLICK HERE FOR WATER FILTERS](#)

NO

Unfiltered tap water (municipal water)

Fluoride in water

Chapter 15
Cookware & Storage

YES

Cast iron
Enameled cast iron
Stainless steel
Glass

NO

Nonstick skillets, pots, pans, etc.
Aluminum skillets, baking pans, cookie sheets, etc.
Aluminum non-stick rice cookers
Plastic food storage containers
Electric nonstick griddles
Electric nonstick woks
Teflon

Chapter 16

Cosmetics

YES

Toner: apple cider vinegar and/or witch hazel
Natural or Homemade lotion (RECIPE)
Natural or Homemade deodorant (RECIPE)
Non-toxic nail polish
Bentonite clay mask
Mineral-based makeup
Toothpaste without sodium laurel sulfate
Tooth powder

NO

Make-up powders and creams with heavy metals
Mascaras & eyeliners made with chemicals
Chemical toners
Toxic, conventional nail polish
Toxic, conventional deodorants
Almost all lotions and creams from the store (check your labels)

Chapter 17
Soaps & Cleaners

YES

Bar soap
Bon-Ami
Doterra OnGuard Cleaner
Branch Basics brand cleaners
Acure Shampoos and Conditioners

NO

Antibacterial hand soap
Soaps with Sodium Lauryl/Laureth Sulfate
Anything with Propylene Glycol
Conventional toothpaste (Crest, Colgate, etc.)

Chapter 18
**Cloth vs. Paper,
& All That Bleach**

YES

Washcloths
Cloth kitchen towels
Cloth napkins
Microfiber or flannel dust rag
A good ol' fashioned mop
Menstrual cups (technically not cloth, but it is a paper alternative – [LEARN MORE](#))
Cloth panty liners & pads ([learn more](#))
Family cloth / cloth wipes

NO

Disposable towelettes
Dryer sheets (formaldehyde!)
Paper towels
Paper napkins
Disposable dusters
Disposable mops
Tampons
Disposable pads
Baby wipes
Toilet paper

This chapter is not for the faint of heart, which is why it's last. Switching from paper to cloth is intense, and it's not for everyone. Truth be told, I went from all paper, to all cloth, to a mix of both.

Switching to cloth requires diligence, time, effort, and extra laundry. It may not be something you want to do at all, but for others, it may be the last key to finding health. For me, personally, switching some things to cloth was essential.

Family Cloth

I might as well go ahead and freak you out with the cloth family cloth / baby wipes thing. It's not for everyone, but after reading all the comments on my blog post about it, it seems more people are doing it than you'd think!

Baby wipes are just laden with chemicals that aren't so good for your sensitive bits. They often contain added fragrances, **parabens**¹, and preservatives like *methylisothiazolinone* that are often a source of allergies. As a general rule, if I can't pronounce it (or eat it), then I don't put it in or on my body.

Tampons, Pads, & Menstrual Cups

Ever heard of a menstrual cup? It's okay. Many women haven't. Which is a shame, because they are an amazing invention that's kind to both your body and your wallet.

Have you ever thought about how *much* bleached, processed plant material we put up there? Tampons, disposable pads, toilet paper. It's all highly processed and full of chemicals, and we just put it *right there*, all up in our most sensitive bits!

¹ **Parabens**: endocrine disrupters that mimic estrogen and are related to breast cancer and weight gain; used as preservatives.

Cotton is one of the highest-pesticide crops EVER, and guess what tampons are made of? Cotton. Your blood isn't toxic. The tampons are! Toxic Shock Syndrome is not normal.

But ditching tampons doesn't mean your period has to be messy or unbearable. Since I switched to a menstrual cup in 2006, I barely notice my period at all! Tampons actually cause longer periods by impeding the flow of menses leaving the body. They dry out your natural moisture, disrupt pH, and cause toxicity, which can lead to infections and other symptoms in the body.

A **menstrual cup** is a small vessel made of medical grade silicone that you insert into the vagina. It's held in place by your vaginal muscles and creates a seal, which prevents leaking. It holds three times the amount of a super tampon, and there is no chance of toxic shock if you leave it in all day. Sound good so far? It gets better.

Menstrual cups can contribute to a shorter period and reduce cramps. When I switched, I went from 5-7 days down to 3, and my cramps disappeared. Menstrual cups are designed to *collect*, not *stop* the natural flow.

You cannot feel the cup while it is in, there is no string that hangs down, and it's re-useable for up to 10 years if you take care of it. (Although, you could replace it before then, if you so desired.)

In between cycles, you simply boil it for 5 minutes, and store.

Still not convinced? Menstrual cups are great for women that are on the go. Since menstrual cups are re-useable, they free you up to not carry a purse. And they are great while camping,

backpacking, or traveling. Because they don't cause Toxic Shock Symptom, you can wear it throughout your whole cycle without worrying. Think your period is coming? Pop it in there! You won't notice it, and you won't be caught off guard and have to run to the bathroom (or beg for tampons!) when Aunt Flo comes to town.

For more information:

<http://www.revivedkitchen.com/mcuk>

Dryer sheets & all that other bleach

Do you know how many pesticides you are exposed to from cotton alone? Now, I know we can't realistically eliminate cotton from our lives. But we *can* minimize our contact with *some* cotton products that cause more obvious (avoidable) problems.

The reason I mention cotton is because I've been approached by multiple women who have told me how simply switching from using disposable cotton balls or cotton wipes to using organic cotton cloth to clean their makeup made a dramatic difference in their acne.

We use disposable cotton all the time—to wipe off makeup, to dab a cut or a scrape. They are easy to use and grab, and they contain pesticides and bleach.

... which... may or may not be a problem for you personally. But it's just something to be aware of if you feel like you've exhausted your options and you're fairly sensitive.

Dryer sheets are a whole different ball game. Their purpose is to reduce static cling, but I know more than one person that just won't give them up because they like the smell (i.e. chemical fragrance addition). But you're tossing your clothes in more than just artificial "mountain breeze." Dryer sheets contain formaldehyde, a toxic preservative, fungicide, and disinfectant that has been linked to cancer, skin rashes, asthma, fatigue, and respiratory problems.

Formaldehyde can be found in a number of things, including home building materials, paint, glues & adhesives, draperies, and pressed wood. Just like cotton, we can't avoid it entirely our entire lives, but we can make a conscious decision to minimize our voluntary exposure. Like from dryer sheets.

Dryer sheet alternatives include:

- Wool dryer balls
- Lavender clippings
- Using Epsom salt in the wash
- Organic soap nuts
- A damp piece of cloth with a bit of essential oil
- Using white vinegar in the wash
- An outdoor clothes line

Reuseable cloth pads and panty liners

Ladies, if you're unfamiliar with these, it may sound gross, but I PROMISE you they are not! You can order custom sizes with pretty prints and designs. They are inexpensive, last for years, and are easy to maintain. At the end of the day, just rinse with cold water and toss in the laundry. They wash and dry with the rest of the clothes, no problem! They are easy and inexpensive to maintain. ([learn more](#))

Chapter 19

Overcoming Food Deserts

How do you eat real food when you live in a food desert?

Not to sound harsh, but if you live in a food desert, MOVE. Now. This is your health we're talking about! If you don't have your health, what do you have?

People face all sorts of things to outwit disease and death: hospital bills, medical fees, debt and bankruptcy, for example. Moving to a different city or state doesn't sound so bad comparatively, does it?

This body is all we're given for a single lifetime. We get one body, and if we don't take care of it, it will fail us. Or rather, we fail it!

But maybe moving is too extreme for you, and that's okay. I moved to a food desert once and had to find creative options to eat the way I wanted, but it wasn't ideal. And it was expensive. After living in agricultural paradise, moving to a food desert was enough to make me think of moving again! I made do, but it wasn't nearly as fun or exciting since my options were limited, and the produce, though organic, was imported from elsewhere, making it less flavorful, less ripe off the vine, and much more costly!



What if you don't want to move? With the internet, many things can be shipped, and you can even find or start a buying club. Check out the resources section for more information.

Chapter 20

Conclusion

Remember those 3 things you listed back in the Introduction? What were they? Are they the same or did you change them?

1. _____
2. _____
3. _____

After completing this book and replacing most toxic things with more natural alternatives, can you think of ways to keep these three things in your life but as healthy versions?

This may not be possible for everything, but it is for a lot of things!

For example, my three things are chocolate, beer, and ice-cream. I have a sweet tooth for sure. But two of these things can be made healthier! I can buy organic, soy-free, fair-trade dark chocolate. Yum! And I LOVE making ice-cream from raw milk, homemade vanilla (or just pure vanilla extract), and organic can sugar. It's still not great to consume tons of sugar, but it's definitely a healthier version than the corn syrup and pasteurized version of ice-cream from the store.

Soda can be replaced with flavored kombucha. Hamburgers can be improved by using grass fed beef. Tacos can be made at home, and I even have a recipe on my blog for [taco seasoning](#) that tastes JUST like restaurant taco meat!

One of the amazing things I've found after switching to real food is that it didn't feel like I was giving up things at all! Like I said in the beginning—I didn't want this to be about eliminating things from your life that you enjoy! Instead, let's improve them!

Real food is more flavorful, makes you FEEL good, and energizes you, unlike processed FAKE food. And almost everyone that has made the switch will agree with those statements!

Processed food and excess sugar is known to dull the taste buds. Mass produced food also tends to be bland, so salt, “natural flavors” and artificial flavoring are added. But nothing can compare to the vibrant flavors of organically grown produce and ethically raised meat, milk, and eggs.

I don't know about you, but for me going back to fake food after experiencing something better is just not worth it!

Thank you for taking this journey with me.

Continue on with me at www.RevivedKitchen.com.

Until next time!

xoxo,
Courtney

Resources/Shopping Guide

Find Real Food App

A helpful shopping guide that helps you find local resources based on your zip code.

<https://itunes.apple.com/us/app/find-real-food/id716877330>

Non-GMO Verified Project

When shopping in the store, look for the Non-GMO Verified Project label.



You can download the PDF Non-GMO Shopping Guide here:

<http://www.nongmoshoppingguide.com/download.html>

Or get the app here:

<https://itunes.apple.com/us/app/non-gmo-project-shopping-guide/id359782606?mt=8>

Get connected with local farmers

Lord knows how hard it is to buy quality food at a good price in the grocery store! Connect with your local farmers to support your local economy, meet passionate consumers like yourself, share resources, take advantage of late harvest discounts, and gain access to heirloom and heritage varieties.

The internet is full of great websites to help connect you with local farmers. These are the ones I usually use:

<https://www.farmmatch.com/>

<http://www.localharvest.org/>

<http://www.eatwild.com/>

Also, check out Facebook to find local groups of real foodies that can plug you into the underground food community.

BUYING IN BULK ONLINE is a great way to save money and get quality food that is non-local, like spices, olive oil, ghee, and some pastured meats. Below, I've listed several companies that are excellent for doing just that.

Herbs & Spices

<http://www.revivedkitchen.com/herbs-and-spices>



Azure Standard is a company that delivers quality food products, as well as animal feed, and some household goods all over the United States. They have great prices and selection: <http://www.azurestandard.com>



AZURE STANDARD
Quality Bulk & Natural Foods

Vital Choice Seafood provides sustainable, wild-caught options delivered right to your door.

<https://www.revivedkitchen.com/resources/seafood>



U.S. Wellness Meats delivers pastured products straight to your door:

<http://www.revivedkitchen.com/healthy-kind-meats>



Butcher Box

<https://www.revivedkitchen.com/resources/butcher>



Tendergrass Farms delivers grass fed beef and pastured chicken, turkey, and pork from family farms:

<http://www.revivedkitchen.com/tendergrass>



Vital Proteins produces powdered gelatin and collagen, which is amazing for your joints, skin, nails, and hair.

<https://www.revivedkitchen.com/vitalproteins>



Thrive Market is an online grocery where you can save 25-50% on organic products you already know and love. Think Whole Foods meets Costco. Where organic becomes affordable!

<https://www.revivedkitchen.com/resources/thrive>



Fatworks is a company that produces healthy cooking fats like tallow, lard, duck fat, and schmaltz. 😊

<https://www.revivedkitchen.com/resources/fatworks>



Pure Indian Foods

What is ghee? Ghee is clarified butter that adds AMAZING flavor to food and is high in vitamins A, D, and K2. The following brand is GMO, lactose, and casein free.

<http://www.revivedkitchen.com/pureindianfoods>



Olive Oil

Many brands of olive oils are mixed with cheaper oils like soy, corn, and canola. California olive oils are usually pure, and Costco actually sells pure organic olive oil at a great price!

I buy this: <http://amzn.to/16XBfe4>

Raw Milk

<http://www.realmilk.com/real-milk-finder>

Looking for kefir grains or a scoby? Join this group, and you might be able to find someone to mail you some!

<http://www.facebook.com/groups/181445115312844/>

Mason jar lunch bag

<https://www.etsy.com/shop/atinyforest>

10% OFF coupon code: REVIVED

Cloth pads, Mama cloth, Nursing pads, Cloth diapers

<http://www.littlebeecreations.com/>

[Find on Etsy](#)

MightyNest is a company that provides sustainable and reuseable options for food storage, cookware, cleaning, and more! Highly recommend!

Try the MightyFix for only \$3 and get 2 sheets of Bee's Wrap for your first month with promo code BEESFIX2016

<https://www.revivedkitchen.com/mightynest/bees>

Try the MightyFix for only \$3 with promo code DRYERFIX2016 and get 3 Dryer Balls as your first month

<https://www.revivedkitchen.com/mightynest/dryer>

Try the MightyFix for only \$5 and get an exclusive Lifefactory Water bottle as your first month with promo code

BOTTLEFIX2016

<https://www.revivedkitchen.com/mightynest/waterbottle>



Kombucha questions, supplies, cultures, etc.
www.kombuchakamp.com

Cookbooks I recommend
<http://www.revivedkitchen.com/books/>

More recipes!
<http://www.revivedkitchen.com/>