

IVELISSE'S FAVORITES

BOOKS:

Physical Healing

- A Parent's Guide to Childhood Cancer: Supporting Your Child with Integrative Therapies Based on a Metabolic Approach" by Dr. Beine
- "When Oranges Become Apples: What Your Oncologist Won't Tell You About IV Vitamin C and Cancer" by Dr. Steve Rallis
- "Mistletoe and the Emerging Future of Integrative Oncology" by Steven Johnson, Nasha Winters, Adam Blanning, Marion Debus, Paul Faust, Mark Hancock, Peter Hinderberger
- "Radical Hope" Dr. Kelly Turner
- "The Metabolic Approach to Cancer" Dr. Nasha Winters, Jess Higgins Kelley
- "Just Eat Real Food" by Caitlin Greene
- "Whole 30 Cookbook" by Melissa Hartwig
- "The New Mediterranean Diet Cookbook" by Martina Slajerova

Emotional/Mental Healing

- Nourishing the Soul – Healing Journal
- "One Word" Page, Gordon, Britton
- "Fully Alive: Learning to Flourish--Mind, Body & Spirit" Susie Larson
- "Your Best Life In Jesus' Easy Yoke: Rhythms of Grace to De-Stress and Live Empowered" by Bill Gaultiere
- "100 Acts of Love: A Girlfriend's Guide to Loving Your Friend Through Cancer or Loss" by Kim Hamer
- Believe Big Gratitude Journal

Spiritual Healing

- "50 Days of Hope" Lynn Eib
- "Soul Care: 7 Transformational Principles for a Healthy Soul" by Dr. Rob Reimer
- "Fresh Wind, Fresh Fire: What Happens When God's Spirit Invades the Hearts of His People" by Jim Cymbala
- "Waking Up to the Goodness of God: 40 Days Toward Healing and Wholeness" by Susie Larson
- "Beat Cancer Daily: 365 Days of Inspiration, Encouragement, and Action Steps to Survive and Thrive" by Chris Wark
- "A Guide for Listening and Inner-Healing Prayer: Meeting God in the Broken Places" by Rusty Rustenbach

TOP APPS:

- Bible Gateway
- Chronometer
- EWG + Healthy Living
- Jesus Calling - Spiritual Devotions
- Lectio 365
- Seafood Watch
- Think Dirty-Shop Clean

HOME PRODUCTS:

- www.thrivemarket.com (Food & Products)
- Water & Vinegar (1 part vinegar + 3 parts water)
- Dr. Bronners
- 7th Generation
- Freddie's or Twely Free Detergent
- Wool Dryer Ball instead of dryer sheets

BODY CARE:

- Avalon Organics
- Coola Sunscreen
- doTerra/Young Living Essential Oils
- www.us.fullscript.com (Discounted Supplements)
- Good Stuff Botanicals – Gypsy Cream

- Living Libations
- Mary Kay
- Meow Meow Deodorant
- Nail Polish - Zoya, Dazzle Dry, AILA
- Organiz Beef Tallow
- Osmia
- Revitin or Risewell Toothpaste
- Uriel Pharmacy (Solum Aesculus Body Oil & Aurum Lavendar Rose Cream (stress relief) www.shopuriel.com

HELPFUL TOOLS AND PRODUCTS:

- Air Doctor
- Aires Tech
- Briotech
- Cast Iron or Stainless Steel Cookware
- Clearly Filtered
- Essential Oil Diffuser
- Eucalyptus Ointment (Uriel Pharmacy)
- Foria (Women's health)
- RourSigmatic Coffee
- Haven by Lambs - EMF Protective Clothing
- Higherdose
- Hydrogen Water Bottles
- Joovv Light Therapy
- Klassy Network (Blue light blocking glasses)
- Live Plants such as English ivy, spider plants and ferns (Remove 87% of toxins from your home/work air)
- MitoRed Light Therapy
- SafeSleeve Phonecase
- Sunlighten Saunas
- Vitamix Blender (cancer patients receive a discount, contact Believe Big for referral)
- Woolly Underwear

FAVORITE COLD/FLU IMMUNE BOOSTERS:

- Host Defense by My Community
- MycoShield Immune Spray (fullscript)
- Homeopathy (Sambucol, Boiron, Uriel)
- OnGaurd/Thieves Oil
- Chest Congestion - Plantain Beeswax Mild (Uriel)
- Sore Throat - Purple Coneflower Spray (Uriel)
- Nutritional IV's (Myers Cocktail)



Wellness Home Direct is a separate for-profit venture founded by Ivelisse and Jimmy. A portion of proceeds supports Believe Big.

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Medical Disclaimer: Information received from this page is not to be taken as medical advice or other health advice pertaining to your specific health and medical condition. Always consult a physician or health professional before beginning any protocol.

