

## Appendix C

# SOURCES

- Acerola Powder:** Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Amalaki Powder:** Bazaar of India (800) 261-7662.
- Arrowroot Powder:** Natural Lifestyle (800) 752-2775; Bob's Red Mill (503) 654-3215, bobsredmill.com; Azure Standard (541) 467-2230, azurestandard.com; Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Atomidine (iodine solution):** Heritage Store (800) 862-2923, caycecures.com.
- Azomite Mineral Powder:** Peak Minerals (877) 296-6483, azomite.com.
- Baby Bottles, Glass:** Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Baby Formula Products:** All products for homemade baby formula may be ordered from Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Bee Pollen:** Vitamin Shoppe (888) 880-3055, vitaminshoppe.com.
- Bifidobacterium Infantis:** Life Start by Natren (800) 992-3323; Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Biodynamic Products (including fruit and vegetables):** Spiritual Food for the New Millennium (888) 384-9642 or (301) 654-4899; for a list of certified biodynamic farms, the Demeter Association (315) 364-5617, demeter-usa.org.
- Bitters:** Life's Vigor, (661) 589-1818, lifesvigor.com or at health food stores.
- Breads:** Sourdough breads made with Celtic sea salt can be ordered from Mountain Eagle Bakery (406) 222-3617; Grain & Salt Society (800) 867-7258; or Miller's Bakery (530) 532-6384.
- Butter, Grass-Fed and High-Vitamin:** See classified ads in *Wise Traditions*, journal of the Weston A. Price Foundation (202) 333-HEAL, westonaprice.org.
- Butter Oil, High-Vitamin (X-Factor):** Radiant Life (888) 593-8333, radiantlifecatalog.com; Green Pastures Dairy (402) 338-5551, greenpastures.org
- Buttermilk Culture:** New England Cheesemaking Supply (413) 628-3808, www.cheesemaking.com; the *fil mjo*lk culture from Sweden, which is similar, is available from G.E.M. Cultures (707) 964-2922.
- Coconut Oil:** Radiant Life (888) 593-8333, radiantlifecatalog.com; Carotec (800) 522-4279; Wilderness Family Naturals (800) 945-3801, wildernessfamilynaturals.com; Garden of Life (available in health food stores).
- Cod Liver Oil:** High-vitamin cod liver oil from Radiant Life (888) 593-8333, radiantlifecatalog.com; Green Pastures Dairy (402) 338-5551, greenpastures.org; lemon-flavored regular-dose cod liver oil from Garden of Life (available in health food stores)
- Colostrum:** Low-temperature dried colostrum from pasture-fed cows from Radiant Life (888) 593-8333, radiantlifecatalog.com.
- Corn Mill:** Lehman's (888) 342-2387.
- Corn, Dried Kernels:** Community Mill and Bean (800) 755-0554; Spiritual Food for the New Millennium (888) 384-9642 or (301) 654-4899.

**Creamed Coconut:** Available in Asian and Indian food shops; P.A. Tropical Products (718) 763-5888 supplies creamed coconut to retailers.

**Cutco Knives:** (800) 633-8323, cutco.com.

**Dolomite Powder (Calcium Carbonate):** NEEDS (800) 634-1380.

**Dr. Bronner's Sal Suds:** (760) 743-2211, drbronner.com.

**Flax Oil:** Omega Nutrition (800) 661-3529, omeganutrition.com; also Barlean's brand available in health food stores.

**Gelatin:** Bernard Jensen Gelatin (made from beef) available from Radiant Life (888) 593-8333, radiantlifecatalog.com. (See note on use of gelatin, page 126.)

**Ghee, Organic:** Grain and Salt Society (800) 867-7258; Wilderness Family Naturals (800) 945-3801, wildernessfamilynaturals.com.

**Glandular and Organ Extracts:** Carotec (800) 522-4279; Douglas Labs (800) 245-4440; J.R. Carlson Laboratories (800) 323-4141; Standard Process (available through health care practitioners) (414) 495-2122.

**Grain Mills:** Jupiter grain mill may be ordered from New Market Naturals (800) 873-4321, newmarketnaturals.com; other mills are available from Lehman's (888) 342-2387 and Radiant Life (888) 593-8333, radiantlifecatalog.com.

**Grain Roller:** Lehman's (888) 342-2387; or with other attachments (slicer, meat grinder) from Radiant Life (888) 593-8333, radiantlifecatalog.com.

**Grains, Biodynamic:** Spiritual Food for the New Millennium (888) 384-9642.

**Grains for Sprouting:** Jaffe Brothers Natural Foods (760) 749-1133.

**Grains, Organic:** Natural Lifestyle (800) 752-2775; Community Mill and Bean (800) 755-0554.

**Honey, Raw:** Really Raw Honey (800) REALRAW.

**Jet Stream Oven:** Ozark (800) 835-8908.

**Kefir Grains:** G.E.M. Cultures (707) 964-2922.

**Kefir Powder:** Body Ecology (866) 533-4748; Wilderness Family Naturals (800) 945-3801, wildernessfamilynaturals.com.

**Kombucha Mushrooms:** Laurel Farms (941) 351-2233; G.E.M. Cultures (707) 964-2922; A. F. Kombucha (877) 566-2824, kombucha2000.com.

**Kombucha (ready made):** A. F. Kombucha (877) 566-2824, kombucha2000.com.

**Lact-Aid Breastfeeding Support System:** (423) 744-9090 www.lact-aid.com.

**Lactose:** The Apothecary (301) 530-1112; Radiant Life (888) 593-8333, radiantlifecatalog.com.

**Macadamia Nuts:** Raw macadamia nuts are available at Trader Joe markets and occasionally at Fresh Fields Whole Foods markets.

**Maple Syrup (organic, non-formaldehyde):** Grain & Salt Society (828) 299-9005; Coombs Vermont Gourmet (888) 266-6271, maplesource.com.

**Meat, Pasture-Raised:** See classified ads in *Wise Traditions*, the journal of the Weston A. Price Foundation (202) 333-HEAL, or contact a local chapter, listed at www.westonaprice.org; see also eatwild.com.

**Milk, Raw:** [www.realmilk.com](http://www.realmilk.com) or contact a local chapter of the Weston A. Price Foundation, listed at [www.westonaprice.org](http://www.westonaprice.org), (202) 333-HEAL.

**Minerals (for adding to water):** ConcenTrace, Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com); Azomite (877) 296-6483, [azomite.com](http://azomite.com).

**Miso:** South River Miso Company (413) 369-4057.

**Noni Juice:** (714) 921-0525 or in health food stores.

**Olive Oil (organic, extra virgin):** Pietro del Marco (914) 723-5850; Bariani Olive Oil from Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Organic Foods:** National Organic Directory (800) 852-3832.

**Parchment Paper:** Baker's Catalogue (800) 827-6836.

**Pickling Lime:** Mrs. Wages pickling lime (800) 647-8170, [precisionfoods.com](http://precisionfoods.com)

**Piima Culture:** Now available from Elite Alternative, Inc., [www.elitealternatives.net](http://www.elitealternatives.net), (877) 223-8988.

**Probiotics:** Primal Defense from Garden of Life (sold at health food stores).

**Rapadura:** (800) 207-2814, [rapunzel.com](http://rapunzel.com).

**Sauerkraut Crocks:** Goldmine Natural Foods (800) 475-3663; Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Sea Salt:** Grain & Salt Society (800) 867-7258; Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Seaweed, Unsprayed:** Maine Seaweed Company (207) 546-2875.

**Sesame Oil:** Omega Nutrition (800) 661-3529, [omeganutrition.com](http://omeganutrition.com)

**Sunflower Oil:** Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Sourdough Bread Cultures:** G.E.M. Cultures (707) 964-2922.

**Soy Sauce, naturally fermented:** South River Miso Company (413) 369-4057.

**Spices and Herbs (nonirradiated):** Frontier (800) 669-3275, [frontierherb.com](http://frontierherb.com).

**Sprouted Wheat Tortillas:** Alvarado Bakery (707) 585-3293.

**Stevia Powder:** (800) 4STEVIA; Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Stainless Steel Baking Pans and Cookie Sheets:** Natural Lifestyle (800) 752-2775; Health Classics (805) 898-0089, [www.healthclassics.com](http://www.healthclassics.com).

**Stoneware:** Bread pans and muffin tins available from the Pampered Chef (630) 261-8900 or (248) 656-0808, [pamperedchef.com](http://pamperedchef.com).

**Sun Dried Tomato Bits:** Timber Crest Farms (707) 433-8251.

**Water Filters:** Reverse osmosis system that restructures and remineralizes the water and the Doulton ceramic filter with additional fluoride filter both available from Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Yeast Flakes, Nutritional:** Frontier brand (800) 669-3275, [frontierherb.com](http://frontierherb.com), also available from Radiant Life (888) 593-8333, [radiantlifecatalog.com](http://radiantlifecatalog.com).

**Note:** Sources and contact information are subject to change. Updates will be posted at [www.newtrendspublishing.com](http://www.newtrendspublishing.com).