

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:** wheatgrasskits.com, (866) WHT-GRAS.
- 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, spiritualfoodcsa.org; for a list of certified biodynamic farms, the Demeter Association (315) 364-5617, demeter.net.
- 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) 363-4394, westonaprice.org.
- Butter Oil, High-Vitamin (X-Factor):** Radiant Life (888) 593-8333, radiantlifecatalog.com; Green Pastures Dairy (402) 338-5551, greenpasture.org
- Buttermilk Culture:** New England Cheesemaking Supply (413) 628-3808, cheesemaking.com; the *fil mjolk* 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, greenpasture.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, needs.com.

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: J.R. Carlson Laboratories (800) 323-4141; Dr. Ron's Ultra-Pure (877) 472-8701, drrons.com; 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, 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) 363-4394, or contact a local chapter, listed at westonaprice.org; see also eatwild.com.

Milk, Raw: Realmilk.com or contact a local chapter of the Weston A. Price Foundation, listed at westonaprice.org, (202) 363-4394.

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

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

Piima Culture: Piima (805) 835-2251, piimaonline.com; G.E.M. Cultures (707) 964-2922 carries the Finnish *vili* culture, which is similar.

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

Rapadura: (800) 207-2814, rapunzel.com.

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

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

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

Sesame Oil: Omega Nutrition (800) 661-3529, omeganutrition.com

Sunflower Oil: Radiant Life (888) 593-8333, 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.

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

Stevia Powder: (800) 4STEVIA; Radiant Life (888) 593-8333, radiantlifecatalog.com.

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

Stoneware: Bread pans and muffin tins available from the Pampered Chef (630) 261-8900 or (248) 656-0808, 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.

Yeast Flakes, Nutritional: Radiant Life (888) 593-8333, radiantlifecatalog.com.

Note: Sources and contact information are subject to change. Updates will be posted at www.newtrendspublishing.com.