

## **ANANDA FARMS CAMANO ISLAND PRODUCTS**

**COMFREY OIL**-- Comfrey has strong anti-inflammatory properties, repairs soft tissues, and promotes new cell growth. Apply directly on skin to treat sprains, bruises, broken bones, arthritis, and tender joints and muscles. Comfrey helps to dissolve scar tissue and repair skin. Many people have successfully used comfrey after surgery to aid the healing process.

**FIRST AID SPRAY**-- Use on fresh cuts and scrapes, burns, and bug bites. Also spray on feet to treat and help prevent fungus. This native and garden plant blend has antibacterial, antifungal, and anti-inflammatory properties and helps to stop bleeding and promote fast healing.

**TOOTH POWDER**-- A cleansing powder for your teeth and mouth. Use as an alternative to toothpaste. Orange peel and baking soda help to whiten teeth, baking soda and sea salt create an alkaline environment in the mouth, and sage and clove are good for gums.

**OXYMEL**- Oxymel is just a simple combination of apple cider vinegar and honey and powerful antioxidant herbs. By infusing your oxymel with immune-boosting herbs, you're left with potent medicine that can help keep your immune system strong and aid in your body's natural protection and detoxification processes. 1 tsp. at night before bed prevents cramps.

**DEODORANT**-- A simple and effective powder deodorant. Baking soda absorbs odors and herbs provide a naturally fresh scent.

**LAVENDER AIR FRESHENER**-- A pure lavender hydrosol copper distilled at Ananda Farm. Use as an air freshener, body mist, or natural glass cleaner.

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**POMEGRANATE SEED OIL**-- Produced and bottled locally, this oil is being researched by various labs and government agencies. Pomegranate seed oil is an excellent source of conjugated alpha-linoleic acid. The NIH states, "The phytochemistry and pharmacological actions of all *Punica granatum* components suggest a wide range of clinical applications for the treatment and prevention of cancer, as well as other diseases where chronic inflammation is believed to play an essential etiologic role." The oil is also useful in treating cardiovascular disease, diabetes, ED, antibiotic resistance, radiation induced skin damage, Alzheimer's and arthritis.

**REXEME CREAM**-- RexEme cream needs to be in every home pharmacy because of its extensive and effective dermatological healing properties. Dr. Connie and Dr. Marcel even travel with it. RexEme is a therapeutic formula of ingredients in a base of lanolin and mineral oil. Although it is a powerful moisturizer, it is greaseless and easy to apply. At Pacific Naturopathic, we have prescribed it in countless skin conditions, from itching and dryness to rashes and chronic skin problems.

### **SITA'S TURMERIC PASTE**

--Sita's Turmeric Paste is made according to Ayurvedic principles, blended to a pleasant taste, completely safe, and highly effective in relieving inflammations and joint pain. It is also a general tonic, an immune booster, and an excellent formula for getting the full benefits of taking turmeric and its medicinal ingredient, curcumin. Sita's Turmeric Paste comes in either a ghee base or a coconut oil base. The 7-ounce jar will last 5 weeks and no refrigeration is required.

### **GOLDEN MILK** --

Each packet contains enough Hawaiian-grown, organic turmeric powder to make 10-12 cups of delicious golden milk. Curcumin, the active ingredient in turmeric, is a powerful anti-inflammatory. Curcumin is an antioxidant and studies show how it causes cancer cell death. Recipe is included with the packet.

### **NANOGREENS** --

In just one serving of this vegetable powder supplement, you get the antioxidant power of 10 servings of vegetables from 55 different ingredients. Nanogreens is truly a powerhouse of nutrition and wellness made easy. Make a delicious strawberry flavored shake with this leafy greens supplement to make sure your body is getting what it needs to function properly.

**NANOLEAN --**

Dr. Connie and Dr. Marcel have two servings of this remarkable supplement powder every day in the office. It's a perfect pick-me-up right about when you feel "the crash" coming on during that mid-day, mid-afternoon slump. Nano lean is a light, refreshing healthy beverage that helps keep you feel full, curb cravings, increase metabolism and energy and control stress. It's also clinically proven to reduce body fat when used twice a day. The company describes this product as the "secret weapon" that can be used with any weight loss or maintenance plan to help keep you successful.

**NANAORED'S** - High antioxidant product with resveratrol. Packed with superfoods and vegetables. Natural berry taste, only 45 calories a serving.

**BULLETPROOF COFFEE** -- Dr. Connie and Dr. Marcel drink Bulletproof Coffee every morning to kick-start their metabolism. The proprietary Bulletproof Process optimizes every step of coffee production for performance by minimizing the opportunity for performance-robbing mold toxins. Ingesting mold toxins can contribute to chronic health issues. Bulletproof Upgraded Coffee Beans are meticulously grown at high altitude on single estates in Guatemala, hand-harvested, carefully processed, handled and roasted to maintain maximum integrity and flavor. The final roast then undergoes proprietary lab testing to verify that our coffee meets the Bulletproof quality and purity standards.

**BRAIN OCTANE** -- Jump-start your day by blending Upgraded Coffee with Bulletproof Brain Octane and grass-fed, unsalted butter to energize your mind and body for hours. You will feel the Bulletproof difference with your first cup.

**COLLAGEN PROTEIN --**

Upgraded Collagen is the gold standard for achieving the fastest possible healthy tissue repair, muscle matrix, bone renewal and recovery after exercise! It can boost mental clarity, reduce inflammation, upgrade your skin, and it mixes easily with other foods and shakes thanks to its neutral taste.

**EMPYREAN GUARD**--Whenever you need immune defense, you need something reliable, fast-acting and safe. The combination of herbs found in Empyrean Guard delivers an impressive array of potent immuno-modulating and tonifying herbs that are effective for preventing infection and maintaining ultimate immunity.

**DEPTHS OF MOKU** --If trouble sleepingis what brought you here, you need look no further. Many times herbal supplements for occasional sleeplessness only contain one or two herbs, and those herbs may not always work for everyone. That is why Depths of Muku™ includes multiple calming, soothing, and sleepy herbs that when combined are sure to do the trick. This is a very potent blend that has yet to disappoint.

**SOVEREIGN MIND**--Sovereign Mind™ is a mental powerhouse! This formula was created to help stimulate cognitive function, improve circulation to and from the brain and invigorate the imaginative potential of everyone.

**FUR-LI'S-FIRE** --An energizing tonic unlike any other, Fur-Li's Fire™ consists of multiple types of ginseng fortified with cordyceps and fo-ti. Regain control of your faculties with this subtly transformative treasure.

**MAGMA** --There are plenty of reasons why sexual health can diminish, but whether your lack of libidois from exhaustion or a serious hormonal imbalance, Magma can offer safe herbal support. This mix of beloved love tonics and sensual herbs can help spark a healthy blaze of desire and fulfillment.

**HOMEBIOTIC**- All-natural spray to restore a beneficial bacterial microbiome in your home. One application covers 1000 sq ft and lasts six months.

**CACOCO DRINKING CHOCOLATE**- CACOCO is organic, vegan drinking chocolate made from ethically sourced whole cacao beans and blended with superfood herbs and spices. Our molten

chocolate vitality elixirs have been known to inspire euphoric experiences and are perfect for adding to your morning ritual or enjoying as healthy, wholesome afternoon pick-me-up.

**METAGENICS ULTRA PROTEIN BAR-** This is a delicious meal replacement or snack that's ideal for those who are trying to increase protein and fiber intake and limit their consumption of sugar. Delivers 20 grams of soy/whey protein and 8 grams of fiber.

**COCOIMMUNE BAR-** This is a delicious, nutrition-packed functional food bar. It is made up of an antioxidant-rich, dark chocolate coating and a moist and creamy filling containing generous amount of immune-supportive coconut and coconut oil. Cocoimmune Bar contains a blend of fibers and natural sweeteners in careful balance as to not affect those with GI sensitivities. This product is free of gluten, dairy, sucrose, fructose, and yields only three net carbohydrates per bar.

**FINDING HAPPINESS, THE MOVIE--** Finding Happiness is a Hollywood production with an award-winning director, cinematographer and producers, starring Elisabeth Rohm as a skeptical reporter (fictional) interviewing members of Ananda communities, on location in U.S., India & Italy. Strongly recommended