



Resource Guide

By Joyce O'Brien

www.JoyceOBrien.com

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Joyce O'Brien's Resource Guide

Blenders & Juicers

Breville Citrus Press – for juicing lemons, limes, grapefruit

<http://www.brevilleusa.com/juicing.html>

Green Star – for making wheatgrass, vegetable juice (slower and has more functions than Huron), nut butters, etc. Make sure you follow the instructions about how to make the juice stay fresh longer.

<http://www.greenstar.com/index.asp>

Huron Slow Juicer – for making vegetable juice (does not make wheatgrass) - faster than Green Star

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

Jack Lalane Power Juicer – for making vegetable juice less expensive and not as durable – good if you are not sure you will continue juicing

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

Vitamix – the most awesome blender around. Great for soups, smoothies and allows things to heat up or freeze and still stay raw

<http://www.vitamix.com/index.asp>

Food Processor

Cuisinart

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

Dairy Free - Milks

Turtle Mountain So Delicious – available in most health food stores and supermarkets

http://turtlemountain.com/products/product.php?p=so_delicious_beverage_hg_original

Rice Dream – unsweetened rice milk – available in most health food stores

Almond Dream – unsweetened almond milk – available in most health food stores

Food & Supplements – good organic produce, gluten free foods and supplements

Fairway Supermarket

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

Whole Foods Market

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

Food Intolerance and Heavy Metal Testing

Please contact us at support@JoyceOBrien.com

Gluten Free

Living Without - Magazine

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

Pamela's Products

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

Udi's Gluten Free Foods – breads

<http://udisglutenfree.com/>

Food for Life – tortilla wraps

<http://www.foodforlife.com/product-catalog/sprouted-grain/ezekiel-49/whole-grain-flourless-tortillas>

Resources: Please contact us for clinics – since these are very individual choices

Bernie Siegel, MD

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

The Colon Therapists Network

www.colonhealth.net/therapist-search

High Quality Fish

Vital Choice Wild Seafood & Organics

<http://www.vitalchoice.com/shop/pc/home.asp>

Enema Bags

Fleet Bag Enemas

<http://www.medshopexpress.com/071342.html>

Saunas

Infrared Sauna

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

Supplements – Please contact us since these vary per individual

Support

Exceptional Cancer Patients – Dr. Bernie Siegel

<http://ecap-online.org/>

Sweetener

Stevita

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

Toiletries

Alba Botanica

<http://www.albobotanica.com/?title=Hair+Care>

Giovanni Shampoo and Conditioner

http://www.giovannicosmetics.com/four_elements.php

Cosmetics

Dr. Hauschka

<http://drhauschka.com/>

Wheatgrass

Perfect Foods Inc. Wheatgrass

<http://www.800wheatgrass.com/Wheatgrass.html>