



# Introductory Topical Shopping List

This document is intended to help jumpstart you with information on different home health and wellness modalities. These are the first resources to buy to get started. We recommend you choose one or two modalities to begin with so you can build knowledge and confidence every time you use them. Additional resources, including classes, are available on the CORAC website. Please reach out to your regional health and wellness coordinator if you have additional questions.

## ESSENTIAL OILS

High quality essential oils are concentrated plant extracts that can be diffused, applied externally and in some cases, taken internally to relieve and/or heal a myriad of ailments.

### **Books:**

- "Modern Essentials: The Complete Guide to the Therapeutic Use of Essential Oils" by Alan and Connie Higley
- "Essential Oils: The On the Go Field Reference" by Life & Science Publishing
- "Essential Oils Desk Reference"(Older edition) "1st Edition Essential Oils Complete Home Reference" (New edition) by Life & Science Publishing <http://www.mylsp.com>

### **Top 6 Essential Oils:**

- Calendula, Clove, Frankincense, Lavender, Lemon, Thieves (aka OnGaurd, Shield, Bandit)
- Appalachian Valley, DoTerra, Rocky Mountain Oils, Young Living are all reputable manufacturers

### **Website/Free Resources:**

- <https://www.catholicoilmom.com/essential-oils-webinar>
- <https://naturallivingfamily.com/category/healing-remedies/>
- <https://www.aromahead.com/courses/introduction-essential-oils>  
<https://courses.aromaticstudies.com/introduction-to-aromatherapy/>

## HEALING FOODS

Eating healthy meals and consuming particular foods for certain conditions can be simple, but powerful medicine.

### **Books:**

- "Food- Your Miracle Medicine" by Jean Carper
- "Nourishing Traditions" by Sally Fallon

### **Website/Free Resources:**

- <https://www.westonaprice.org/health-topics/>
- <https://foodismedicine.com/>
- <https://draxe.com/nutrition/food-is-medicine/>

## HERBS & TINCTURES

Tincture-making allows you to preserve your medicinal herbs practically indefinitely so they are on hand when you need them.

## Introductory Topical Shopping List *(continued)*

### **Books:**

- "Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria (2nd Edition)" by Stephen Buhner
- "Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections (2nd Edition)" by Stephen Buhner
- "Making Plant Medicine" By Richo Cech, best price <https://www.herbalreads.com/shop>

### **Top 4 Herbs to Tincture:**

Chinese skullcap root powder, Cryptolepis root powder, Isatis leaf and root powder, Licorice root powder. Mountain Maus, Mountain Rose, Pacific Botanical and Herbie's Herbs are all good suppliers.

### **Other Equipment:**

- 4-8 1/2-gallon jars
- 4 bottles 1.75L of 95% Everclear
- 10-12 bottles 1.75L of 40% vodka
- 1 quart or more Raw Local Honey

### **Website/Free Resources:**

- [https://ia803007.us.archive.org/18/items/RichoCechMakingPlantMedicinezLib.org/Richo\\_Cech\\_Making\\_Plant\\_Medicine%28z-lib.org%29.pdf](https://ia803007.us.archive.org/18/items/RichoCechMakingPlantMedicinezLib.org/Richo_Cech_Making_Plant_Medicine%28z-lib.org%29.pdf)
- <https://www.stephenharrodbuhner.com/articles/>
- <https://blog.strictlymedicinalseeds.com/blog/>

## **HOMEOPATHY**

A long-standing medical practice based on the Law of Similars. Generally, sucrose pellets are administered orally that contain the remedy indicated. This can and has healed things as small as bloody noses, annoying allergies and life threatening as infectious diseases.

### **Books:**

- "Homeopathy: An A to Z Home Handbook" by Alan v. Schmukler (not the Kindle edition) [Note: If you can only afford one homeopathy book, this is the one to buy]
- "The Banerji Protocols: A New Method of Treatment with Homeopathic Medicines" by Prasanta and Pratip Banerji
- "Additional Protocols from the Banerji Clinic" by Nimisha Parekh

### **Equipment:**

- 1-4 bottles Hyland's Bioplasma tablets
- A 50 -100 remedy 30c and/or 200c kit.
- Bengal Allen, Boiron, Helios, OHM, Washington Homeopathic Products are all reputable

### **Websites/Free Resources:**

- <https://joettecalabrese.com/category/blog/>
- <http://www.drdooley.net/Book.pdf>
- [www.Hpathy.com](http://www.Hpathy.com)
- <http://www.hajekhomeopathy.com/> (Kits and free classes)



## Introductory Topical Shopping List *(continued)*

### MOVEMENT

Specific movements can help to develop under-functioning parts of the nervous system. This can address a variety of issues including emotional, behavioral, learning, mental health, aging, attention and focus, and more.

#### **Books:**

- "Smart Moves" by Carla Hannaford
- "Playing in a Unified Field" by Carla Hannaford
- "Movements that Heal" by Harald Blomberg and Moira Dempsey
- "Educate Your Brain" by Kathy Brown

#### **Websites/Free Resources:**

- [www.movementsolutions.us](http://www.movementsolutions.us)
- <https://centeredge.com/chapter-18>

### SUPPLEMENTS

One our bodies, food and environment lack all the nutrients we need due to poor farming practices, over processing and toxins. Supplements can help you fill in nutritional deficiencies and realize a healthier life.

#### **Top Supplements:**

- Well balanced, bio-available multi-vitamin, Vitamin D3, Magnesium, Vitamin K2, Chaga Mushroom Powder, Quercetin, Zinc, Selenium, NAC Now Foods, Pure encapsulations, Raw Revelations are reputable manufacturers. More resources and suggested dosing information are listed on Steve's Front Porch.

#### **Websites/Free Resources:**

- <http://www.doctoryourself.com/>
- <https://stevesfrontporch.com/healing/healing-protocols/covid19-prev-n-prep-2/>
- Mercola.com has a lot of good information and sells good-quality supplements.
- SeekingHealth.com has some information on DNA flaws and how to treat them.  
<https://www.seekinghealth.com/collections/multivitamins>

### VITAMIN C

Properly-dosed Vitamin C, as a monotherapy, is the safest, most powerful, and broad-spectrum antiviral, antibacterial, and anti-toxin substance known to man. It works synergistically with most other therapies.

#### **Books:**

- "Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins, Third Edition," By Thomas E. Levy, MD, JD, (2009 and 2011)



## Introductory Topical Shopping List *(continued)*

### **Equipment:**

- 2lbs (or more) of pure Ascorbic Acid (Vitamin C powder). Most readily available bulk Vitamin C is manufactured in China and/or dissolves slowly; this product from the UK is preferred by many.  
**<https://gmofreevitamins.com/product/ultra-fine-vitamin-c-powder-non-gmo-pure-ascorbic-acid-made-in-the-uk/>**
- 30-90 grams (or more) of Liposomal Vitamin C in either liquid or pill form:
- **[https://coremedscience.com/collections/all-products/ascorbic-acid?grid\\_list=grid-view](https://coremedscience.com/collections/all-products/ascorbic-acid?grid_list=grid-view)**
- **[https://intelligentvitaminc.com/cart/index.php?main\\_page=index&cPath=6](https://intelligentvitaminc.com/cart/index.php?main_page=index&cPath=6)**
- **<https://www.livonlabs.com/products/vitamin-c/>**
- (Allergy alert: the LivOn Labs formulation uses alcohol and soy-derived ingredients)
- Powdered sodium ascorbate is a more digestible form of vitamin C to take in high doses for
- people who experience GI discomfort with Ascorbic Acid. Liposomal is also a good option. Nutriotics is a good source.

### **Websites/Free Resources:**

These papers describe how to properly dose Vitamin C to treat a wide variety of illnesses. Note that frequently the results are discussed in context of a specific administration method (orally in powder form, orally in liposomal form, intravenously, intramuscularly, etc.); the dosage amounts may not be directly translatable across these methods given that Vitamin C affects the body differently depending on the method used.

- **<http://vitamincfoundation.org/www.orthomed.com/titrate.htm>**
- **[https://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical\\_guide\\_1988.htm](https://www.seanet.com/~alexs/ascorbate/198x/smith-lh-clinical_guide_1988.htm)**
- "The recommended dose [for liposomal Vitamin C] is 1000-2000 mg taken 1-3 times/day, or more if under stress, e.g. a virus infection."
- See **<http://www.orthomolecular.org/resources/omns/v16n26.shtml>**  
**<http://vitamincfoundation.org/stone/>**

