

Kick The Sugar Challenge:

SUPPLEMENTAL PRODUCTS LIST

You will come to learn that I make lots of suggestions throughout the Challenge! Some of them will resonate, and some will not. And that's ok. My hope is to build awareness and assist you on your journey to better health.

This resource is a supplemental products list. I will provide suggestions for things I buy that I have found great prices on, but if you find something on this list at a better price, please let me know!

I will continue to update this document as we go through. That said, be sure to check back often!

BODY BRUSH SET: [Here](#) is the link to the Body Brush set I found. Body brushing not only moves toxins by stimulating lymph fluid, it feels amazing!! Search YouTube for Kiki's video on how to body brush if you are unfamiliar. You will become addicted!

SWEDISH BITTERS: If you didn't buy your Swedish Bitters, [here](#) is the link. These are used for ONE WEEK a few times a year. We are using them to kick off the Challenge! Yay!! Seriously, though,

they help with digestion and they are shown to help ward off sugar cravings. Win-win!

CEYLON CINNAMON: Ceylon is the only cinnamon we should be consuming. First of all, it tastes absolutely incredible!! It is sweeter as well, so we use less. All other types of cinnamon become toxic to the liver if you consume for more than 4 days in a row. Feel free to research this topic. I was amazed by my findings. Ceylon is expensive, though, so I scoured Amazon and found [this](#) one at an amazing price! If you spend .25 cents more, you get FREE shipping!!

TURMERIC: This [turmeric](#) is amazing quality and value! Not far off what I pay for regular turmeric, and it's organic. Turmeric is proven to reduce inflammation in the body. Inflammation is at the root of all disease. It also heats up the body, which speeds a sluggish metabolism. I LOVE this stuff! So but with the cinnamon and get free shipping!

VITAMIN D: This...From Harvard: "September brings the end of summer in the northern hemisphere and, for many of us, that means less time in the sun. The sun's rays provide ultraviolet B (UVB) energy, and the skin uses it to start making vitamin D. Vitamin D is best known for its vital role in bone health. Without this "sunshine vitamin," the body can't absorb the calcium it ingests, so it steals calcium from bones, increasing the risk of osteoporosis and fractures. Vitamin D also helps maintain normal blood levels of phosphorus, another bone-building mineral.

Vitamin D would be essential if it did nothing else. But researchers have discovered that it's active in many tissues and cells besides bone and controls an enormous number of genes, including some associated with cancers, autoimmune disease, and infection. Hardly a month goes by without news about the risks of vitamin D deficiency or about a potential role for the vitamin in warding off diseases, including breast cancer, multiple sclerosis, and even schizophrenia."

I buy mine at **Costco**. For \$8 you'll have almost a year's supply if you take 3,000 IU daily (as my MD prescribes, and she is NOT a pill-

pusher). If you prefer, have blood work done to confirm a deficiency, but almost everyone is. Vitamin D makes us feel good! We need to feel our best while on the Challenge, so I encourage you to go get D!

HIGH SPEED BLENDER: People have been asking me what high speed blender I recommend. I will say that if money is no object, go with a Vitamix or a Blendtec. Costco has them at great prices.

But I personally use [this Salton Blender](#), endorsed by Celebrity Trainer Harley Pasternak. It works amazingly well and I have given several as gifts because they are reasonably priced and compete with the others that are double, and even triple, the price!

If you want to splurge and buy yourself a gift you will use for years to come (they have a 5 year warranty!), I suggest investing in a high speed blender like this one. You won't know how you lived without it!

SPIRALIZER:

[Here](#) is a great spiralizer at an amazing price. Great for doing zucchini noodles, cucumber spirals, carrot and beet spirals etc (of course after 28 days of no carrots & beets!) and all sorts of other veggies. 😊

BOOKS:

The book [“Salt Sugar Fat”](#) by Michael Moss was recommended by Kathy Smart in our interview, as was [“Suicide By Sugar”](#) by Nancy Appleton.

FERMENTED COD LIVER OIL:

I love [this product](#). My natural health food store owner got me onto it years ago, and my hair dresser couldn't believe the difference after only 3 months. My nails grow faster and stronger, and it helps with smooth bowel movements. You will hate the taste (I chase it with my smoothie) but LOVE the benefits!

CERAMIC FRYING PANS (Set of 3): [These](#) non stick pans are amazing and healthier than the traditional coated ones. Great price and FREE shipping!