

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/azomite.htm, (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; SwedishBitters.com, (800) 944-1511, 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; Grindstone Bakery (707) 284-2016; or Miller's Bakery (530) 532-6384.
- Butter, Grass-Fed and High-Vitamin:** See the Shopping Guide, available from 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 Products (402) 858-4818, greenpasture.org; Dr. Ron's Ultrapure (877) 472-8701, drrons.com.
- 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, gemcultures.com (707) 964-2922.
- Coconut Oil:** Radiant Life (888) 593-8333, radiantlifecatalog.com; Wilderness Family Naturals (800) 945-3801, wildernessfamilynaturals.com; Garden of Life (available in health food stores).
- Cod Liver Oil:** Note: as of 2009, a fermented, low temperature-processed high-vitamin cod liver oil is available from Radiant Life (888) 593-8333, radiantlifecatalog.com; Green Pastures Dairy (402) 858-4818, greenpasture.org; Dr. Ron's Ultrapure (877) 472-8701, drrons.com For the most current information on cod liver oil, visit www.westonaprice.org.
- 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:** desiccated liver from Radiant Life (888) 593-8333, radiantlifecatalog.com; 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; Moonwise Herbs (920) 457-9290, moonwiseherbs.com.
- Jet Stream Oven:** Ozark (800) 835-8908.
- Kefir Grains:** G.E.M. Cultures (707) 964-2922, gemcultures.com.
- Kefir Powder:** Wilderness Family Naturals (800) 945-3801, wildernessfamilynaturals.com; G.E.M. Cultures (707) 964-2922, gemcultures.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 the Shopping Guide of the Weston A. Price Foundation (202) 363-4394, or contact a local chapter, listed at westonaprice.org.

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: Moonwise Herbs (920) 457-9290, moonwiseherbs.com; G.E.M. Cultures (707) 964-2922, gemcultures.com carries the Finnish *viili* 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, gemcultures.com.

Soy Sauce, naturally fermented: South River Miso Company (413) 369-4057; Gold Mine Products (800) 475-3663, goldminenaturalfoods.com.

Spices and Herbs (nonirradiated): Frontier (800) 669-3275, frontierherb.com.

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

Stevia Powder: (800) 4STEVEA; 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 (or Diced): kokopelliskitchen.com/sdtoms.html.

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.