

Resources for “How to Eat, Move and Be Healthy!”

GENERAL NUTRITION – WEBSITES & PUBLICATIONS

Price-Pottenger Nutrition Foundation Natural Health and Healing Institute

Books, video and audio tapes, membership and services such as articles on nutrition.
www.price-pottenger.org

Weston A. Price Foundation

Education, research, activism, resources such as *Shopping Guide* for finding the healthiest foods in supermarkets and health food stores and quarterly newsletter, *Wise Traditions*.
www.westonaprince.org

The Ecologist

British journal that covers current issues affecting our environment and food supply.
www.theecologist.com.

GENERAL NUTRITION – BOOKS

***The Raw Gourmet* by Nomi Shannon.**

A raw-foods cookbook.

***Nourishing Traditions* by Sally Fallon.**

Highly recommended. Available through the C.H.E.K Institute:
Ph: 800.552.8789 or 760.477.2620.

ORGANIC PRODUCE – STORES AND MAIL ORDER

Community Alliance with Family Farmers.

Find farm-fresh products in California.
www.caff.org.

Wild Oats Natural Marketplace

USA chain of stores
www.wildoats.com

Whole Foods Market

USA and Canadian chain of stores.
www.wholefoods.com

PCC Natural Markets

Chain of stores in Washington State, USA
www.pccnaturalmarkets.com

Gold Mine Natural Food Co.

US Mail-order company offering organic foods, books and household products.

www.goldminenaturalfood.com
Ph: 1.800.475.3663

Sun Organic Farm

US Mail-order company offering organic foods and drinks.
www.sunorganic.com
Ph: 1.888.269.9888

Organic Consumers Association

US Learn more about food safety, organic agriculture, fair trade and sustainability with current updates. www.organicconsumers.org.

The Grain & Salt Society

US Mail-order company offering Celtic Sea Salt, foods, body care products and books.
www.celtic-seasalt.com
Ph: 1.800.867.7258

Omega Nutrition

US Mail-order company offering organic oils, food, body care and books.
www.omeganutrition.com
Ph: 1.800.661.3529

WHEAT-FREE / GLUTEN-FREE – STORES AND MAIL ORDER

Gluten-Free Pantry

US Mail-order company offering gluten-free products and books.
www.glutenfree.com
Ph: 1.800.291.8386

WHEAT-FREE / GLUTEN-FREE – WEBSITES

www.coeliac.com

A Celiac disease and gluten-free resource.

WHEAT-FREE / GLUTEN-FREE – BOOKS

***Wheat-free, Worry-free* by Danna Korn**

Learn about gluten intolerance and Celiac Disease, includes several recipes.

DAIRY - WEBSITES

www.notmilk.com.

A collection of articles by Robert Cohen (author of *Milk the Deadly Poison*) on all aspects of milk and the dairy industry.

www.realmilk.com.

Information and resources on raw milk.

DAIRY – STORES AND MAIL ORDER

White Egret Farms, Texas.

Supplier of raw goats' milk products and organic meats. Mail order available.

www.whiteegretfarm.com

Ph: 512.276.7408.

CLAY

Pascalite, Inc.

Pascalite clay products

Ph: 303.347.3872

MEATS & FISH – PRODUCERS AND MAIL ORDER

Cambrian Farms, New Zealand

High-quality beef, lamb, venison, chicken and pork within New Zealand. Also available at some markets internationally.

www.cambrianmeats.com

Lasater Grasslands Beef

A family-owned farm in Colorado, grass-fed beef available to order

www.lasatergrasslandsbeef.com.

Vital Choice Seafood

Wild-caught Alaskan salmon and halibut. Available frozen or canned by mail order.

www.vitalchoice.com.

White Egret Farms, Texas.

Supplier of raw goats' milk products and organic meats. Mail order available.

www.whiteegretfarm.com or 512.276.7408

SUPPLEMENTS – DISTRIBUTORS & BRANDS

Ultralife (USA)

Supplements based on Metabolic Typing

Ph: 800.654.8191 or 618.594.7711

Synergistics Europa (Europe)

Distributor of Ultralife supplements based on Metabolic Typing

Ph: (+49) 06158 91 63 66

Fax: (+49) 06158 91 63 68

e-mail: PeterKoenigs@compuserve.com

Vitae (UK)

Distributor of Ultralife supplements based on Metabolic Typing

Ph: (+44) 01789 297839

e-mail: mtsupps@ntlworld.com

Ortho Molecular

EFA Supplements (Mega Omega and Scandinavian Fish Oil) and digestive enzymes (Digestzyme).

Available through the C.H.E.K Institute:

Ph: 1.800.552.8789 or 760.477.2620.

Wobenzym^{RN}

Digestive enzymes.

Available in good health food stores and through the C.H.E.K Institute

Ph: 1.800.552.8789 or 760.477.2620.

WATER FILTERS

Whole house filtration system by Young Living

<http://cheksuccess.younglivingworld.com>

EQUIPMENT RESOURCES

C.H.E.K Institute, USA

Swiss balls, medicine balls wobble boards, the Pro Fitter, Bosu and other functional exercise equipment.

www.chekinstitute.com

Ph: 1.800.552.8789 or 760.477.2620

Fitter International, Canada

Swiss balls, medicine balls wobble boards, the Pro Fitter, Bosu and other functional exercise equipment

www.fitter1.com

Ph: 1.800.fitter1

Body Bar

www.bodybars.com

Also available from the C.H.E.K Institute website: www.chekinstitute.com

STRESS REDUCTION TOOLS

Freeze Frame by Heartmath

Available through the C.H.E.K Institute:

www.chekinstitute.com

Ph: 1.800.552.8789 or 760.477.2620

ESSENTIAL OILS

Young Living Essential Oils (USA, Canada, Australia, Japan)

Therapeutic grade essential oils and products made with essential oils, including personal and baby care products, supplements, diffusers, single oils and oil blends.
<http://cheksuccess.younglivingworld.com>

Essential Science Press

Books and videos on research into and application of essential oils.
www.essentialpress.com

GOAL SETTING TOOLS

***The Luck Factor* by Brian Tracy**

An audiocassette program available from Nightingale Conant
www.nightingaleconant.com

The Goals Guy

www.goalsguy.com

DIAGNOSTIC LABORATORIES

BioHealth Diagnostics (USA)

www.biodia.com

Ph: 1.800.570.2000

Great Smokies (USA)

www.gsdl.com

PARASITES AND FUNGI - BOOKS

***Fungal Link* by Doug Kaufmann.**

Highly recommended. Available through the C.H.E.K Institute:
Ph: 800.552.8789 or 760.477.2620.

ELIMINATION OF PARASITES AND FUNGI – PRACTITIONERS & PHYSICIANS

Dan Kalish, D.C., San Diego, CA

Personal and phone consultations available.
Ph: (858) 720-8380

Emma Lane, Yorkshire, UK

Personal and phone consultations available.
e-mail: energizefitness@yahoo.com

EXERCISE & HEALTH CARE PRACTITIONERS

C.H.E.K (Corrective High-performance Exercise Kinesiology) Practitioners

An on-line searchable database of C.H.E.K Practitioners is available on the C.H.E.K Institute website. Click on the link to “Practitioner in Your Area” on the menu bar on the left hand side of the home page. You can search by State within the USA or country internationally. There are five levels of Practitioner; Levels 1 through 4 and C.H.E.K Certified. The higher the level, the more training the person has completed with the C.H.E.K Institute. This is an advanced training program so all C.H.E.K Practitioners, regardless of Level, are among the top professionals in their field.

www.chekinstitute.com/prac.cfm

NUTRITION AND LIFESTYLE COACHES

CHEK Nutrition and Lifestyle Coach (NLC)

An on-line searchable database of CHEK NLCs is available on the C.H.E.K Institute website. Click on the link to “Practitioner in Your Area” on the menu bar on the left hand side of the home page. You can search by State within the USA or country internationally. There are three levels of CHEK NLCs; the higher the level, the more training the person has completed with the C.H.E.K Institute.

www.chekinstitute.com/prac.cfm