

Adora Shopping & Resource list

(session no.1)

- Olive oil – buy organic if you can, either virgin or extra virgin. It should be in a dark-coloured bottle.
- Linwoods ground flaxseed (with nuts & other seeds) for sprinkling on salads, yoghurt porridge etc.
https://linwoodshealthfoods.com/product-category/seeds/?gad_source=1&gclid=Cj0KCOiA5-uuBhDzARIsAAa2IT9qwgDJ5qiFqI_3fbNHuDzMIU4elc9snFKmxTHZbKHtmARXXIUptqqaAu5HEALw_wcB **Available in many supermarkets & health food stores.**
- Ready-cooked pouches of grains, beans, lentils etc. Really handy & not heavily processed:
https://www.merchant-gourmet.com/collections/pulses-grains?utm_campaign=gs-2022-01-12&utm_source=google&utm_medium=smart_campaign&gad_source=1&gclid=Cj0KCOiA5-uuBhDzARIsAAa2IT8XSJPAdWqQ2v7wz65m6_gqkVjo837S6mk9hwj8DjmZ80nm0G-6CY4aAopNEALw_wcB **Available in many supermarkets – definitely Marks & Spencer's & Sainsbury's.**
- Live yoghurt (needs to be natural & state it has live or bio cultures), eg Rachel's, Yeo Valley. **Available in all supermarkets.**
- Kimchi & proper pickles: <https://vadaszdeli.co.uk/> **Available at Sainsbury's, Marks & Spencer's, Waitrose.**
- Kefir – fermented milk drink:
https://biotifulguthealth.com/kefir-drink/?gad_source=1&gclid=Cj0KCOiA5-uuBhDzARIsAAa2IT-vjUmc-Yeja8ERT3ReoSN6BJNbwEY_e-A9YMy_NDyh9nlmd0p64d0aAsWBEALw_wcB **Available at most supermarkets.**
- Miso – use to make clear soup or use as really savoury flavouring for gravy & other dishes where you might use stock:
<https://www.clearspring.co.uk/collections/traditional-japanese-miso> Dark & lighter varieties just have slightly different flavour. **Available at Sainsbury's, Marks' & Spencer's & other supermarkets.**
- Kombucha – fermented tea drink. Start with small amount & increase gradually. This is one to try:
https://gutsycaptain.co.uk/?gad_source=1&gclid=Cj0KCOiA5-uuBhDzARIsAAa2IT9XmA0Jmf9OiwI5R4U-wjEdXR0pQOSz6fNXb4y3XB8HUKSIPa2Tmm0aAs4YEALw_wcB **This & other brands now available in many supermarkets – look for one with no added sugar (or sweeteners).**
- Good quality protein powder – Organic Protein Company:
https://theorganicproteincompany.co.uk/?gad_source=1&gclid=CjwKCAjw59q2BhBOE

[iwAKc0ijdmOSTNs_S6l4Hu4Ph6ASTxrjsZA0-JsDyrtuT64AboWxw4gnsegGxoC8CYQAvD_BwE](https://www.pulsin.co.uk/product-category/protein-powders-and-shakes/?srsltid=AfmBOor-xE74uSWqw-Uy0jpeC14guvyekN_4MINz-ZnRejW910Os0kzH) A slightly cheaper alternative with vegan options is Pulsin Protein: https://www.pulsin.co.uk/product-category/protein-powders-and-shakes/?srsltid=AfmBOor-xE74uSWqw-Uy0jpeC14guvyekN_4MINz-ZnRejW910Os0kzH **Available online or in health food stores.**

- Magnesium salts - Better You magnesium flakes - https://betteryoudo.com/products/magnesium-flakes?gclid=CjwKCAjw59q2BhBOEiwAKc0ijbD_xdtOwq5eTdBLy9mYfPAPg-jP8gWp0UQcY2Xv9z5NrFlQeM6HhhoC9Z8QAvD_BwE - **Available in Boots, Holland & Barrat & other health food stores.**

Resources

- Breathing techniques - <https://www.healthline.com/health/breathing-exercise>
- Glucose Goddess (Instagram) Scientist explains the relationship between food & glucose spikes. Also has book called The Glucose Revolution.
- Zoe Health - <https://zoe.com/> Great information about food, menopause, gut health and blood sugar. Recipes are great



Adora Shopping & Resource list

(session no.2)

- More natural cleaning products - Method
https://methodproducts.co.uk/?gad_source=1&gclid=Cj0KCQiA5-uuBhDzARIsAAa2IT9GpiilTga2rlboyvvRz23wcjZVYnWpYUy-ommlOxsBv6E2liRns24aAg58EALw_wcB
- The Bower Collective cleaning products:
https://bowercollective.com/collections/discover-shop-best-sellers?gad_source=1&gclid=Cj0KCQiA5-uuBhDzARIsAAa2IT-1XxETvMBR9EJ0dVDAwsslYRhZVvbQ6Ec9M9GnmX4wCF-7dYxe3saAjrVEALw_wcB&gclidsrc=aw.ds
- The Seep Company for cleaning:
https://theseepcompany.com/?utm_source=google&utm_medium=cpc&utm_campaign=17562315988&utm_term=&utm_content=%E2%80%A9&gad_source=1&gclid=Cj0KCQiA5-uuBhDzARIsAAa2IT9gA7BNzKSHwOBS0rGMk6siigm2HiUIAnwFuPo4JSPcZUXQB3CHzUaAoe9EALw_wcB
- Shampoo & other personal products: Faith in Nature:
https://www.faithinnature.co.uk/?tw_source=google&tw_adid=647703826953&tw_campaign=19668831995&gad_source=1&gclid=Cj0KCQiA5-uuBhDzARIsAAa2IT-UNZXMyuPFB6LqBFXRB35a4s6cAirlafzXbdEWuzRH6hLsZuJ8OgaAl8UEALw_wcB **Available at health food stores or online.**

Resources

- Clean 15, dirty dozen - <https://www.ewg.org/foodnews/clean-fifteen.php>
- Grey area drinking - <https://www.youtube.com/watch?v=tFrxFWD3lno>
- Habit forming - https://formnutrition.com/inform/how-can-i-form-a-good-habit-we-unpack-the-science/?utm_source=drip&utm_medium=email&utm_campaign=inForm+-+A+round-up+of+our+best+content+%F0%9F%8C%B1