



## The Basics for Your Kitchen

- Organic unrefined cold-pressed coconut oil
- Unrefined sea salt
- Butter
- Raw honey, maple syrup (grade B)
- Cultured foods
- Stockpot (enamel coated), cast iron frying pan, wooden spatulas/spoons
- Extra virgin olive oil (stored in a green bottle or metal tin – minimal light exposure)
- Nourishing Traditions cookbook by Sally Fallon

### What to Eat & Where to Shop in the Newburyport Area

Organic Vegetables: Grocery stores (organic section), Green Meadows Farm (So. Hamilton, MA), Newburyport Farmers Market, join a local CSA (community supported agriculture), any organic local farm

Pastured Meats, Poultry, Eggs: Tendercrop Farm (grass-fed beef), Green Meadows Farm (pastured poultry, pork, eggs), Newburyport Farmers Market, Brookford Farm (Rollinsford, NH), other local farms for eggs from chickens out on pasture

Raw Milk: Brookford Farm for certified raw milk, yogurt, raw cream, pastured meats

Fat-Soluble Activators: Green Pastures Cod Liver Oil with vitamins A & D and High Vitamin Butter Oil available at Dr. Dan's Natural Healing Center

Coconut Oil: Available at Dr. Dan's Natural Healing Center

Celtic Sea Salt: Unrefined sea salt, available at Dr. Dan's Natural Healing Center

Raw Honey: Available at Dr. Dan's Natural Healing Center

Raw Nuts: Available in organic section of grocery stores or at Natural Grocer (Nuts should first be prepared by soaking and drying to break down phytates.) Dr. Dan's stocks properly prepared raw walnuts, almonds, Brazil nuts and nut butters.

Butter from Pastured Cows: Kerry Gold brand from Ireland, Organic Valley Pastured Butter, Brookford Farm

Cultured Foods: Kefir, kombucha, yogurt, cultured butter & cultured vegetables. Make your own! Available at The Natural Grocer – look for the brand "Real Pickles." Also available for order online at [www.immunitrition.com](http://www.immunitrition.com)