

# the VOICE



Volume 15, Issue 4

There is so much talk about insurance these days, that we just wanted to clear up a few points. For more information, we have dedicated an entire page later in this issue to insurance protocols.

Breaking into the insurance coverage world has been a mission of CANNP for almost two decades and we have made great strides in that time. This acceptance has been about recognition of our profession as legitimate as much as it has been about paperwork. The health trends that we are seeing are helping to pave the way for change but historically change has been slow to come. As we gain more acceptance from some of our companies, our hope is that more will come on board. Know that we are working daily to push for more acceptance and we appreciate all of your support of these initiatives.

Large organizations, like insurance providers, have many points of contact and because of this, we are sometimes given different or conflicting answers when asking coverage questions. In some cases, you may have a client insured by one of our accepted providers who is denied coverage. This can happen for a legitimate reason (see later article) or it may be miscommunication on the part of the processing staff. If this happens, please know that you can contact our office and we can try to run interference for you.

For best practices, please make your client aware that insurance coverage is not a guarantee but an added benefit, if it happens. Most insurers only provide \$300-\$500 worth of coverage and from experience, we know that significant health improvements require long term guidance, often well beyond this price point.

The goal is to establish yourself as a practitioner of value, who can offer direction and support to lasting change — very different from the allopathic model of medicine. The most successful among us do not rely on insurance coverage but establish their services as worthy of their price point. Be sure to express that you and the client will be working together as a team.

To establish merit, do the usual — provide exemplary service, be punctual, respect the client's time, follow up and encourage continued engagement within boundaries but also take advantage of all of our mentoring opportunities and webinars to be on top of your game; celebrate your client's milestones and wins; and never be apologetic about charging for your services. Studies show that those that put their hand in their pocket for services are more compliant and committed to change and you want clients who are successful — they will be the drivers who send you more clients.

## Mentoring Round Table

Our Mentors are the best!

We all got together in the middle of November to answer burning questions from our Membership. These successful women were insightful and spoke from their extensive experience. They shared their knowledge freely and with positive intent.

We would like to thank Amanda, Eiman, Jill and Barbara very much for their time and expertise.

Until next time.



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## Lost in the Mail

We are attempting to use the mail system less and less given some reliability factors. As a result, we are emailing every Member instead.

New Members will receive a Welcome email indicating user access and password to the Members Only area.

Attached you will find your receipt for tax purposes and a receipt with a coordinating expiry date for clients to use as an insurance receipt. In the mail, you will get additional information as well as your CANNP Certificate, valid only for the time you remain a valid Member.

Renewing Members will also get a Welcome Back email with a tax receipt and updated insurance receipt attached. If your certificate has space for stickers, you can request them and they will be forwarded to you through the post.

In both cases, your email will include any products that you have ordered.

So far, this system has been well received.

## Updated Benefits

1. Interaction Database. You need to check this out. It is so powerful and totally holistic in its approach. And it is FREE to professional members! We are so excited about this opportunity. So many Members have clients who are on medications — this is the information that you require. Here is what Member M. Smith said, “Thank you sooooo much for the database access. This is such a valuable tool for us ... I can’t thank you enough.”

2. Functional Lab Testing. This helps nutritionists order the labs that clients may benefit most from including GI MAPS, DUTCH, Neurological health, Thyroid, Sex Hormones and more. Log into the Members only, Members and look under Research Tools for access.

3. Tradeshows are slowly happening again and for some we are able to obtain 2 for 1 tickets. As we continue to work on these, watch your eblasts for updates.

## Power Hours

Power Hours remain a very popular offering and that makes us so happy! We love seeing your smiling black boxes and look forward to providing valuable information from our special guests.

Since our last newsletter we’ve had some great speakers.

In September Dr. Nadine spoke to us about using blood tests as a nutritional tool. She explored their use in identifying deficiencies as well as recognizing patterns that reveal how the body is actually functioning. It was invaluable!

In October we explored the business enhancement that be provided by utilizing the Metabolic Balance program. We discovered how this approach delivers incredible results.

In November we welcomed a new presenter Krysten Ali, who shared her insight into how she managed her own hypothyroidism and developed a unique plan called the *Body Harmony Protocol*. It is a step-by-step framework that simplifies key elements of healing through doable lifestyle changes.

Dr. Nadine coes back to discuss Adrenal Fatigue and Burnout. This whole-system deregulation can affect hormones, nervous system tone, and the gut-brain axis. This fascinating discussion explored through a functional and polyvagal informed lens, how chronic stress reshapes physiology and behavior.

If you are a regular, we hope to continue to see you but if you are new to Power Hours, be sure to sign up. The \$10 ‘hold your spot’ fee is refundable if you show up. Come connect with our community. We can’t wait to see you!

## Upcoming Webinars

**January 13, 11:30 am** - Marla Samuel is back to discuss and simplify the confusing world of probiotics.

**February 10, 11:30 am** - We lighten things up a bit with an interesting discussion about the advantages of Aromatherapy.

**February 24, noon** - Learn about the new interaction database. Members who have used it love it. This is a deep dive from a key member of the database team so you can really learn how to take advantage of all that is offered.

**March 10, 11 am** - Explore the world of Breathworks. This is a very timely topic as it is something that clients will be talking about if they are not already.

**April 14, 11 am** - Our own mentor and CANNP team member Eiman, will share some of her extensive technical knowledge with a special focus on “square” and how you can use it enhance your business.

Save those dates!

## Ready, Set, Chat

Our Whats App group is going strong. We welcome all Members to join in. Lots of questions get asked and answered — so far — nothing is off limits. Let’s face it, we all have questions.

Log into the [cannp.ca](http://cannp.ca) site and go to Members and find Ready Set Chat. From there you can link to the group.

This is a great way to connect and get to know one another.

We love seeing so many chattering. Please join in! See you there soon!

### Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

The content of this newsletter is for the purpose of sharing information only. Readers are encouraged to investigate all ideas, products and/or services before committing to them. CANNP will not be held responsible for any adverse consequences resulting from the use of any information in this newsletter.

## Challenge and Accountability

The Challenge and Accountability initiative was a hit once again. We just completed another session in October and we accomplished a lot.

We are so pleased to have developed such an impactful initiative. We can't thank Eiman enough for always showing up to help us out.

We plan to do the program again FOR FREE in April and May of 2026 but be sure to get on the wait list because we can only include a limited number of Members at a time.

For the 2-month period, Members meet to tackle business tasks that you should be pursuing to either start your business on the right track or refresh your existing practice. But that's not all – you will be accountable to complete them! You will be paired with a partner for support and we all meet as a group every two weeks to hone the results. For details about how it works, log into the Members only area and under Members go to Business Tools.

The Challenge and Accountability initiative is one way to be effectively mentored and gain real insight into how to make your business soar.

Please take advantage of this and all that the CANNP has to offer. To get on the waitlist, email [info@cannp.ca](mailto:info@cannp.ca) and let us know.

## Another Mentoring Round Table

November 20 at noon, our fabulous Mentors gathered to meet Members on zoom and to answer any questions that have arisen. What an opportunity!

These are some of our most successful and long-standing Members who know the ropes. They have made it work; they have been at it for a long time; they know when and how to pivot; they have the answers.

This time the Mentors tackled 6 burning questions and provided some really sound advice.

We want to take this opportunity to thank these nutrition warriors for their years of experience and for so graciously sharing their expertise.

We hope we can wrangle them into joining us again. In the meantime, keep a list of your questions handy so that we can pass them along when the time comes.

## Amazingly Helpful Free Stuff

Who doesn't want something for free, especially if it's super useful!

If you are a Member in good standing and you have not attended a free Power Hour or requested a free giveaway or taken part in the Challenge and Accountability or any of the other great offers and benefits from CANNP — you are definitely missing out. Those who are part of these initiatives tend to be those who are most successful.

A quality product that you can share with your client does more than give them valuable information — it keeps your name around when you can't be. It makes a great marketing tool to remind them of you when they are not in immediate need of your services.

September we claimed as “Healthy Lunch Month” and three of our Members, including Julie Daniluk, offered up pro lunch tips and recipes. It was a fabulous giveaway for the start of school.

October was the month for “You Can't Have Your Cake and Eat It Too!” and provided 3 helpful steps on how to handle the client who claims they are doing everything right and still not progressing.

November was for the practitioner and all about how to “Keep 'em Coming.” It featured straightforward techniques that are simple to implement.

December features our Holiday Zentangle mailer for clients.

## It's Showtime Again

After a long hiatus due to COVID, the industry is starting to get back into the groove of tradeshow. We were able to get some special pricing for the National Women's Shows in Vancouver, Ottawa and Toronto. We are actively working to bring more opportunities your way!

## Other Fabulous Benefits

Remember to take the time to check out the Interaction Database. It will make you much more thorough and therefore more professional.

Also, Trueview is the symptomology tool you need to be using especially that now we have the optional add-on of the Vagal Tone Trueview. Using these tools will help you pinpoint your starting position with any client. You still need to apply your knowledge and client info, but it can be very helpful in providing direction.

## Insurance: Today and Beyond

### What We Are Doing

CANNP is working tirelessly behind the scenes attempting to secure more written confirmations from insurers. Every day we are calling and sending emails. Every day we get new inquiries from insurers checking to see if so and so is a Member and some of those are from companies we don't have confirmation from which spurs a whole new line of inquiry on our part.

At this point we have such confirmation from Manulife, iA Financial Group, League, GreenShield Canada, Equitable Life Insurance, ClaimSecure Inc., Blue Cross Alberta and Blue Cross Saskatchewan, but understand, that these alliances are in constant flux. As they inform, "Be advised, that in order to consider nutritional claims for reimbursement, the provider must be in good standing with the professional association. CANNP is such a recognized association."

They also make it very clear that in order for your client to secure coverage, even if they have a policy with one of the confirmed companies, the client's employer must opt into having nutrition coverage on their policy.

As well, Sunlife now offers some employers a Personal Spending Account within which Nutrition Counseling is covered.

Please note that for GreenShield you may wish to register at [www.providerconnect.ca](http://www.providerconnect.ca) where you can choose the "other" category. You may also wish to register with Alberta Blue Cross. We continue to pursue the other Blue Cross companies across the country as each province is independent.

### What You Can Do

Our database of Members is now directly available to the insurers. Though we often hear from the insurer for Member confirmation, many receive a current list of Members monthly. It contains name and NNCP number only. In order to have the best chance of having your services covered when applicable, it is important to renew on a timely basis and

not let your membership lapse, ensuring you are on the list.

Encourage every client to submit an insurance receipt whether they are aware of coverage or not. This will let their employer know of the increasing desire for our services. Be sure the receipts that you produce for your client include the words "paid," "Nutritional Counseling" and payment details as well as the CANNP logo and your CANNP Member number.

We urge all Members to build your business with the thought of being valuable to your clients — whether they are likely to have insurance or not. Individuals will pay for something that they feel adds value for them. At this point insurance coverage is not something that you can count on, so bump up your service and value.

1. If you are due to renew, doing so in a timely manner will help us keep the insurance companies' lists of qualifying Members current and accurate. If you delay renewing, and the lists have already been submitted, you will be added to the list the following month.
2. Instruct your clients to submit claims every single time — even if they are confident that they do not have coverage. This will show Human Resources that the service is one that is desired. See above.
3. Suggest that your client speak with their employers directly about adding "nutritional counselling" to the company policy. We offer a letter on the website that clients can use for this purpose. Letters can be found in the Members section under "For Your Use."
4. When you or your client do have contact with an insurer, please be sure to indicate CANNP and/or our logo so that it is clear that you are a part of the Association (logo is available in the "For Your Use" section. You may wish to share that NNCP is given to those who are well educated and adhere to a

Standard of Practice and Code of Ethics. Many of these companies are massive and connecting all the dots can be challenging.

5. Ask your clients to take advantage of the "Take Action" short survey on the CANNP site. We only ask for name, province, email and the reason the holistic nutritionist was pursued, as opposed to an alternate type of health care practitioner. There is a list of potential short answers in the "For Your Use" section of the Members Only area of the site. The answers will be added to the "1,000 Reasons Why" campaign. Our intent is to use this information to approach more insurance companies and government with a vast amount of data, that just cannot be ignored.

### Summary

We are not at all discouraged; nor should you be. Many practitioners are very successful despite insurance coverage. We need to think of it as a wonderful, potential gift, but in the meantime we all have to do our part.

While we continue to pursue insurers, attempting to educate them about our industry, you should find ways to increase value to clients and keep your eye on the ball by submitting paperwork as requested.

"The purpose of a business is to create a customer."

*(Peter Drucker, Management: Tasks, Responsibilities, Practices, 1973)*

"Price is what you pay. Value is what you get."

*(Warren Buffet, often quoted from Berkshire Hathaway shareholder meetings and letters)*

"If you do build a great experience, customers tell each other about that. Word of mouth is very powerful."

*(Jeff Bezos, from Wired interview, 1999)*

"A business that makes nothing but money is a poor business."

*(Attributed to Henry Ford but appears in a number of early 20th century interviews.)*

*Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage.*

*Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.*

## Once is Not Enough

In any industry, particularly a crowded one, standing out from the crowd is of paramount importance. As a CANNP Member you already have a leg up. You can tout your association logo for instant credibility but more than that, at a glance it is evident that you bear extensive education, adhere to a Code of Ethics and a Standard of Practice.

As good as it is, is there more that you need to bring to the table to ensure that you are noteworthy/memorable?

We are always encouraging you to give exemplary customer service if only because that, in and of itself, is a rarity these days! But more than that, my overall advice is simple — do one more.

This translates into — go an extra mile.

1. Start with how you connect with present and potential clients. Consider creating a weekly list of who you wish to contact and then do it. You can call or email. When you get to the point that you are stuck, distracted or even discouraged, do one more call or email.
2. When you are producing product for clients — meal plans or protocols — before you close your computer for the evening, do just one more. Perhaps send a visual cue in your email which then makes it shareable. Personalize one more line in the protocol you are sending that shows you have the best interest of your client at heart. Including one such detail shows that you know them and will set you apart from the template-based practitioner.
3. Before your client leaves your office, ask one more question. Perhaps ask, “Is there one additional thing you would like to tackle next time?” “Is there one question you wish someone would ask you about your health?” One more question may give you a great start to your next consult and will leave the client feeling as though you will take the time to truly care about their individual needs.
4. Plant one more seed of how they have progressed and what skill or milestone they can expect next time they visit. Projecting a bit on your part will help to keep them coming back and provide a focus for them to watch for.
5. When you are thinking about how to stay top-of-mind with the client sitting across from you when you are no longer sitting across from them, produce one more piece that they can carry away with them. Give them an apple on the way out with a tiny sticker on it with your logo — one last thing to take away with them. Instead of an apple, consider a relevant recipe for them or a tea sample. Go that extra mile.
6. After the client has left, and your day is over, send one more follow-up message or a note of encouragement. Make sure whatever you send is personalized so it shows that the person was heard by you. Perhaps it is a relevant article or study that you just happen to have.
7. Every day, plan one surprise check-in. Consider a hand written note or a no agenda email to someone who you have been meaning to touch base with. Think of things that you wish your health professional would do and do that.
8. You have had a good day — saw clients, finished your protocols and notes — now, one more thing. Ask yourself, “What small step can I take right now that will make tomorrow better, easier, or more manageable?”

One More is a wonderful philosophy for every step of every day. Just consider, is there one more thing that you can do?

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For more hints on how to become top of your business game and to connect with others who are experiencing what you are, please consider attending the next Challenge and Accountability initiative coming this April and May. Request to be put on the wait list by writing to [info@cannp.ca](mailto:info@cannp.ca).

Here is what C. Rudell had to say, “Participating in the Challenge and Accountability project has been such a rewarding and transformational experience. The structure, resources, and sense of community that CANNP provides is exceptional — but what has truly set the program apart for me was the mentorship.”

A feeding study out of the South Dakota State University showed that older adults who ate fewer ultra-processed foods naturally consumed less calories, lost weight and abdominal fat and showed improvement in other markers such as insulin and inflammation. Though the study was quite small, it was a trial conducted using a more reliable method than self-reporting studies. According to Moul Dey, a professor involved in the study, “Counting nutrients is not enough. The degree of processing changes how the body handles those same nutrients.”

<https://medicalxpress.com/news/2025-11-metabolism-weight-older-adults-ultra.html?utm>

*Frontiers in Nutrition* published a study looking for a relationship between dietary fibre intake and obesity in adults. Researchers examined the data from the US National Health and Nutrition Examination Survey (NHANES) over almost 20 years. Specifically, they looked at fiber intake, obesity and mortality. Among obese adults, those who consumed 26.3 grams/day of dietary fiber had the lowest all-cause mortality; even modest increases in fiber intake beyond average intake correlated with reduced health risks. The authors suggest fiber-rich diets may be a simple, effective public health intervention. Despite being a large and long study, authors remind the reader it is observational and requires more review. <https://www.frontiersin.org/journals/nutrition/articles/10.3389/fnut.2025.1602600/full>

In seeking dietary patterns that could lead to type 2 diabetes, there appears to be strong evidence that a healthier diet in adults leads to less incidence of the disease. While the researchers looked at children, the results were not as conclusive. Researchers reviewed 118 articles to compare diets high in vegetables, fruit, whole grains, legumes, nuts, fish and seafood with diets high in red or processed meats, high-fat dairy, refined grains and sugary foods and drinks. They concluded there was strong evidence that healthier eating is associated with a lower risk of type 2 diabetes in adults. Who knew?

<https://www.nature.com/articles/s41387-025-00385-8>

Researchers looked at the effect of regular intake of orange juice on genes and overall well-being. It was a small study of only 20 healthy individuals over a short 60-day period. The participants were given half of 17 oz of orange juice in the morning and again later in the day. Blood samples were collected regularly. Blood pressure and other metrics were also compiled. Using a sophisticated method, they observed how the genes were expressed, turned on or off. At the end of the 60 days, they clearly saw that there were changes at the genetic level. Genes related to high blood pressure were significantly reduced — not surprising since we know oranges affect blood pressure. But key inflammation genes also showed reduced activity. Orange juice influenced the genes involved in body processes that affect fat stores. It may be that adding orange juice daily could positively impact issues related to heart health. <https://www.sciencedirect.com/science/article/pii/S0963996916301041>

\*CANNP takes no responsibility for any outcomes that present from using any of the information on this page and encourages all readers to investigate further to ensure their best experience.

## www. Wild, Wacky, Wonderful

### anylist.com

AnyList makes it simple to create and share shopping lists, collect and organize your recipes, and schedule and prepare meals so you can spend less time planning life and more time enjoying it.

This small team is committed to creating real, tangible value for customers. AnyList is continuously worked on and improved. After downloading AnyList, you'll be prompted to create an account. It's free and only takes a few moments.\*

### edX.org

Tap into tons of elite-university courses from all over the world for free (if you don't need a certificate.) This self-paced library offers thousands of flexible course options designed with learners in mind. Build skills, boost careers, explore, retain talent, and more. There is a cost for some courses but for most it is potentially quite manageable — if learning at your own pace is your thing.\*

### futureme.org

It seems weird but writing your future self a letter is a form of self-care. In this practice, not only are you taking a moment to reflect on where you are, where you are heading and what is important to you right now, you are also creating a reflective check-in with yourself.

Use this site to: track your goals; check your focus; connect with your inner needs; relive memories in detail; acknowledge growth & achievements; declutter your mind; and it is just a fun thing to do!\*

\*Be sure to do your own due diligence when you are downloading from the internet as some seem free but may not be and others issues could possibly occur.

## Oh Canada!

Being proud Canadians, we are trying more than ever to purchase home brands and that have the makings of some very effective marketing. But what does it all mean in the world of Natural Health Products (NHP)?

The whole concept is a bit complex, because “Made in Canada” / “Produced in Canada” (and related phrases) are regulated in some contexts, but not necessarily in exactly the same way for every type of product. The regulatory regime for Natural Health Products (NHP) has its own rules.

A “Product of Canada” label, under the Consumer Packaging and Labelling Act, means that at least 98 per cent of the total direct costs of producing the item were incurred in Canada. What that means is that it was made in Canada by Canadians, with negligible imported elements. “Direct costs” typically include labour, manufacturing, processing, and so on — not just the cost of raw materials.

“Made in Canada,” for non-food items, means that more than half of the total direct costs — at least 51 per cent but less than 98 — were from Canada. Health Canada’s NHP regulations don’t explicitly define “Made in Canada” or “Product of Canada” in the same way the CFIA does for food labeling. The NHP regulation is more focused on safety, quality, and manufacturing process rather than origin-claim thresholds.

“100% Canadian” means that everything — ingredients, labour, and processing — is completely Canadian.

There are other marketing designations such as “Designed in Canada” which indicates that the product was conceived in Canada but produced elsewhere.

“Canadian-Owned” only indicates that the company is owned by Canadians but potentially the product was made elsewhere.

Then there are labels such as “Packaged in Canada” which is pretty straightforward, signifying that the product was packaged and perhaps processed locally but the main ingredients might be imported.

Labels with the maple leaf emblem are tricky because showing it does not necessarily mean that the product was manufactured or prepared in the country. There is no official logo for Canadian made products, though it generally does indicate that some sort of Canadian contribution was made. That said, the flag emblem is not a requirement. There are also a number of logos utilizing the maple leaf that are used to show that the product meets Canadian safety and quality standards.

The best way to determine whether the food item or product is Canadian is to look for a “Product of Canada” or “Made in Canada” label to correctly identify Canada-

made or grown products.

When you buy Canadian-made products or products with Canadian input, you are getting a product that: supports local farmers, businesses, and workers; keeps jobs in Canada; strengthens our economy; and meets Canada’s high safety and environmental standards.

<https://madeinca.ca/buying-canadian-how-to-be-sure/>

<https://www.cbc.ca/news/canada/made-in-canada-product-of-canada-1.7451556>

[https://newrootsherbal.com/uploads/flourish/1759778675\\_2025D%20Autumn%20Eng%20flourish.pdf](https://newrootsherbal.com/uploads/flourish/1759778675_2025D%20Autumn%20Eng%20flourish.pdf)

## Acknowledging the Holistic Nutrition Trailblazers

**Special thanks to Bianca for allowing us use of her article in part.**

Bianca Church, 2025 <https://biancachurch.com/>

In the '80s, '90s, and early 2000s, holistic nutritionists were often dismissed or excluded from professional spaces. We worked without regulatory recognition, scientific validation, or public acceptance. But we showed up anyway. We built clinics, educated communities, and taught clients to reconnect with their food, their bodies, and their autonomy. We didn't have “functional medicine” or “precision health” buzzwords to lean on. We had whole foods, client-centered consulting, and the courage to push against a system that wasn't ready to listen. Since then, the field of nutrition has changed dramatically, and quickly. We now live in a saturated market where MDs, PhDs, NDs, RDs, pharmacists, homeopaths, functional medicine practitioners, and nurses all offer nutrition guidance. They are fronting the podiums holistic nutritionists built. They use the language we fought to legitimize, deliver programs we once had to defend, and occupy platforms that were closed to us for decades. Everyone is now jostling for position and what used to be our unique lane is now part of a much wider traffic jam. The number of nutrition schools has exploded, not just in Canada, but globally. In addition to the specialized options McMaster, Harvard, and Aberdeen Universities are certifying people in nutrition. The supply of practitioners has grown dramatically and is increasingly populated by those with “medical” credentials. Meanwhile, those of us who helped start the “food-as-medicine” movement are being affected. Not because we lack skill or relevance, but because the landscape has changed.

It is time we acknowledged the people who laid that groundwork: The holistic nutritionists of the '80s, '90s, and early 2000s were pioneers. We paved the way for others to follow and taught the public how to listen to their bodies before anyone else was willing to say that mattered. We kept food culture and integrative care alive while the mainstream was still scoffing.

So, to those of us who stayed in the field, who adapted, who held our integrity while the landscape shifted: thank you. Your voice still matters and the good news is many of us are evolving, strengthening our skills through continuing education, and keeping our place in this rapidly changing landscape. CANNP remains part of that legacy, standing with practitioners who continue to grow, adapt, and lead.

## Gifts that Nourish Guide

by Julie Daniluk, Author, TV Personality and Proud Member

You have access to my Gifts That Nourish guide. These are some products and programs that I personally use, love and support! Discover the ultimate guide to thoughtful gifting and inspire a lifestyle of well-being with these handpicked presents that promise not just joy, but health too!

### Canadian Bitters

Give the gift of a happy belly with this natural digestive support for soothing relief from heartburn, bloating, and gas! It features 9 certified organic herbs with bitter compounds that relieve symptoms of indigestion. It's 100% natural and non-habit-forming.

You can use "JULIE15" as a coupon code to get 15% off on all St. Francis Herb Farm products.

### Airtube Headphones

EMF Radiation Free Air Tubes - the ultimate solution for protecting yourself from electromagnetic radiation. Removing 100% of RF radiation our Air Tubes utilize innovative acoustic technology to provide a safer alternative to traditional wired or wireless earphones, ensuring your well-being and peace of mind.

### Arnica Compose

Arnica boasts so many therapeutic virtues that it truly deserves all our respect. The many benefits of the Arnica plant have been known for a long time. Boiron's high-quality Arnicare products are born in the French mountains. Specialized harvesters carefully handpick this mountain daisy and within 48 hours, the fresh plants arrive at Boiron's lab. Botanists and pharmacists transform this plant into one of today's most widely relied upon homeopathic pain relievers.

You can use "JULIE15" as a coupon code to get 15% off on all Boiron products.

### Meals That Heal Inflammation (2nd Edition)

My fully revised and updated edition of the groundbreaking guide to overcoming inflammatory pain, featuring over 110 delicious healing recipes. The fully revised new edition of Meals That Heal Inflammation includes both proven strategies and the latest cutting-edge science about inflammation. Your comprehensive guide to help you understand the causes of inflammation and provides a clear and targeted step-by-step plan to prevent or treat it, so pain doesn't have to be your destiny.

### Dolphin Vagal Nerve Stimulator

Now there is a scientifically proven solution, the Dolphin Neurostim, that may provide significant relief for those suffering from pain. The Dolphin Neurostim is the world's first device specifically designed to reduce sympathetic stress for the reduction of soft tissue pain. This natural but potent form of pain relief is now being applied in

over 60,000 hospitals and pain clinics worldwide, treating over 10,000,000 patients annually.

You can use "JULIE15" as a coupon code to get 20% off.

### Electrolyte Booster

Give the gift of energy this holiday to the ones you love...yourself included! This tasty powder is a complete and balanced electrolyte formula with potassium, sodium, chloride and magnesium, the main electrolytes found in the body. I love the lemon-orange flavour and it is sugar-free too!

You can use "JULIE15" as a coupon code to get 15% off on their website.

### Mini Red Light Therapy Device

Unlocking the power of restorative light frequencies with unrivalled power in the palm of your hand. BonCharge Mini is a high irradiance and handheld red light therapy device conveniently delivering targeted red light therapy at 660nm and 850nm. Ideal for targeted muscle recovery, improving skin appearance and boosting cellular energy production.

### Exfoliating Shower Body Brush

Smooth and Glowing Skin: Dry brushing body brush soft and sturdy bristles stimulate your blood circulation to help renew your cells and rev up collagen production and eliminate clogged pores to give you that clean and freshly-scrubbed glow. All Natural Materials: Shower Brush is made up of natural bristles, real wood handle and the canvas strap, it all feels natural against your skin.

### Cha's Organics Whipping Cream

The perfect dairy free alternative to heavy whipping cream. A game changer for dairy-free, vegan, and keto desserts, this wonderfully versatile product whips perfectly every time without the need to separate the cream first. It's great for vegan mousse and frosting, strawberry shortcake, and more. Incredibly creamy texture with guaranteed stiff peaks when using an electric beater. Just chill, whip and serve.

### Breville Sous Chef Food Pro

Considered one of the best food processors worldwide in a smaller foot print, perfect for the budding chef. A high torque induction motor and high performance stainless steel cutting blades are perfect for all food processing tasks. Make your holiday meals quick and easy with this powerful and versatile appliance. A must have for any kitchen!

### Boncharge Face Wand

I have thoroughly enjoyed elevating my skincare routine with the BON CHARGE Red Light Face Wand to help with the production of collagen which enhances natural beauty. Research is showing that this type of device reduces the appearance

of fine lines and wrinkles. The combination of biomicroelectronics, heat, sonic vibrations, red and near infrared light lifts, contours and enhances the skin's appearance.

### Ultra-Moisturizing Body Butter

Created by my good friends Joy McCarthy and Walker Jordan. This luxurious body butter is a rich blend of organic plant-based butters and oils including organic cocoa butter and shea. Together they banish dryness and deeply nourish without any greasy residue, while Canadian-sourced Chaga and propolis soothe, heal and revitalize your skin.

### High Fidelity Ear Plugs

Enjoy the holidays without the headaches! These are designed with lightweight silicone and molds to the shape of your ear canal creating a complete seal and a perfect fit for extended use in concerts and daily life. Protect your hearing without losing any of the experience with filter technology that precisely replicates the sound signature at a safe volume. No tinnitus or ringing ears the next day!

### Sonicare Rechargeable Toothbrush

Did you know that your oral health is key to reducing inflammation and heart disease? That's why our entire family uses this toothbrush. It cleans effectively along the gum line where gum disease can start out. The claim is that it is up to 10x more effective at plaque removal vs. a manual toothbrush. It's easy to use and I love the travel case.

### SweetMonk Monk Fruit Extract

Monk fruit liquid is my favourite sweetener because it is calorie free and anti-inflammatory. I carry a bottle in my purse, leave one in my car, and have several around the house. I love it in tea, yogurt, shakes, dressings, baking, and anywhere that I am looking to boost sweetness without the calories.

You can use "JULIE15" as a coupon code to get 15% off.

### Becoming Sugar Free Book

My #1 bestselling book to help you quit sugar for good. In Becoming Sugar-Free, I walk you through everything you need to know to create a powerful sugar-free lifestyle: from why sugar is the most harmful food ingredient, to how to make easy swaps for healthy sweeteners. I share what happens in your brain when you eat sweets and how to conquer emotional eating and kick sugar to the curb.

### Blue Light Blocking Clip Light

The perfect companion for your late-night reading sessions without compromising your sleep quality. Experience the ultimate combination of functionality and sleep-friendly lighting with this cutting-edge Clip Light. Flicker free, emits only pure red light and emits zero harmful EMF radiation.