



A Few Of My Favorite Online Natural Health Resources

Message from Milly

Greetings to all,

This month's newsletter topic is in response to several requests for my favorite non-mainstream online natural health resources.

Now, there's nothing wrong with the big mainstream health sites. I appreciate how they are raising awareness about natural health topics and find them helpful for keeping up on the latest trends and research.

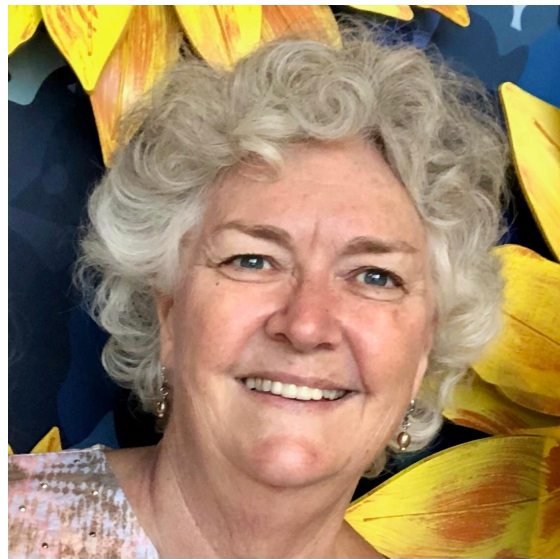
However, these sites don't always cover topics in-depth and can also tend to focus solely on specific studies vs. taking a more holistic view of the research, traditional and historical modalities, and clinical experience/observations.

So, if you're looking for content that is more holistic-focused and covers things like homeopathy, holistic nutrition, traditional diets, herbology, non-toxic living, etc. this newsletter is for you!

Blessings to all!

-Milly

P.S. I must mention the sites I am recommending here are for health,



nutrition, and wellness information only.

I don't necessarily agree with everything they say, nor do I think there is a one-size-fits-all when it comes to health, lifestyle, family life, fitness, dieting, etc.

I also do not necessarily endorse the author/owner's political, social, economic, or religious/spiritual views. My interest is in sharing helpful health information...that's it.



My Favorite Natural Lifestyle Blogs

With so many natural lifestyle blogs, it can be hard to know which ones are trustworthy and relevant.

The following are some of my favorites that cover various aspects of natural and holistic living.

For Family Health

[Wellness Mama](#): Katie Wells has been at this blogging thing for several years now and offers a vast library of topics. This is an excellent resource for families, including new moms, DIYers, and anyone interested in nutrition and mind-body medicine.

For Women's Health

[Aviva Romm](#): Aviva Romm has been around for a long time in the women's health space. She's an herbalist, midwife, medical doctor, and pediatric expert with a very holistic focus on women's and family health issues.

She also has some great information for families on things like fever and childhood illness, birth choices, when to take an antibiotic, etc. A highly recommended resource for women and moms.

For Men's Health

Writing this newsletter made me

realize the complete lack of decent online resources that focus on holistic men's health (beyond fitness and libido).

However, I do like the following health professionals who happen to be men:

[Dr. Mark Hyman](#): One of functional medicine's best-known experts and multiple NYT best-selling authors.

[Chris Kresser](#): Chris is an acupuncturist and does a great job writing detailed, science-based articles whilst encompassing a holistic perspective.

For Non-Toxic Living

[Branch Basics](#): If you want to learn how to detoxify your home, choose the best non-toxic products, address chemical sensitivity, create a safer space for your kids, and clean like an eco-friendly pro, there's no better resource than Marilee, Allison, and Kelly.

From their free Toss The Toxins online course which teaches you how to rid your home of toxins step-by-step, to diverse blog content, and awesome podcasts, these ladies will inspire and empower you to create a healthy home and family (and their cleaning products are incredible too).

For Homeopathy

[Homeopathic.com](#) is the site of Dana Ullman, homeopathy's foremost spokesperson.

Dana has authored ten books and three medical textbooks, and lectures at medical schools nationwide.

Here he offers a wealth of articles, books, videos, research, and courses to help you learn how to use homeopathy at home.

For Mental Health

[Kelly Brogan, MD](#): Do you recall recent headlines about "breaking research" showing depression was not actually due to a chemical imbalance?

Guess who's been shouting that fact from the rooftops for years? Kelly Brogan. She even had her NYT best-selling book, ["A Mind Of Your Own,"](#) blacklisted for it.

If you or someone you know struggles with mental health issues, Dr. Brogan is a holistic psychiatrist worth following.

For Herbal Education

[Gaia Herbs Blog](#) is a wonderful resource for information on the traditional uses and modern research of herbs.

[Chestnut School of Herbal Medicine](#) is a popular southern resource for online herbology programs and blog content.

[Mountain Rose Herbs](#) is best known for selling bulk herbs, but their education center is a fantastic resource too.

For Mystery Symptom Support, Nutrition, and Herbs

[Medical Medium](#) is one of my more unconventional recommendations, but I must say Anthony William has written some game-changing stuff!

This is an especially good resource for anyone dealing with a really tough or long-standing health issues and/or those with many food sensitivities. I've also found his information on thyroid health and skin conditions particularly insightful.

For Pets

[Holistic Actions](#) is a wonderful online

resource for natural pet solutions.

This site acts as a centralized hub for holistic veterinarians and pet experts to share their knowledge and tools and even offer online classes & personal support at the "Community Membership" level.

Their blog covers a wide range of topics and isn't salesy.

Helpful Recipe Sites For All Types Of Eating

[100 Days of Real Food](#) offers excellent, easily adaptable, family-friendly recipes and lunch ideas.

[chocolatecoveredkatie.com](#) is an excellent site for healthier baking and sweet treats. The best thing about Katie's recipes is that she offers customization based on your eating style (GF, DF, sugar-free, etc.).

[Kids Cook Real Food](#) provides online cooking classes for children based on real food ingredients. Topics cover everything from cooking safety, different techniques, baking, dressings, and preparing meals. Their newsletter is a nice resource for moms and families too.

[The Nourishing Gourmet](#) is a great resource for affordable natural food recipes.

[Acleanplate](#) is handy because it lets you sort recipes by your food sensitivity/allergen.

[Nourished Kitchen](#) offers a traditional foods approach (ferments, sourdough, bone broth, etc.) to family-friendly recipes.

[Ohsheglows](#) is an excellent resource for dairy-free, plant-based, vegan recipes.

[Against All Grain/Danielle Walker](#) has an incredible array of nutrient-dense, grain-free, refined-sugar-free, and meticulously tested recipes. She even has grain-free





As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

All the links to products are provided for educational purposes and are not affiliate links.

Industry Watchdogs & Resources For Vetting Products

For help deciphering the best natural and non-toxic products, companies and causes turn to these resources.

[The Environmental Working Group \(EWG\)](#)

EWG is dedicated to helping consumers choose safer, healthier, and more eco-friendly products.

They have various databases and apps available to help you achieve this.

Just scan or type in a specific product, food, or ingredient to bring up a safety score.

They cover:

- Personal care products through their [SkinDeep Database](#)
- Cleaning products through [EWG's Guide to Healthy Cleaning](#)
- Food through [The Dirty Dozen and Healthy Living App](#)
- Water through their [Tap Water Database](#)
- And much more

Other industry WatchDogs worth knowing about are:

[Fluoride Action Network:](#) They are primarily responsible for the court-ordered release of the EPA-repressed report that just surfaced on the neurotoxicity of fluoride. We'll cover that in an upcoming newsletter!

[Organic Consumer's Association:](#) This non-profit fights for our right to choose healthy, sustainable, chemical-free food. An excellent resource for info, news, and developments on organic foods (and

farms), GMOs, environmental health, regenerative agriculture, pharma overreach, and more.

[The Food Babe](#): Vani Hari is natural foods advocate, mother, and best-selling author. She made her mark conducting large-scale investigations and exposes on big food companies (at significant risk to herself).

Her site is also an excellent resource for nutrition information, recipes, and all things healthy living.

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