

Holiday

GIFT GUIDE

by **just the inserts** + **empowered mama movement**



We hope this will be an insightful + impactful guide while shopping this season. There are over 100 products within this guide and all are carefully selected to encourage a healthy, more natural way of living. Thank you to all the companies that graciously provided a discount code for this amazing community!

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the Face



the Body



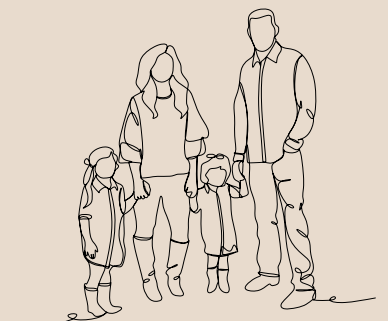
Anxiety



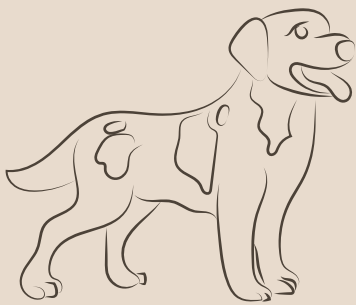
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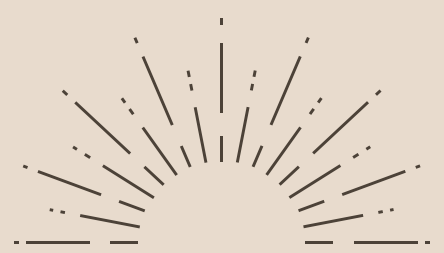
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Disclaimer: This guide is for informational purposes only. By providing the information contained herein we are not diagnosing, treating, curing, mitigating, or preventing any type of disease or medical condition. Before beginning any type of natural, integrative or conventional treatment regimen, it is advisable to seek the advice of a licensed healthcare professional. May contain affiliate links. Product photos/descriptions provided by company websites.

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GIFTS FOR THE FACE

Frownies: The original wrinkle patch

\$23.95 + shipping

Frownies Facial Patches are non-invasive wrinkle reducing patches worn while you sleep or for a minimum of three hours. These patches act to form a cast for the facial muscles, holding them flat, preventing expressions that cause wrinkles, and helping to release tension, smoothing existing lines.



ALTERNATIVE FOR:
botox



Wildling Empress Stone

\$69 + shipping

Bestselling patented facial gua sha tool designed to lift, sculpt, tone, and de-puff the skin.

Artisan crafted from sustainably sourced Bian stone, an amalgamate of 40+ minerals known for their healing properties.

Wildling Cupping Set

\$39 + shipping

Clarify, detoxify, de-puff, and sculpt the face and neck. Made of high-quality, food-grade silicone, these cups are intended to be used with gentle suction to promote healthy flow in the tissues.



ALTERNATIVE FOR:
botox



Beauty Care Naturals Makeup

\$26 + shipping

Hydrating, moisturizing, line-softening, skin-perfecting coverage. Considered full coverage, a little goes a long way and can be used as light or full as you need! These concealer sticks are packed full of skin nourishing oils and mineral color that bring the perfect amount of buildable coverage all while hydrating the skin. The colors blend and self-adjust to your natural skin tone.

oral health

non-fluoride tooth remineralizing toothpastes

Use discount code "EMM" at checkout for 15% off



\$8.40 + shipping

redmond



\$13 + shipping

boka



\$12 + shipping

risewell

THE DENTAL DIET

The Surprising Link between Your Teeth, Real Food, and Life-Changing Natural Health



DR. STEVEN LIN

Foreword by Mark Hyman, M.D.

The Dental Diet

\$13.89 + shipping

With our mouth as the gatekeeper of our gut, keeping our oral microbiome balanced will create a healthy body through a healthy mouth.

Radius Floss

\$4.50 + shipping

Conventional floss often has fluoride, BPAs, and PFAs (known as "forever chemicals"). This floss is free of all these plus it's plastic-free, biodegradable and compostable.



Boka

Rasana

Tongue

Cleaner

\$8 + shipping



Stainless steel loop cleans gently but effectively. Removes buildup off the tongue to freshen breath.

Bliss Energetics Super Remineralizing Toothputty

\$33 + shipping

Used as a spot treatment to help remineralize teeth. Think of this as your alternative to extra strength fluoride toothpaste needed for "watch areas" or "early cavities."



EMM
EMPOWERED
MAMA
MOVEMENT

For more oral health info, follow **Empowered Mama Movement**

GIFTS FOR THE BODY

[scroll to the top](#)



Since its' birth in 2017, Rowe Casa Organics has been on a mission to provide clean, non-toxic, high quality, and completely natural and effective products. They take their mission seriously by extensively researching each ingredient & always looking first to their indigenous region.

For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order

Rowe Casa Organics Sinus & Allergy Bundle

\$47 + shipping

Get ready to kick those pesky allergies and sinus troubles to the curb! This bundle includes three powerful, all-natural, go-to products to combat sickness, seasonal allergies, sore throats, cough, and more.



Rowe Casa Organics Sleep Support

\$27 + shipping

Enhance your sleep quality. As opposed to over the counter sleep-inducing drugs that are composed of harmful chemical components, the Tart Cherry Sleep Support tonic is all natural, made with organic ingredients and doesn't lead to any side effects. It can help regulate your sleep cycles in a safe, natural, and effective manner. Apart from regulation of sleep cycles, it also supports weight loss, inflammation reduction, heart health, and muscle recovery.

ALTERNATIVE FOR:

ambien



Rowe Casa Organics Detox Mask

\$42 + shipping

Keep your face smooth, beautiful, and toxin free! This powerful detox mask is great for pulling out impurities, exfoliating, and revitalizing your complexion. This powerful mask is also a multitasker, with other uses including armpit detox, spot treatment for blemishes, and relief for insect bites and stings.



Rowe Casa Organics Nico-Quit Support

\$22 + shipping

This all-natural blend was created to help curb challenging nicotine cravings. If you're ready to stop but need a boost of support, these drops are for you!



Rowe Casa Organics Skin Virus Drops

\$26 + shipping

Viruses and bacteria normally live on our skin, but occasionally we see areas become inflamed with the presence of lesions. Traditional remedies involve cutting, scraping, and freezing these lesions, but Rowe Casa wanted to develop a less invasive remedy with little ones in mind.

These specially formulated Skin Virus Drops have potent antifungal and antiviral properties enabling you to effectively attend to these superficial skin infections without pain.



Rowe Casa Organics Nerve Pain Salve

\$27 + shipping

This salve was specially formulated to serve customer requests for relief from shooting, burning, or stabbing pain in their feet and legs.

If you're needing help with tingling and numbness or a recurring pins and needles feeling anywhere in your body, this soothing blend can help!



Rowe Casa Organics Magnesium

\$37 + shipping for spray

\$24 + shipping for cream

Magnesium is essential for over 300 biochemical reactions in our bodies. A magnesium deficiency shows up in the form of migraines, sleepless nights, fatigue, leg cramps, and muscle soreness.

The most effective way to combat magnesium deficiency without digestive issues is through skin absorption, so Rowe Casa's specially formulated spray is the perfect solution!



Rowe Casa Magnesium Cream combines magnesium oil with raw shea butter, sandalwood, and other essential oils. This restorative blend promotes tranquility and amplifies the calming effect of magnesium. Magnesium Cream can promote sleep, relieve anxiety, and soothe aching muscles.

Primally Pure Deodorant

\$16 + shipping

Aluminum free natural charcoal deodorant contains a small amount of baking soda to combat odor and is fortified with kaolin clay (powerful detoxifier), non-nano zinc oxide (soothes irritation).



Homeopathic First Aid Kit + Zoom Consultation

by Melissa Kupsch
\$249.00 + shipping

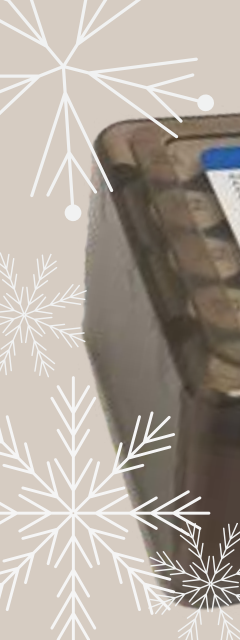
Use discount code **"JUSTTHEINSERTS"** at checkout for 10% off

This kit contains 20 of the most commonly prescribed homeopathic medicines for acute ailments with a reference booklet for easy home prescribing.

The remedies in this kit are of the 200C potency and include: Apis, Arnica, Arsenicum Album, Aconite, Allium Cepa, Bryonia, Belladonna, Calendula, Cocculus, Colocynthis, Chamomilla, Gelsemium, Hypericum, Hepar Sulph, Ignatia, Nux Vomica, Staphysagria, Thuja, Pulsatilla and Rhus Tox.



Upon purchasing, you will have access to an online zoom course where you will explore how this kit is used in the home. You will have access to ongoing zoom sessions with the ability to ask questions and build your confidence as a home prescriber.



Homeopathic
Remedy Kit
 by Washington
Homeopathic
Products
 \$149.00 + shipping

This home remedy kit was assembled based on the recommendations of well-trained homeopaths and 149 years of WHP experience. It contains 25 of the most commonly used and recommended 30C and 200C homeopathic remedies—remedies that are helpful with stomach bugs, flu-like symptoms, coughs, first aid, diarrhea, seasonal allergies, injuries, colic, and so much more.

Joette Calabrese
Practical Homeopathy Inc.

Not sure what homeopathy is?
Click here for a quick start guide

homeopathy training courses

ALLERGIC? COURSE



Lucy has struggled with asthma ever since moving into her recently renovated apartment. Her sensitivities don't stop at chemicals, as seasonal changes seem to bother her as well as her new roommate's cat! Hoping for an alternative to a life that is tethered to allergy medications, she signed up for this class. Armed with an easy, straight-forward protocol, Lucy allowed her roommate to keep the cat, and she also cured the cat's intolerance to grains! Lucy is amazed at how her springtime has been pleasant, rather than suffering from one miserable sinus infection after another. Way to go Lucy!

THE ANTIBIOTIC ALTERNATIVE COURSE




Leonora is concerned about the side effects of antibiotics. She knows that the first three years of life are crucial for building a strong and diverse gut microbiome and wants her children to have the best possible start in life. Leonora's mom is prone to UTIs but has had bad reactions to antibiotics in the past. Leonora is looking for alternatives so she can help her mother, be prepared for common childhood infections such as strep throat and ear infections, and ready in case she gets mastitis while breastfeeding. The Antibiotic Alternative is the course that teaches how homeopathy can be used for common everyday bacterial infections, so that antibiotic use can be reserved for truly dangerous conditions.

DRUG-FREE FAMILY COURSE



Lara is a great candidate for this course! She would like to minimize her use of pharmaceutical drugs using homeopathy for her entire extended family and pets. She is glad to know how to treat normal ear infections, fevers, sore throats, and a myriad of acute illnesses covered in this class. She values personal and family empowerment and values how this course strengthens both. She also is able to give healing tidbits to her friends in her homeschooling group. Yay Lara!

FEMINOPATHY COURSE



Leanne struggled with hormonal issues after her 4th baby's birth. The intense mood swings, hot flashes, and insomnia associated with her cycle were particularly overwhelming. Now Leanne has ready-to-go homeopathic protocols which can balance out hormones in both young and not-so-young women. Her daughter's painful menstrual cramps and another daughter's acne are a thing of the past. Indeed, with a house full of girls, Leanne has found more than one opportunity to use the practical protocols found in the Feminopathy course. That's one mom with Moxie!



SleepCalm® Tablets
 by Boiron
 \$11.99 + shipping

Use discount code "JOETTE" for 20% off your Boiron order

ALTERNATIVE FOR:
ambien

This homeopathic medicine calms restless sleep, so you can fall asleep and stay asleep without feeling groggy the next day.



MASTER YOUR MINERALS

Master Your Minerals Course + Hair Mineral Test

\$347 + shipping

Master your Minerals is ideal for those that want to test and not guess and better understand targeted nutrition, supplement, and lifestyle changes! A hair tissue mineral analysis (HTMA) is used to measure the mineral content of the hair. It is easy and painless. Hair testing is helpful for anyone on their healing journey since minerals fuel all reactions in the body. It is especially **helpful for those struggling with hormone imbalances, suspected or diagnosed hypothyroidism, PCOS, endometriosis, and those transitioning off of hormonal birth control or the copper IUD.**

Havah's Tallow

\$35 - \$55 + shipping

Tallow is the finished product of melted down beef suet or leaf fat, which is the fat surrounding the kidneys of the cow. This fat contains an abundance of nutrients. Putting beef fat on your face might sound a little intimidating but once you try it, you'll get it. This is ancient skincare!



Use discount code "EMM" at checkout for 15% off

Redmond Bentonite Clay

\$13.25 + shipping

Deposited many years ago as the ash of now-inactive volcanoes, it's unique in that it contains both calcium and sodium (with twice as much calcium as sodium). Use this ready-to-mix powder in your mud masks or other home recipes.



Leaf Razor

\$79 + shipping

The Twig razor, an all metal single-edge razor designed for any body, shaving anywhere. No plastic, just replace the steel blade in the precision shave head. The Twig razor's single-edge design shaves clean, reduces irritation, handles concave areas safely, and sports a head half the size of a standard safety razor. There's nowhere this stunning razor can't fit.



Earthley

- wellness -

Earthley is committed to producing 100% clean, natural products. They don't (and won't) use any compromising ingredients. Everything on the labels is recognizable, because it's all about using whole and unprocessed plant materials. This allows them to produce remedies and body care that are extremely safe, as well as extremely effective – for the whole family.



Use discount code
"EMM10" for 10% off
your Earthley order

Earthley Elderberry DIY Kit

\$9.99 + shipping

Looking to make your own elderberry syrup? Simply boil in water and add honey, syrup, or a sweetener of your choice. Each kit makes about two cups of syrup, which is enough to last one month for a family of four.

Earthley Good Night Lotion

\$8.99 + shipping

Blended pure magnesium chloride with nourishing oils and butters that moisturize your skin while the magnesium absorbs quickly.



Earthley Nourish Me Naturally.

\$25.99 + shipping

Formulated to provide your body with safe and effective levels of vitamins and minerals it can properly absorb, made from actual, whole herbs (not isolates or synthetics). Don't guess about the nutrition you need; use what the earth provided!

Safe for ages one year+. Safe for use while pregnant or breastfeeding. Safe for those with MTHFR. Talk to your naturopath before use if you have lupus or a clotting disorder.



Use discount code "EMM10" for 10% off your Earthley order

Earthley Caster Oil Detox Pack

\$10.99 + shipping

Are you struggling to detox naturally? Castor oil can help! Earthley's infused castor oil can help detox your liver, relieve the pain of cysts, reduce joint pain, promote lymphatic health, and more. Available in Warm or Cool formulas. Castor oil, applied externally, is one of the safest and most beneficial detox supports there is. Safe for ages two years+ Safe for use while pregnant or breastfeeding.



Earthley Healthy Heart

\$11.99 + shipping

Healthy Heart is an herbal supplement that supports the heart and a proper immune response. This tincture is rich in anti-inflammatory properties and vitamin C. It can help to lower blood sugar and blood pressure, increase insulin activity, and can even help with symptoms of type 2 diabetes. Naturally nourish your heart and body with the power of herbs!



Earthley Vaccine Detox Herbal Extract

\$11.99 + shipping

Herbal tincture that helps to restore wellness post-vaccination by supporting gut health. Six herbs combine to help heal leaky gut, support liver health, and boost the immune system, while chlorella powder removes heavy metals from the body. Whether you have taken a vaccine recently or in the past, had a vaccine injury, or are simply looking to detox from the toxins around you, this tincture is for you!



Use discount code "EMM10" for 10% off your Earthley order

Earthley Calendula-Rose Body Oil

\$10.99 + shipping

This nourishing herbal body oil blend is perfect for your sensitive skin. It can help smooth fine lines, diminish redness, and hydrate. Use it as a light lotion or massage oil. A little goes a long way!



Discreet
Cover

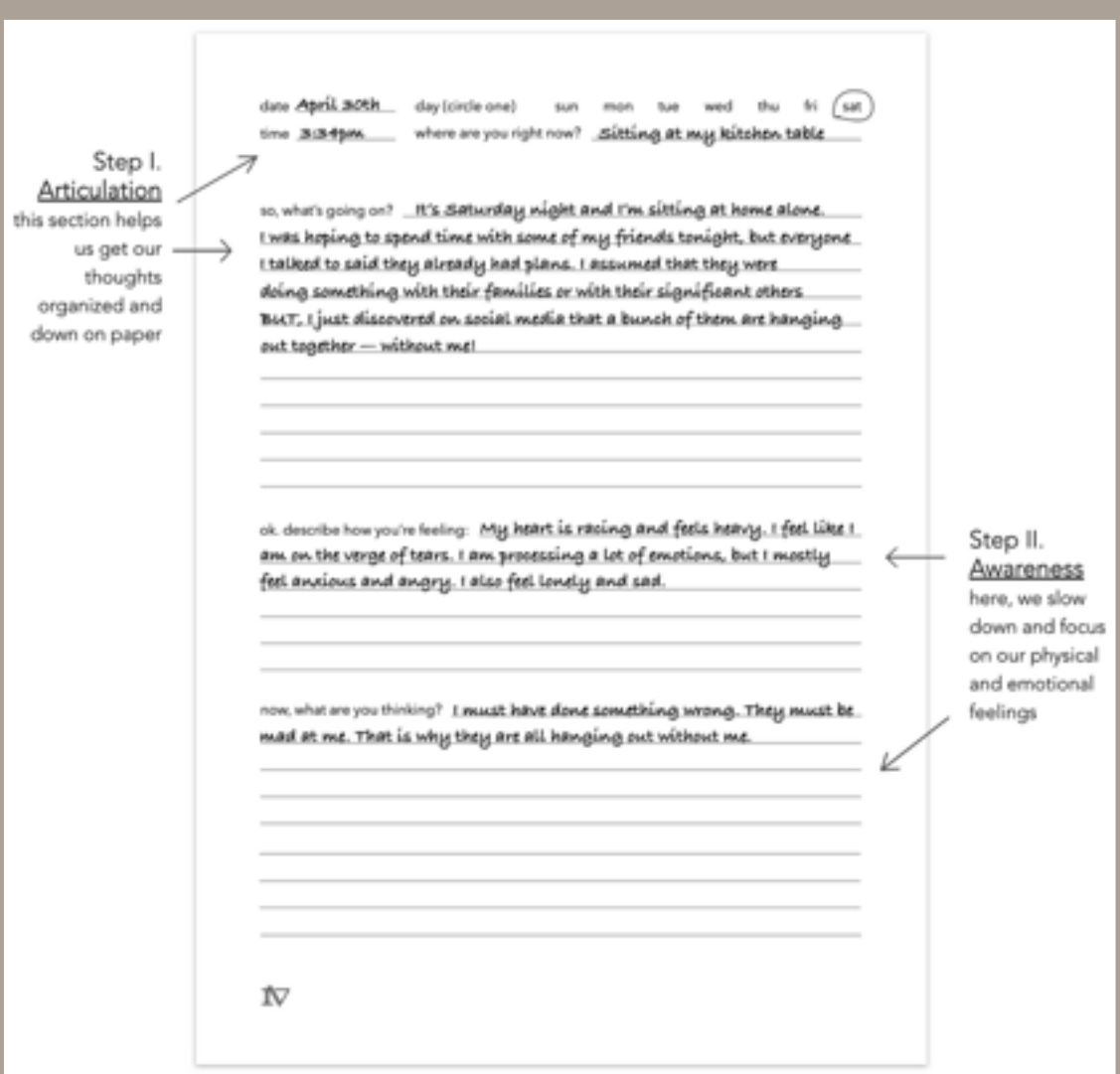
Use discount code
"JUSTTHEINSERTS" at
checkout for 10% off

Four Progress "Worry for Nothing" Journal

\$19.99 + shipping

It can be difficult to recognize the inaccuracies in our anxious thought patterns. Cognitive restructuring, the technique featured in this journal, helps deconstruct thoughts in order to rebuild them in a more accurate and productive way. This journal uses proven cognitive restructuring methods from cognitive behavioral therapy (CBT) to help take control of

your anxious thoughts. There is no daily commitment, simply use the journal whenever you are feeling anxious or worried. Unlike other therapy notebooks, this journal is discreet. There is no use of "worry" or "anxiety" on the cover so you can feel comfortable taking it with you, wherever life takes you.





Use discount code "JOETTE" for 20% off your Boiron order

StressCalm®

by Boiron
\$11.99 + shipping

As a non-sedative homeopathic medicine, it helps you stay focused and relaxed without affecting alertness, so it can be taken before performing, public speaking, taking a test, or flying. It can also be used up to two weeks for occasional stress from starting a new job, moving into a new house, or planning a wedding.



Use discount code "JOETTE" for 20% off your Boiron order

Ignatia Amara: Emotional Stress Relief

by Boiron
\$14.99 + shipping

This homeopathic stress reliever targets emotional stress symptoms such as hypersensitivity, irritability, moodiness, and apprehension, as well as feelings of sadness and grief, without the use of chemical sedatives.



Use discount code "JOETTE" for 20% off your Boiron order

Gelsemium: Nervous Stress Relief

by Boiron
\$14.99 + shipping

This homeopathic stress reliever calms occasional nervous tension, apprehension, and stage fright without the use of chemical sedatives. It also uniquely addresses accompanying symptoms such as trembling, uneasiness, inhibition, and headaches

Rowe Casa Organics Calming Spray

\$18 + shipping

Help promote a calm state of being with this gentle, yet effective spray.

For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order



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GIFTS FOR FERTILITY

ALTERNATIVE FOR:

clomid



Rowe Casa Organics Ovary Health

\$22 + shipping

This natural blend helps **women who experience PCOS** and other female reproductive health challenges, to address the root cause and bring comfort to unwanted ovarian pain.

This blend is made with all-natural ingredients to support ovarian health. The goodness of organic avocado oil combined with carefully selected 100% pure therapeutic grade essential oils works together to balance hormone levels to support regular menstruation and may offer relief from painful or irregular periods.

Rowe Casa Organics Period Health

\$22 + shipping

This soothing blend is for anyone experiencing bloating, painful cramps, irritability, moodiness, sadness, headaches, low energy, joint pain, tender and swollen breasts, brain fog, heavy menstrual periods, food cravings, binge eating, and exhaustion during their menstrual cycle.



For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order



Rowe Casa Organics Hormone Kit

\$79 + shipping

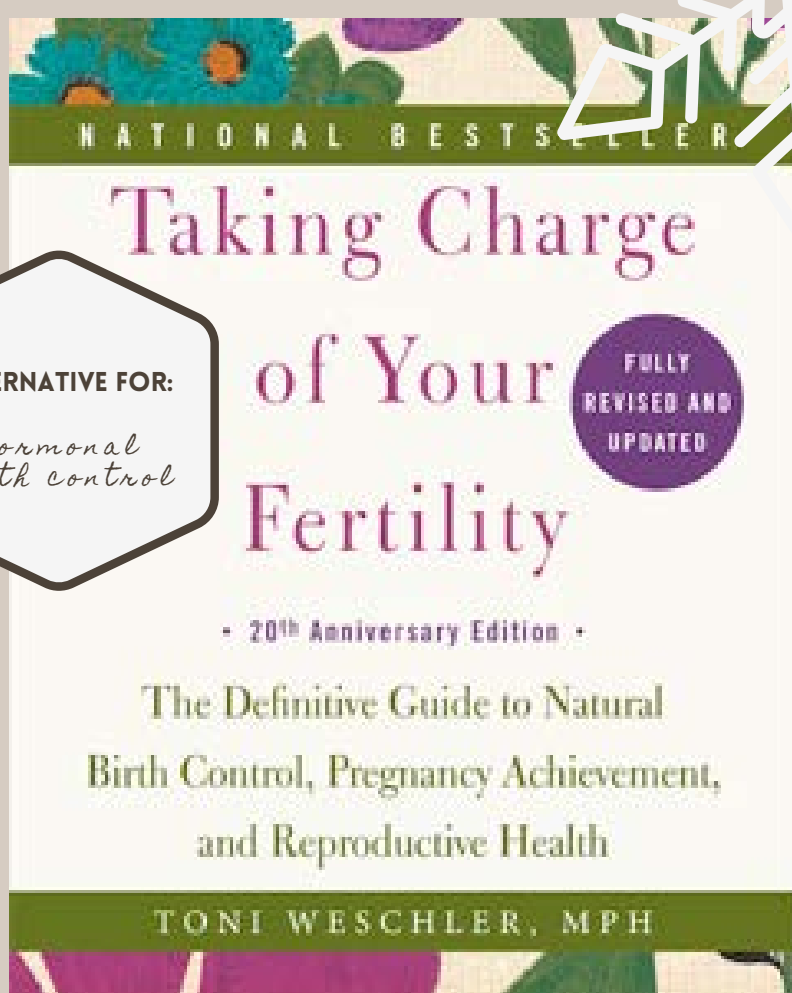
If you have hormonal imbalances and aren't sure where to start, this Women's Hormone Kit is for you! The glands in our endocrine system naturally produce and release different types of hormones into the bloodstream. However when an imbalance occurs - which could be due to one or more of several reasons, there can be too much or little of a hormone. Read more at [Rowe Casa Organics](#).

Taking Charge of Your Fertility.

by Toni Weschler
\$27.99 + shipping

Achieve pregnancy, avoid pregnancy naturally, or simply gain better control of your health and life. This book thoroughly explains the empowering Fertility Awareness Method, which in only a couple of minutes a day allows you to:

- maximize your chances of conception before you see a doctor, or expedite your fertility treatment by quickly identifying impediments to pregnancy achievement
- enjoy highly effective and scientifically proven birth control without chemicals or devices
- gain control of your sexual and gynecological health



ALTERNATIVE FOR:

hormonal birth control

trackers



Lady-Comp
\$495 + shipping



Tempdrop
\$199 + shipping



Daysy
\$319 + shipping

Natural Cycles
\$12.99/month



GIFTS DURING PREGNANCY [scroll to the top](#)

Rowe Casa Organics First Trimester Support

\$22 + shipping

Healthy levels of progesterone are imperative to successfully sustain a pregnancy. These all-natural drops support your progesterone levels during your first trimester and give mommas the boost they need to keep their sweet babies healthy and growing strong.



For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order

Rowe Casa Organics Mama's Belly Butter

\$27 + shipping



This Belly Butter is perfect to nourish and soothe stretching skin as you go through pregnancy. This is a must have to soothe itchy skin and help to prevent stretchmarks before they come or lighten the ones you already have.

Anti-Nausea Bands

\$12.99 + shipping

Anti-Nausea Bands use wearable pressure point therapy which is proven to relieve nausea + vomiting, morning or night.



Dr. Green Mom Ginger-Ease™

High Potency

\$23.99 + shipping

Potent, tonic formula for nausea of pregnancy, motion sickness, poor circulation, digestive aid, and arthritic joints. Nausea-Aid for pregnancy, motion sickness, surgery, chemo, etc. Used daily throughout pregnancy and postpartum as a digestive aid to increase digestive enzyme activity.





SPINNING BABIES®



Spinning Babies Parent Class

\$26.99

Spinning Babies® Parent Class shows you what to do for an easier birth with practical birth preparation baby positioning to fit the pelvis and reduce pain in childbirth. And, if practiced daily, an easier labor and birth are likely. Renowned midwife, Gail Tully, offers practical work for your body to birth naturally in today's modern civilization. Parent Class shows you body balancing activities for pregnancy and labor, **tips for flipping breech or transverse babies in pregnancy, positions to engage baby in early labor or an induction to shorten labor and avoid surgery,** and overcome a posterior or transverse arrest.

By mixing midwifery values with modern body balancing, Gail's optimistic handling of fetal position challenges in pregnancy and labor show you **how to add pregnancy comfort, labor ease and avoid cesarean surgery.** Start sooner than later!



Acidil® On the Go Pellets

by Boiron

\$14.99 + shipping

This homeopathic medicine is powered by plants to relieve occasional **acid indigestion, bloating, and upset stomach.** Taken before or after a meal, the meltaway pellets dissolve in your mouth without water, allowing you to act fast against **heartburn.**

Use discount code "JOETTE" for 20% off your Boiron order

Pregnancy Affirmation Cards

by Shop Bloom and Bliss

\$20 + shipping

Use discount code "EMPOWER20" for 20% off

These beautifully designed affirmation cards were created to empower and encourage you. They are a helpful tool for anyone looking to stay calm, centered, and connected during pregnancy.



breastfeeding

Congrats! You're a new mom to an adorable little squish you get to kiss, cuddle, and oh wait...feed! Breastmilk is one of the greatest gifts a mom can give her baby but breastfeeding isn't always the easiest job in the world.

For centuries, certain herbs and foods have

LEGENDAIRY Milk®

been used in different cultures to help promote breast milk production. Legendary Milk's herbal lactation supplements were formulated with carefully chosen ingredients to target the primary issues that affect milk production. These products are free of any additives or preservatives so that every capsule is brimming with pure and potent milk-enhancing ingredients.

Not sure which products to try? We typically suggest our bundle pack of the three bestsellers!

SHOP NOW



FIND WHICH PRODUCT IS for you

	Liquid Gold	Pump Prozac	Milkopolis	Cash Cow	Lechita	Sunflower Lecithin CAPSULES	Sunflower Lecithin LIQUID	Lactaid	Tea-1
Milk Production	✓	✓	✓	✓				✓	
Nutritional / Milk Enrichment			✓	✓				✓	
Mammary Gland Stimulation	✓	✓	✓	✓					
Insulin Sensitizing	✓	✓	✓	✓					
Prolactin Release	✓	✓	✓	✓				✓	
Milk Flow / Promote Let-Downs		✓		✓	✓				✓
Calmng Effect					✓				✓
Anti-Flatulent					✓				
Digestive Support					✓				
Plugged Ducts						✓	✓		
Can be Used in Late-Term Pregnancy				✓					

LEGENDAIRY Milk

\$19.99 + shipping



\$21.99 + shipping



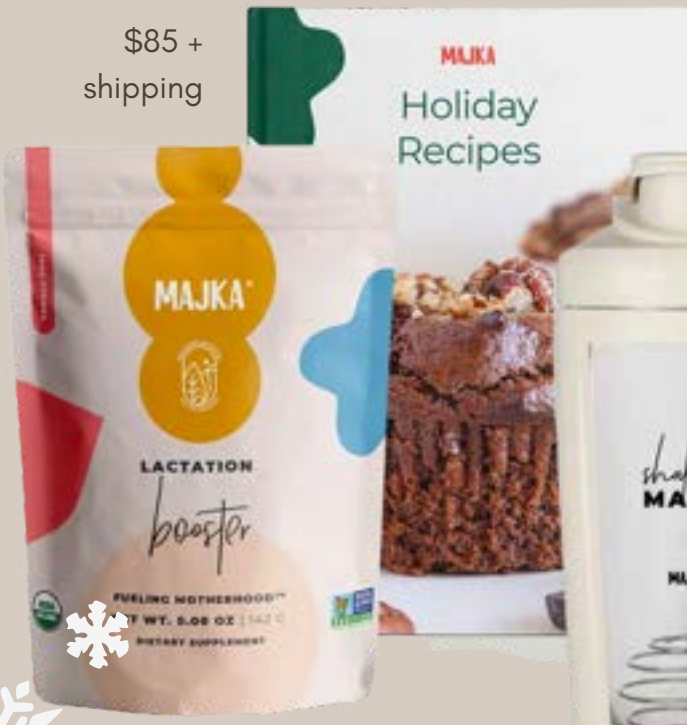
\$15.99 + shipping



MAJKA

Being a mom is already a tough job. Add on the task of taking the time to make sure every single product you're taking is made from mama approved ingredients, it makes your job that much harder. At Majka, for ingredient selection they look for the most bioavailable, well-researched ingredients. Then, they source them to meet their high standards and specifications (organic when possible, non-GMO, gluten free, soy free, etc.). Once the ingredients are sourced from the best suppliers, they retest each ingredient for identity, microbial content, and heavy metals! They don't just rely on certificates or labels. Majka verifies every component of their products and will not use any ingredient that does not meet their standards.

Majka has some wonderful resources for the breastfeeding mom! [Click here for their blog.](#)



\$85 + shipping



\$24 + shipping

Lactation Chocolate Bark is safe for pregnancy/kids!



\$15 + shipping

10 MIN READ INCREASE MILK SUPPLY: THE MAJKA WAY



If you're wondering how to increase your milk production, we've put together an ultra handy guide for all your milk supply 101 needs.

QUICK NAVIGATION

[DO I HAVE A LOW MILK SUPPLY?](#)

[TOP 5 TIPS TO INCREASE YOUR MILK SUPPLY](#)

[BEST LACTATION FOODS TO INCREASE BREAST MILK SUPPLY](#)

[HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK](#)

[SIMPLE RECIPES TO HELP INCREASE YOUR MILK SUPPLY](#)

postpartum

Many of the pregnancy products listed above can also be used postpartum. Be sure to dwell on the [Rowe Case](#), [Earthley](#), and the [Joette Calabrese](#) websites for excellent postpartum products.



Milk Moon Postpartum Collection

\$142 + shipping

Wishgarden Herbs AfterEase for After Birth Contractions

\$24.99 + shipping

Perfect gift for the mama expecting her second child!

While not all mothers experience after birth contractions, it is normal, temporary, and common, particularly for those who have had multiple births. But don't worry Mama, AfterEase relaxes your spasming uterus and calms your body so you can enjoy those first few days of warm snuggles and baby bliss!

Wishgarden Herbs Baby Blues Mood Remedy

\$14.99 + shipping

Most new moms experience some level of emotional sensitivity in those early days. Baby Blues rescues your mood, grounding your emotions so you can feel like yourself again! With liver support for those raging hormones, nervous system support for those restless thoughts, and mood uplifters to cheer you up, you'll bounce back with a new zest for life!



Silicone Teething Toy

\$9.99 + shipping

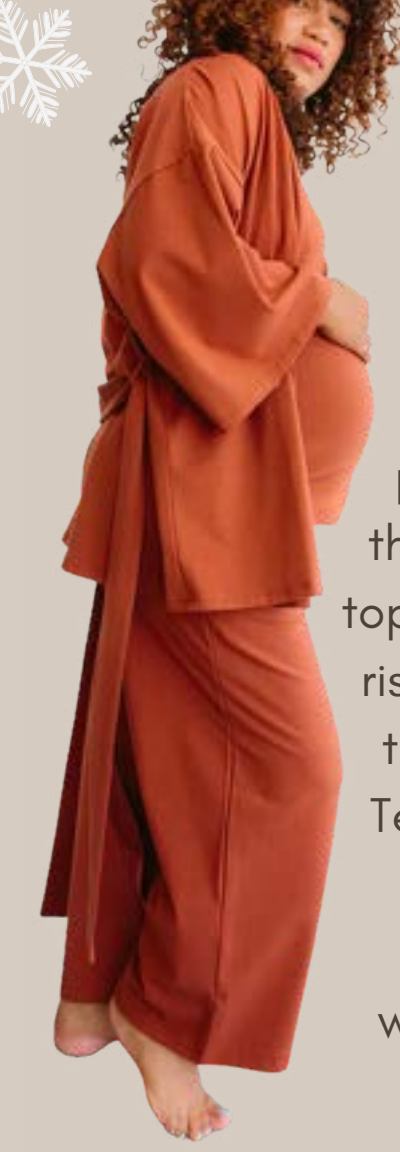
Ninni Co

Pacifier

\$12.99 + shipping

Use discount code "EMPOWERDMAMA" at checkout for 10% off





Storq 3-Piece Lounge Set

\$145 + shipping

A very classy set of PJs to remind you that you are still people even if you are housebound, boobs-out 90% of the time. The 3-piece set comes with a loose, boxy tank top with a nursing-friendly button placket; loose-fit, mid-rise pants; and a belted robe jacket. Designed to adapt to your current stage. Certified Standard 100 by Oeko-Tex®. Super soft and lightweight cotton spandex jersey that has a little bit of structure and some drape. For pregnancy, postpartum and very postpartum (aka whenever). Beloved by all the grandmas of team Storq.

Nursing and c-section friendly.

Snuggle Me Organic Nursing Pillow

\$74 + shipping

Made with organic cotton, non-toxic, breathable, and hypoallergenic fabrics. Filled with polyester fiberfill to be fully machine washable. Thoughtfully designed with your baby's safety in mind. Use your feeding support to actively nurse, bottle feed or bond with your little one. The Snuggle Me Feeding Support is NOT a sleeping device, and should never be used for propping, sitting up or tummy time.



Use discount code "MOOTSHXEMM" for \$5 off your first month

Mootsh Monthly Photo Subscription

\$16/month

Mootsh is a monthly subscription service that allows you to select photos each month and sends the prints in a beautiful envelope to help you curate a collection of your favorite moments of life and motherhood.



Gift the experience of lifelong memories.



[scroll to the top](#)

GIFTS FOR CHILDREN



Rowe Casa Organics Baby Tummy Oil

\$16 + shipping

This soothing blend of oils brings quick and effective relief to gassy, upset tummies and can even help to relieve occasional constipation.

For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order

Earthley Teeth Tamer

\$11.99 + shipping

Naturally soothes pain, drooling, and irritability due to tooth pain. Whether you've got a toothache or a teething baby, Teeth Tamer is the best natural solution!

Use discount code "EMM10" for 10% off your Earthley order

Rowe Casa Organics Children's Relief Oil

\$27 + shipping

Inflammation is found at the root of most pain, so Rowe Casa developed a formula that combines the most anti-inflammatory agents into one bottle. Children's version omits willowbark.



Dr. Green Mom Natural Anti-Histamine For Kids

\$18.99 + shipping

Aller D-Hist for Kids is a potent, natural anti-histamine, gentle enough for everyday use. It helps Hay Fever, Environmental Allergies, and Asthma, decrease inflammation in the respiratory tract, and may be taken as a preventative or acutely.

Dr. Green Mom Temperature Tamer™ (For Infants & Kids)

\$23.99 + shipping

Release heat, calm, and promote relaxation, when baby & child need it most! Intended to relieve discomfort caused by fever symptoms. Supports natural immune defense to raise and lower temperature as needed. Promotes heat release. Calming herbs to promote relaxation. Aids in immune defense. To note: This herbal supplement does not suppress fever, rather releases heat symptoms.





Hatchling Baby Blanket

\$84 + shipping

Organic cotton, ethically-made. Double-sided in organic cotton percale and woven chambray, each blanket features beautifully dip-dyed ombre tassels and ivory hand quilted stitching.

Corduroy Bootie

\$24 + shipping

Keep your mini's feet warm with these cute new Booties. Light weight and easy to put on, 100% organic cotton with a corduroy exterior, canvas bottom for durability and super soft interior in our cozy confetti fabric.



Organic Burt's Bees Baby Robe

\$26.95 + shipping

Wrap your baby bee up in 100% organic cotton after bath time or add a cozy layer over PJs.

Happy Baby Original Baby Carrier

\$155 + shipping

Stylish, comfortable, and fully adjustable baby carrier with a sleek and minimal design. Keep your baby close and comfortable without sacrificing your personal style. Upright position helps reduce colic/acid reflux.



Solly Baby Wrap

\$69 + shipping

Reduce infant crying, increase connection, and enjoy hands-free wearing in this buttery-soft and breathable Solly Wrap. Even weight distribution and a custom fit keep you + baby comfortable for hours on end, while this lightweight fabric makes babywearing possible (and, in fact, enjoyable!) year-round.



Yoto Player

\$69.99 - \$99.99

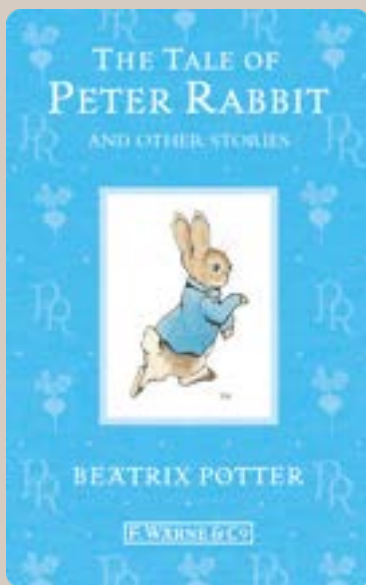
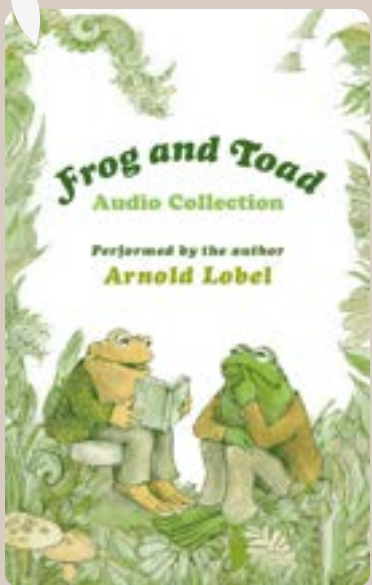
+ shipping

No microphone. No camera. No ads. This award-winning audio player fills your home with inspiring screen-free audio.

Kids from 3-12+ use physical cards to explore the best audiobooks, music, activities and educational audio.

Audio can be played on your phone through the app as well.

a few of our favorite cards



Make Your Own Cards

Get grandparents to record bedtime stories, sing your favorite lullaby, make a playlist from music files on your computer, or listen to your favourite radio station. You can also link Make Your Own cards to any content in your Yoto library - useful for replacing lost cards. Make Your Own cards are can be edited as many times as you like!

Adventure Jackets

This silicone carry-coat fits snugly over your Yoto Player, protecting it from small bumps and making it easier to carry from place to place.

Worried about EMF?

Add an EMF harmonizer for wireless devices under the Yoto's Adventure Jacket.

Click here for \$15 off any EMF Harmony product.



Yoto can also disconnect from wifi + app in settings.



Wildling

minimal shoes with a regenerative effect for all

toddlers

kids

adults

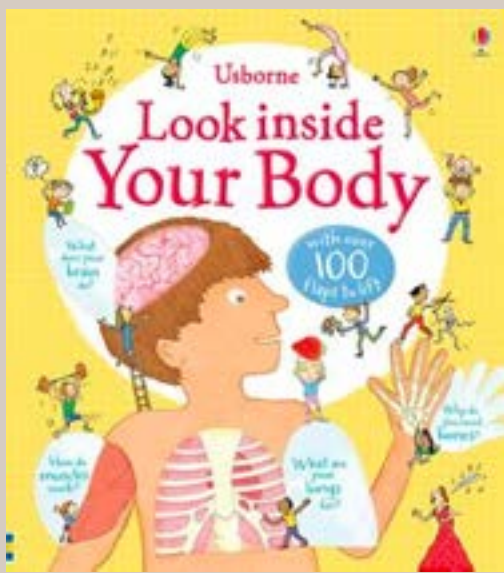
\$89.99 + shipping



\$89.99 + shipping



\$119 + shipping



Look Inside Your Body

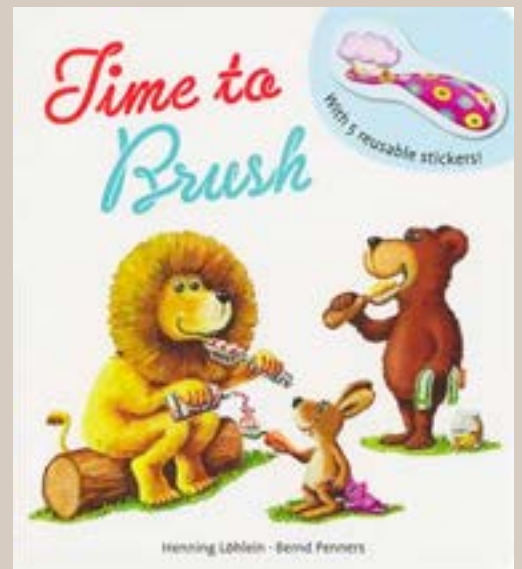
\$14.99 + shipping

Peek under all the flaps in these colorful and engaging books--perfect for little fingers and curious minds.

Time to Brush

\$14.99 + shipping

Young readers will love matching the five toothbrushes to the five friends and helping them brush their teeth clean, clean, clean! Includes five reusable and repositionable stickers.



Radius Big Kidz® Replaceable Head Forever Brush®

\$7.99 + shipping, replacement heads are \$6.99 for a 2 pack

- Pillow-soft, bio-based bristles gently remove plaque and tartar
- Slim neck to reach tight spaces for a deeper clean
- Reversible right- & left-hand non-slip grip for better brushing



RiseWell Natural Kids Toothpaste

\$12 + shipping

Natural toothpaste for kids is packed with a signature ingredient, hydroxyapatite, which is a naturally-occurring mineral that strengthens teeth. Daily usage will leave your kid's teeth visibly whiter, healthier, and stronger as their smiles grow and mature.



The simplicity and open-ended nature of Playsilks tap directly into the child's creative potential. Open-ended play with Playsilks allows children to express their imagination and support their independence. Silk toys are made from 100% pure mulberry silk. **Click on images for links.**



Playmap Set
\$48 + shipping



Mini Playsilks
\$10 each + shipping



Playsilk Sets
\$52 - \$235 + shipping



\$18 + shipping



\$18 + shipping



\$24 + shipping

[scroll to the top](#)

GIFTS FOR PETS

CLICK ON EACH
LOGO FOR MORE
products



Zumalka
By HomeoAnimal

Zumalka gives pet parents hope for their beloved pet's health and well-being through **natural alternatives**. Using only quality, science-backed ingredients, they aim to provide products that are not just designed to support your pet during illness, but also help give the utmost care, happiness, and comfort he or she truly deserves.

Rowe Casa Doggy Bundle

\$69 + shipping

This discounted bundle makes it easier to care for your doggy the safe, non-toxic way. Includes shampoo, odor spray, calming spray, and insect repellent.



For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order



Dogs Naturally believes that good health doesn't come from drugs, processed foods, chemicals and vaccines. They believe healthy food is the best form of medicine, and what we feed our dogs today directly impacts the quality of their lives tomorrow. They understand you, they admire you and they promise they'll give you everything they have to help your dog live the healthy, happy and natural life he deserves.



Dr. Judy Morgan has over 37 years experience as an integrative veterinarian, acupuncturist, chiropractor, food therapist, author, and speaker. Dr. Morgan owned and operated two veterinary hospitals that offer an integrative approach combining holistic medicine with traditional western techniques. Her goal is to change the lives of over ten million pets by educating and empowering pet owners worldwide in the use of natural healing therapies, and minimizing the use of chemicals, vaccinations, and poor quality processed food.

Dr. John Robb's mission statement is to allow veterinarians to make decisions that are in the best interest of an animal's health, to prevent animals from being over-vaccinated, which can lead to illness or death, and to bring awareness to pet owners of the danger of over-vaccination.



a healthier home

The Room by Room Guide to Make Any Space A LITTLE LESS TOXIC™

Shawna Holman

A Healthier Home

by Shawna Holman
\$24.99 + shipping

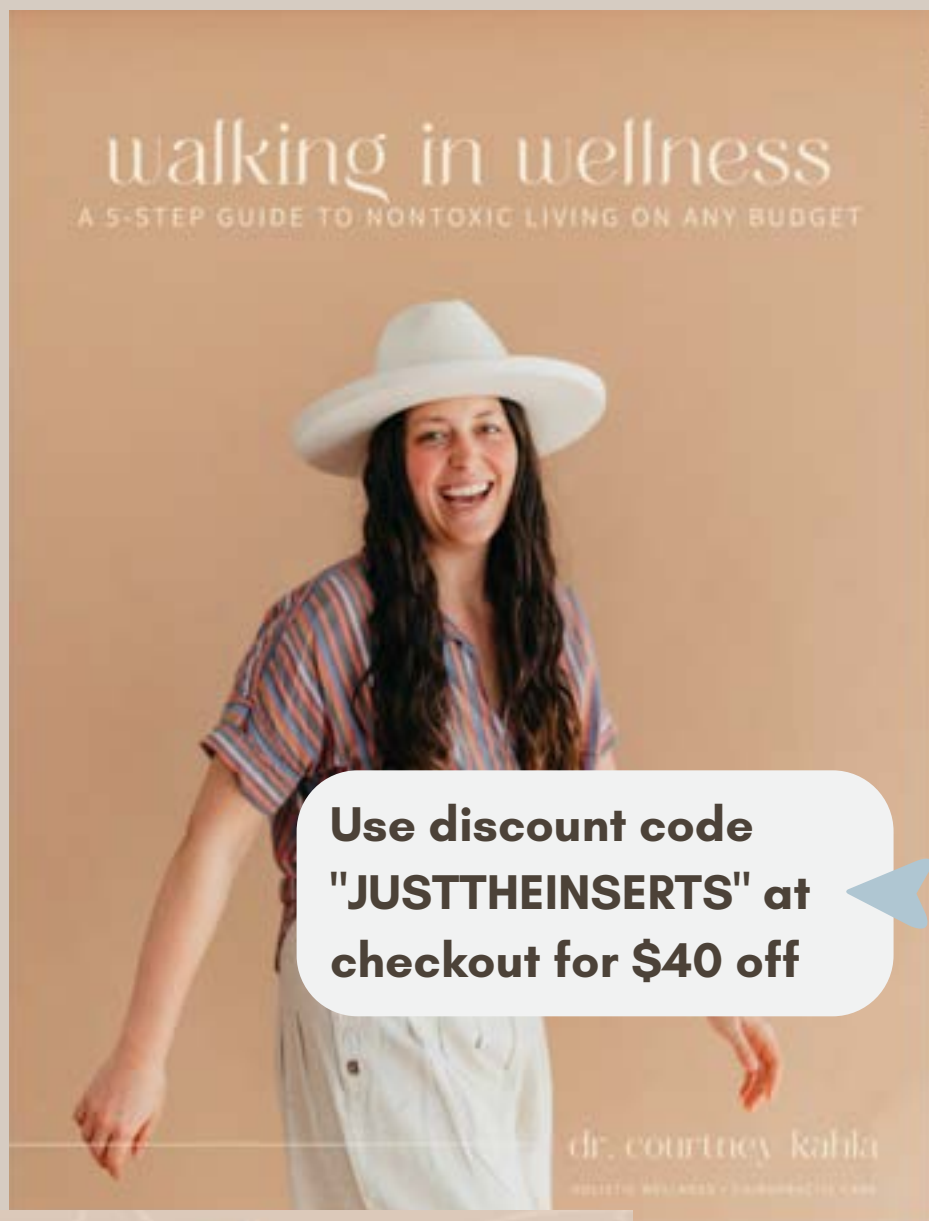
Not sure where to start in your journey to wellness within your home? And how do you keep going once started?

This book will guide you every step of the way through each room of your home to make simple sustainable swaps as it makes sense for you.

Walking in Wellness

\$97

A 5-Step Guide to Nontoxic Living on Any Budget. Make informed decisions without the overwhelm. Know exactly which swaps will move the needle on your family's health the fastest. Embrace the changes you can make now while giving yourself grace for the changes that will need to wait for another season.



Use discount code "JUSTTHEINSERTS" at checkout for \$40 off

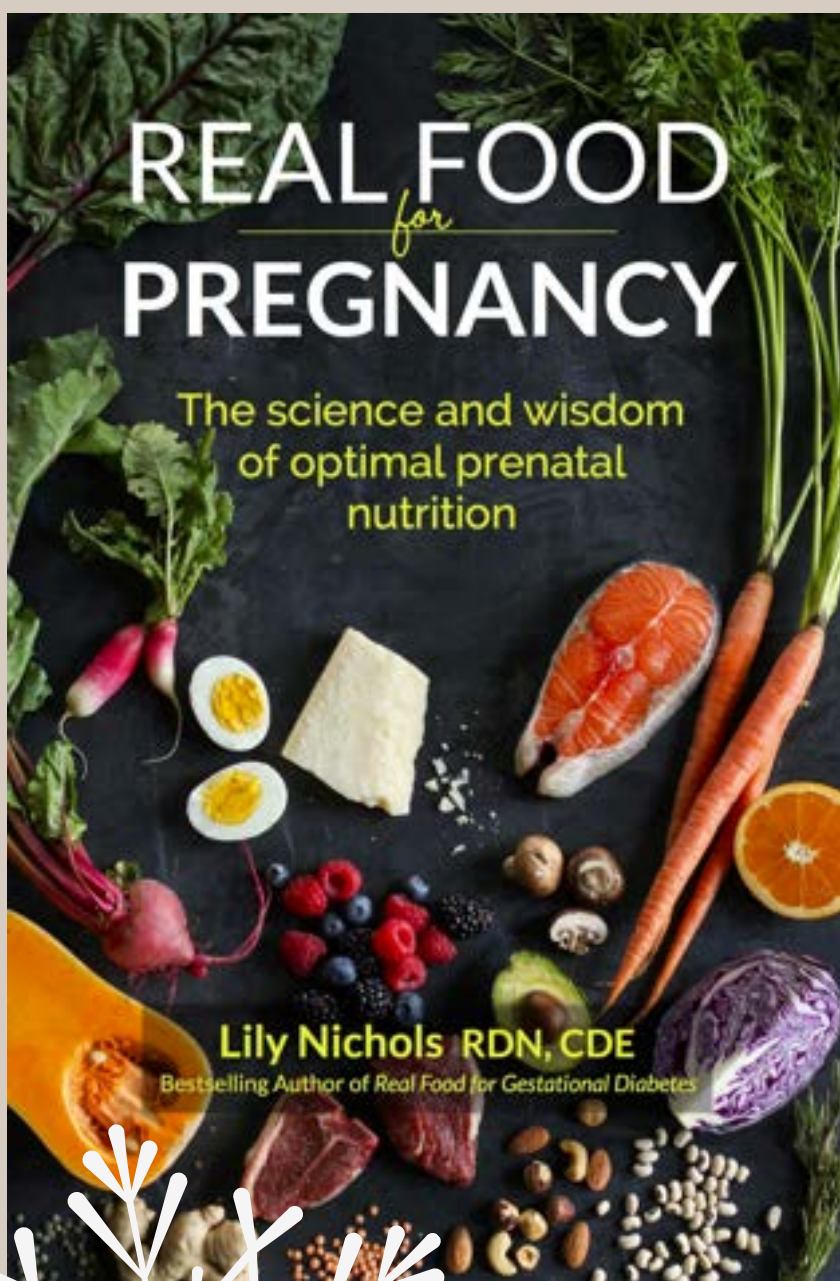
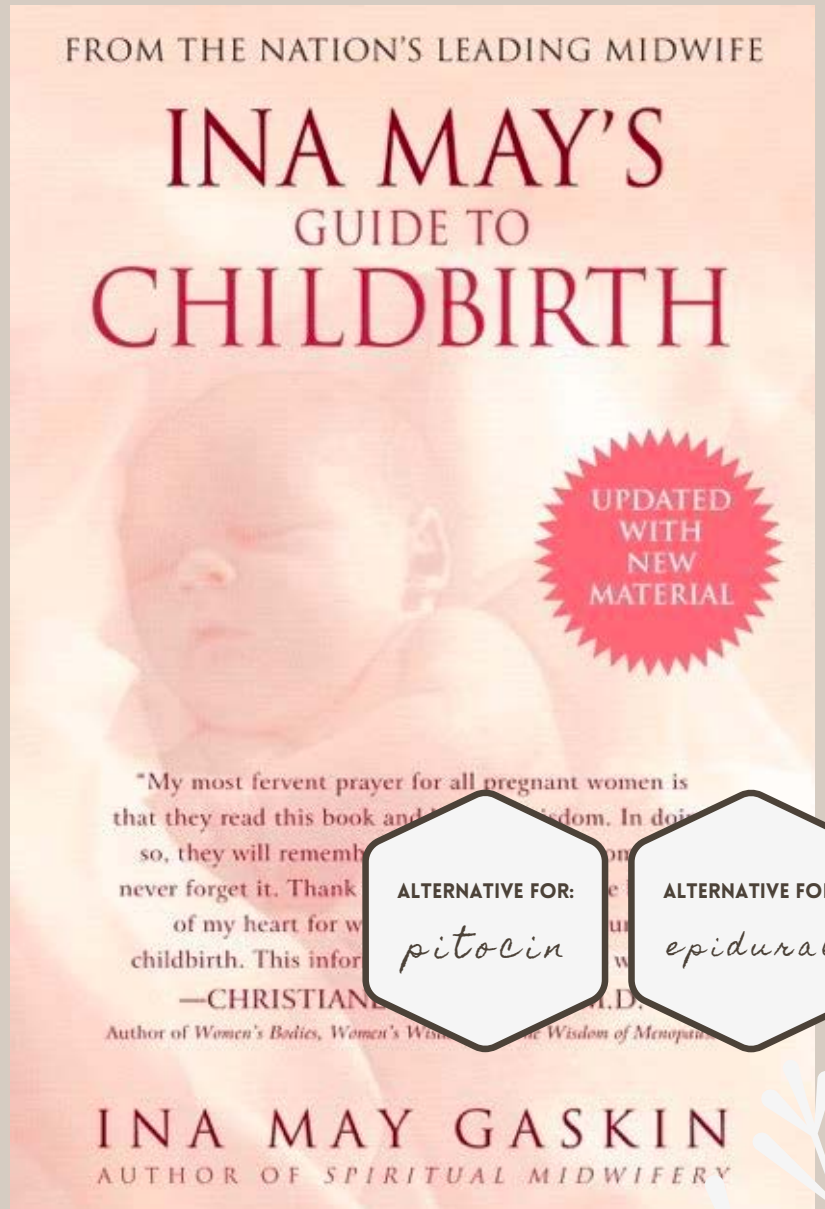


Pursue a wellness lifestyle in a way that feels realistic and empowering.

**Ina May's Guide to
Childbirth**

\$15.99 + shipping

If you're wanting an unmedicated birth or just to understand the wisdom of your body, this book is a must. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience.



**Real Food for
Pregnancy**

\$26.96 + shipping

The best pregnancy nutrition information you'll find. Full of ancestral and research-based wisdom for nourishing your body and baby. Real Food for Pregnancy takes prenatal nutrition advice out of the dark ages and gives you an easy-to-follow guide for making the best food and lifestyle choices during pregnancy.

**Vaccines,
Autoimmunity, and the
Changing Nature of
Childhood Illness**

\$22.27 + shipping

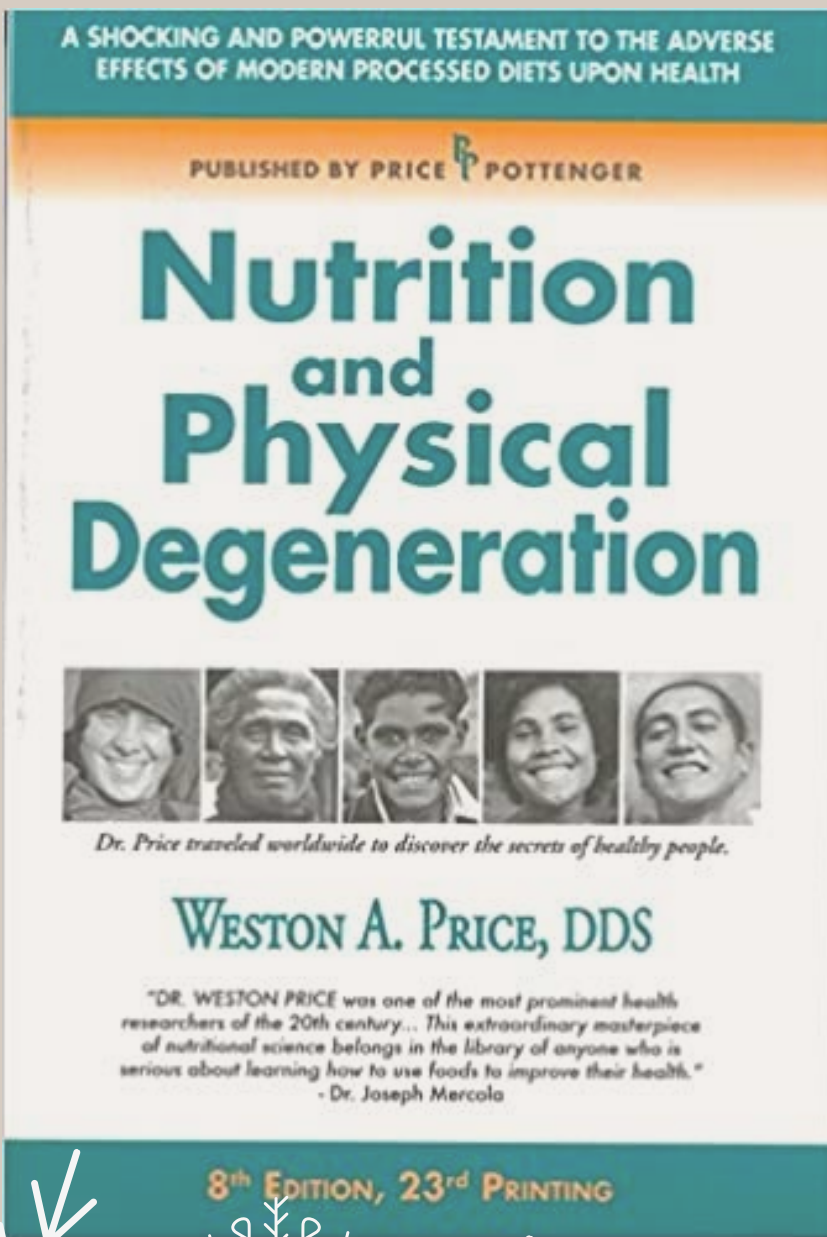
One doctor's surprising answer to the epidemic of chronic disease and essential reading for everyone concerned with the health of the next generation

**VACCINES,
AUTOIMMUNITY,
and the Changing Nature of
CHILDHOOD
ILLNESS**



THOMAS COWAN, MD

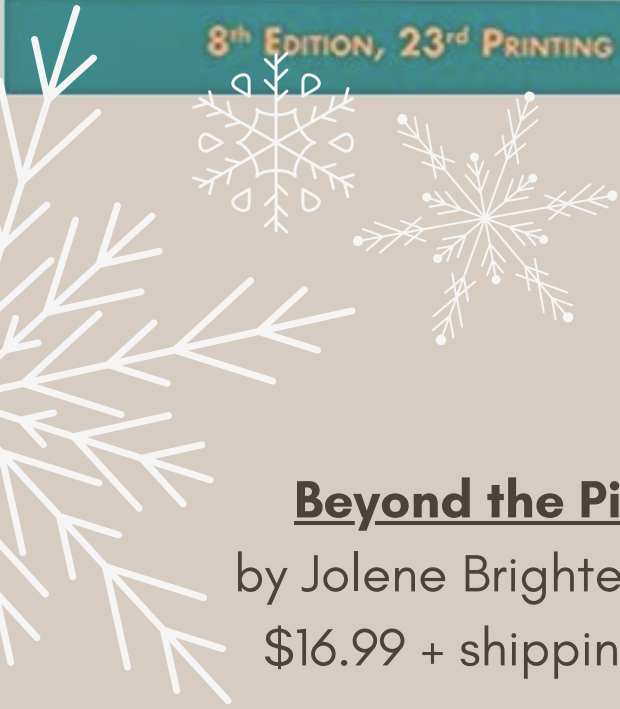
Foreword by Sally Fallon Morell



Nutrition and Physical Degeneration

by Weston A. Price
\$28 + shipping

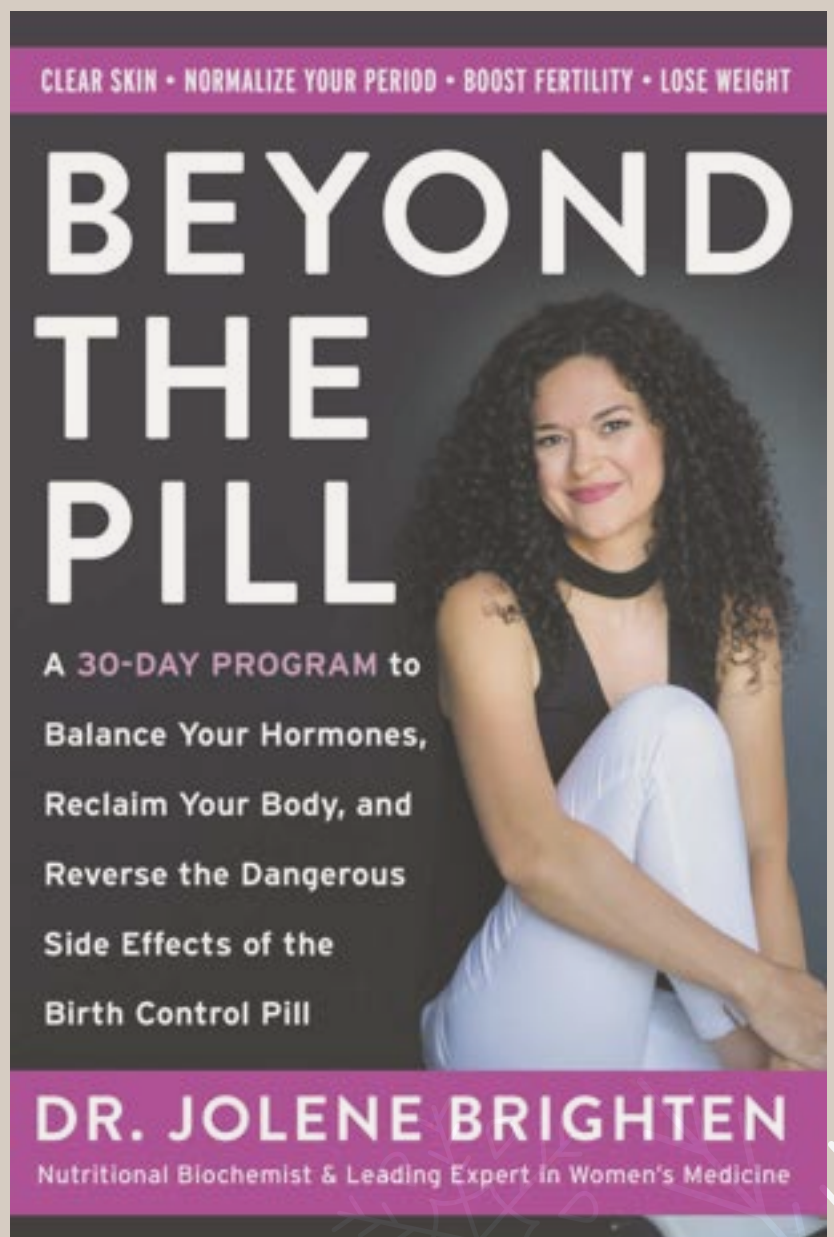
An epic study demonstrating the importance of whole food nutrition, and the degeneration and destruction that comes from a diet of processed foods.



Beyond the Pill

by Jolene Brighten
\$16.99 + shipping

Dr. Brighten specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not.



Period Repair Manual

by Lara Briden
\$19.99 + shipping

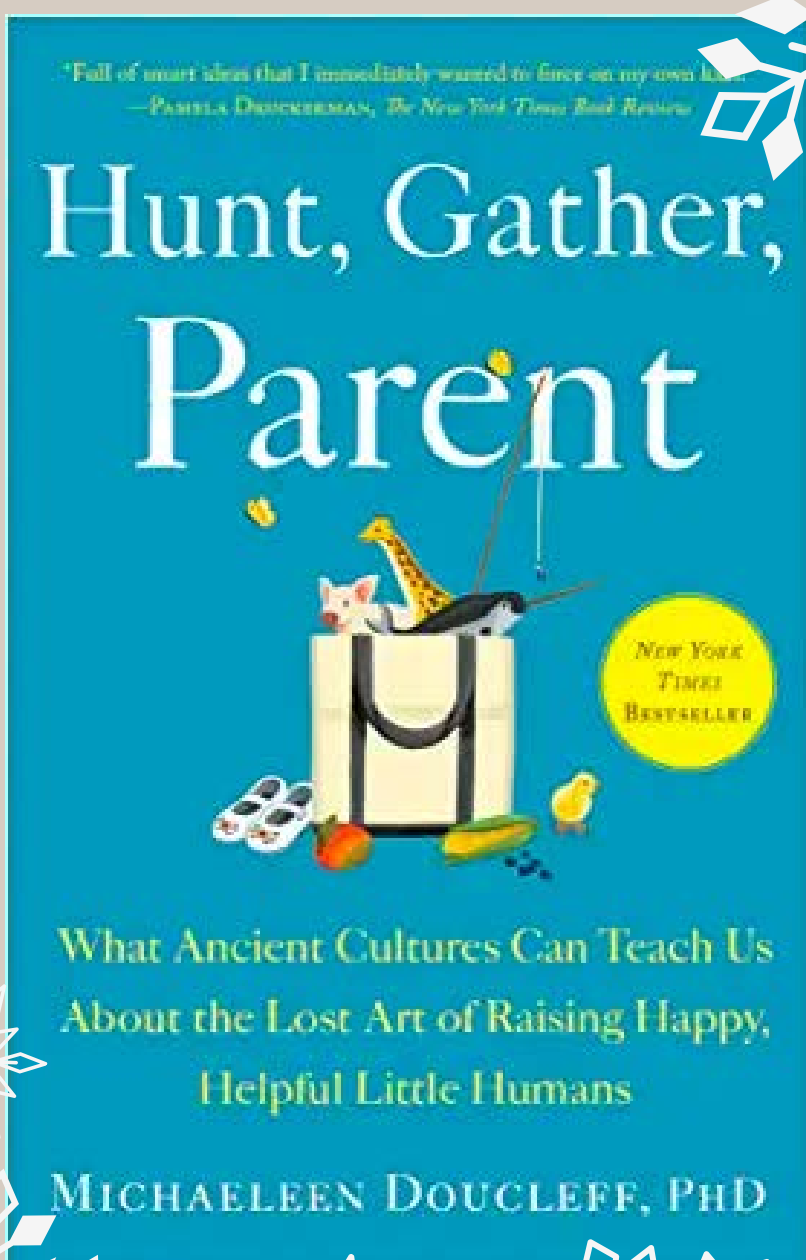
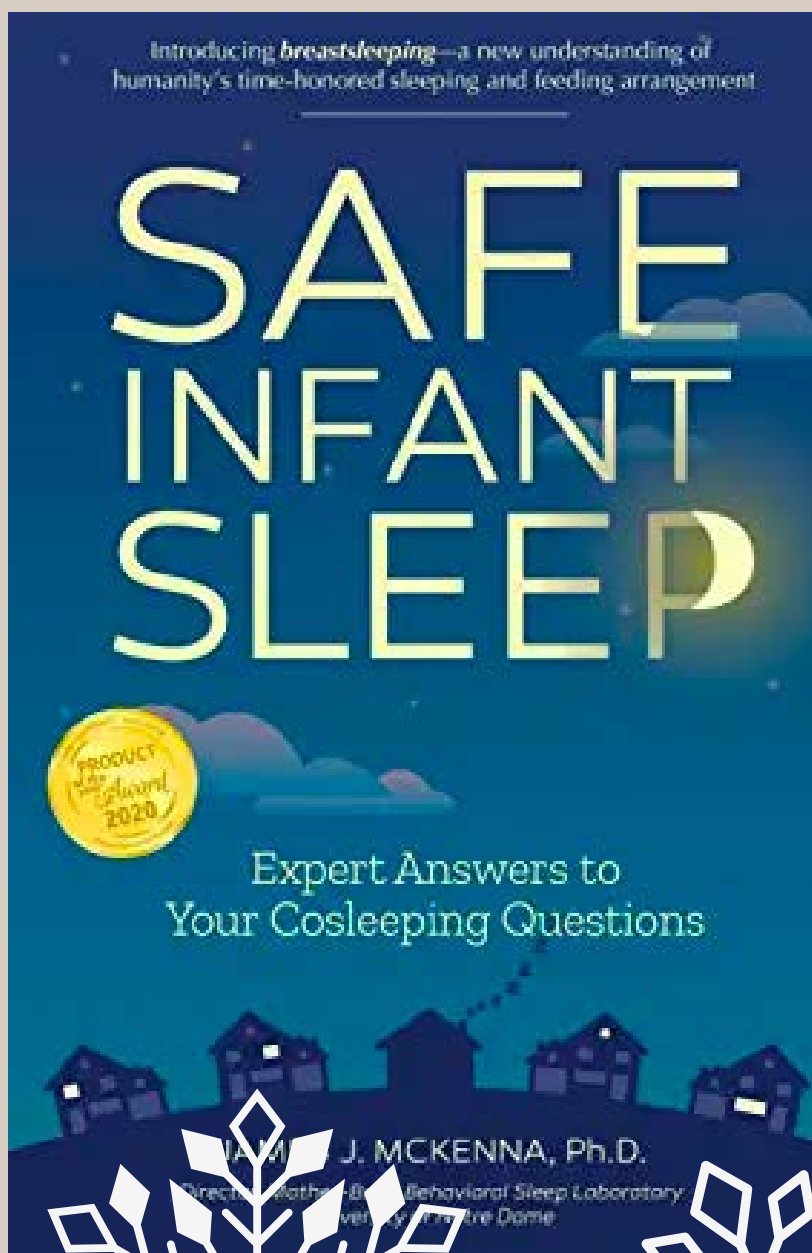
Period Repair Manual is your guide to better periods using natural treatments such as diet, nutritional supplements, herbal medicine, and natural hormones. It contains advice and tips for women of every age and situation. If you have a period (or want a period), then this book is for you.

Safe Infant Sleep

by James McKenna

\$14.95 + shipping

Cosleeping, a term which encompasses sleeping in the same room or on the same bed as your infant, is a common parental instinct driven by physiology and seen throughout human history. Despite mainstream opposition, thousands of parents continue the practice, whether intentionally, accidentally, or out of necessity.



Hunt, Gather, Parent

by Michaela Doucleff

\$11.89 + shipping

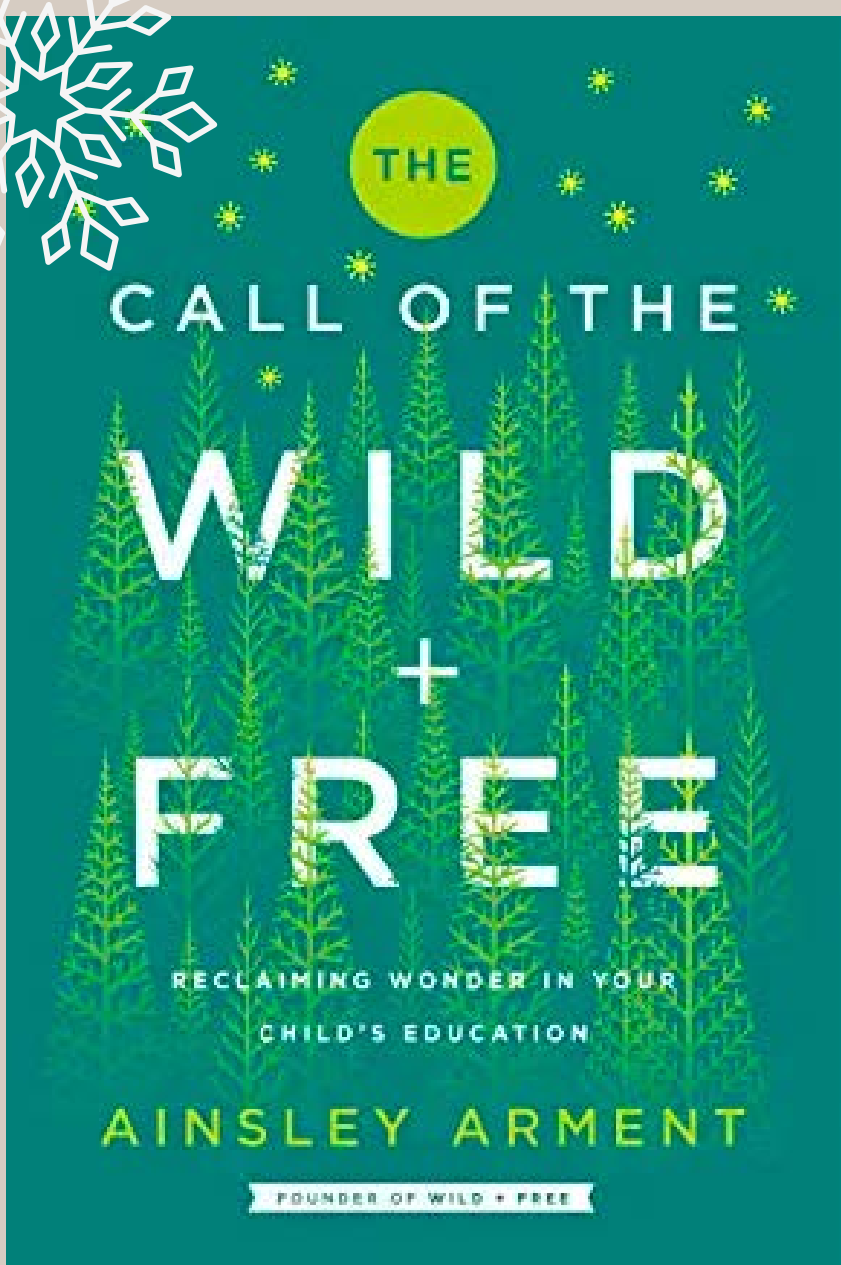
Dr. Doucleff sets out with her three-year-old daughter in tow to learn and practice parenting strategies from families in three of the world's most venerable communities: Maya families in Mexico, Inuit families above the Arctic Circle, and Hadzabe families in Tanzania.

The Call of the Wild + Free

by Ainsley Arment

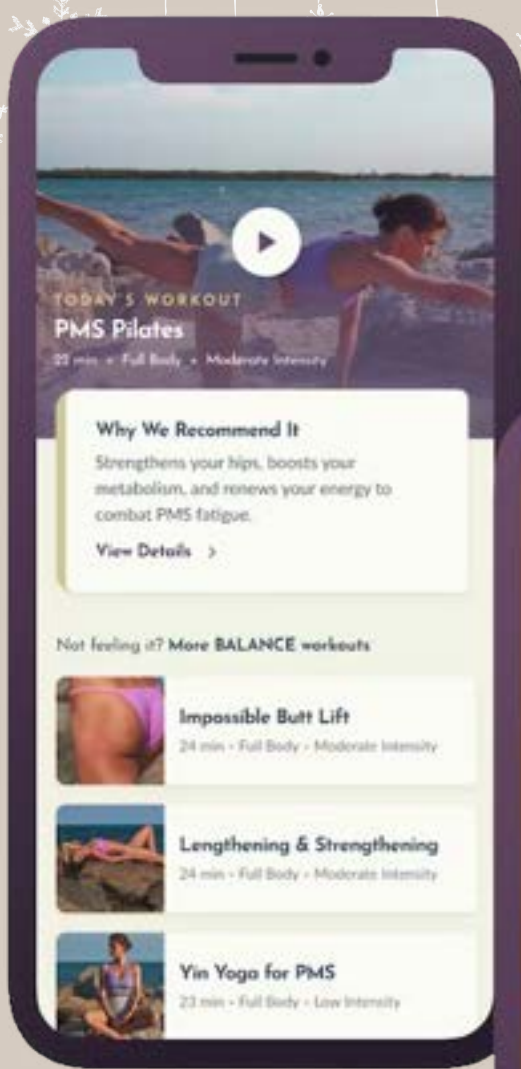
\$17.50 + shipping

Allow your children to experience the adventure, freedom, and wonder of childhood with this practical guide that provides all the information, inspiration, and advice you need for creating a modern, quality homeschool education.



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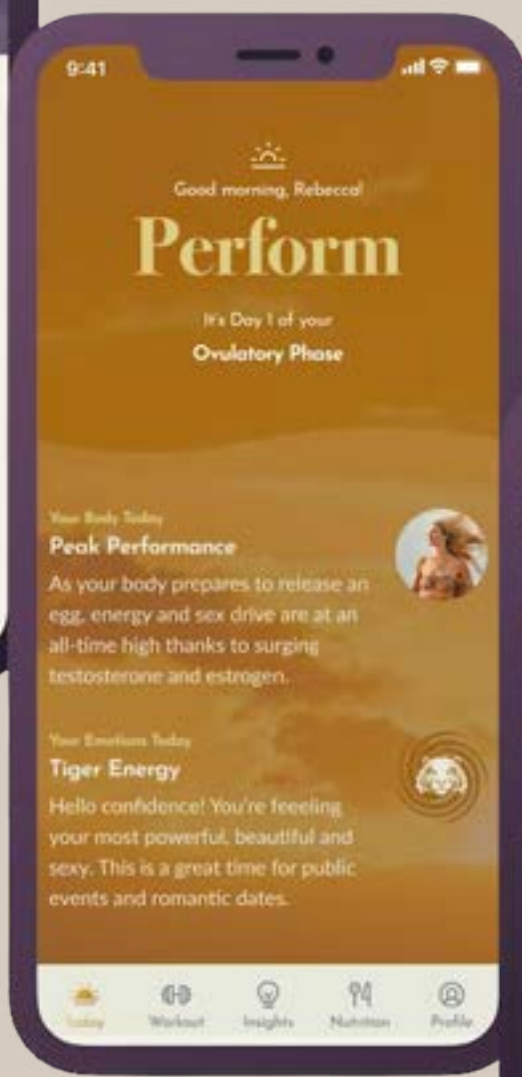
GIFTS FOR YOURSELF



28 by Evie

Free app + website

Get daily exercise videos, nutrition profiles, and emotional insights customized to your body's natural cycle.



28 is the world's first cycle-based fitness and wellness experience offering cycle tracking, transformative exercises, nutrition profiles, and science-backed emotional insights, all hyper-personalized to where you are in your natural cycle and controlled by you.



Click logo for 10% off your first food order

Connecting consumers worldwide with local farmers, buying clubs, farmers markets, and restaurants that offer fresh, sustainable, organic foods. Farm Match's mission is to make local food easy to search, buy, and review. If you are looking for local raw milk, this is a great way to purchase raw milk products in your area. Depending on where you live, raw milk sales may be illegal. Farm Match provides a legal way to purchase raw milk for your family. [Click here](#) to see what farm products are available near you!

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Books can be expensive. Cookbooks. Children's books. Health books. A well-stocked home library is an investment. Thriftbooks is an easy way to find books for a fraction of the retail price. They offer quality used and new books, accurately graded, at everyday low prices, delivered directly to cherished customers.

Thriftbooks' ReadingRewards loyalty program continually delights loyal customers with free books awarded for points earned.

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FOOD GIFTS



Siete Mix Pack Cookies - 6 Bags

\$33 + shipping

Grain free, gluten free, dairy free, vegan, and non GMO. If you think this is exciting, just wait until you hear the flavors: Mexican Chocolate, Mexican Shortbread, and Mexican Wedding Cookies



Solely Organic Dried Fruit Drizzled with 100% Cacao

\$4.99 each + shipping

Fruit from Solely certified farms gently dried into perfect, bite-sized strips and drizzled with a tiny bit of indulgent 100% cacao.



Hu Chocolate Winter Collection

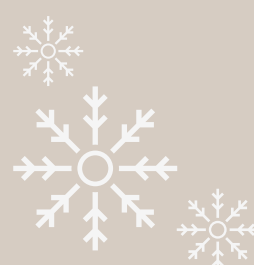
\$29 + shipping

Simple ingredients, unbeatable taste. Replacing weird, industrial ingredients with simple, healthier ones is the key to thriving, not just surviving.



Ballerina Farm

Ballerina Farm is nestled in the fertile mountain valley of Kamas, Utah. Blessed with snowy winters and cool summers, livestock and humans alike enjoy this high altitude oasis. Hannah is a former Miss New York City and graduate of the Juilliard School in dance. Daniel is a history major and finishing his masters. The children are wild, hardworking and homeschooled by their mother. [Click here](#) for the more products!



Sourdough Kit

\$89 + shipping

This custom kit will get you up and going. Two proofing wicker baskets for prepping your dough, a sourdough spatula for mixing your sourdough starter, a bench scraper for shaping and moving and a

dehydrated Willa starter to get it all going. You'll never want to buy bread again.



Farm Kit

\$99 + shipping

Kit includes dehydrated sourdough starter, cast iron pan, Ballerina Farm seasoning, and a wooden utensil set.

just INGREDIENTS

Fewer toxins. Better health. Made in the USA to bring clean, nourishing, and affordable products that bring healing, health, strength, and energy to all homes. [Click here](#) for a description of all nutritional ingredients.

Use discount code "JUSTTHEINSERTS10" at checkout for 10% off

protein powders \$59.99 + shipping

All-natural protein powder made with multiple different protein sources and flavored without artificial sweeteners or sugar alcohols. Made with non-denatured 100% grass-fed non-denatured whey from Europe/New Zealand.



pre-workout \$39.99 + shipping

No artificial sweeteners or ingredients. Includes citrulline malate, taurine, beta alanine, and BCAAS for increased performance and recovery. Formulated with adaptogens to prevent the post pre-workout crash.



Perfect Supplements

Perfectly Natural & Naturally Perfect

Use discount code "EMM" at checkout for 10% off

Ancient Minerals Magnesium Bath Flakes

\$9.75 + shipping

Have a dreamy, medicinal bath of cell-restoring, highly soluble magnesium chloride.

Perfect Desiccated Liver

\$23.95 + shipping

Nutrient dense source of naturally occurring high quality protein + iron. Obtained solely from healthy, grass-fed cows. Perfect cows are untouched by hormones and antibiotics, and they never come into contact with chemical fertilizers, pesticides, or any other chemical contaminants.



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DONATIONS AS GIFTS

If you'd like to make a donation on behalf of someone, the following organizations are pioneering solutions for medical freedom challenges. Click on each organization logo for more information.

Blessed By His Blood Cooperative

Genetically unmodified blood

BBHB
Blessed By His Blood



Blessed By His Blood Cooperative is a community of equally vested members who believe that Medical Freedom is a God given right, **having access to genetically unmodified blood during time of need is a vital part of health autonomy**, and who covenantally agree to help one another through volunteer blood donations as those needs arise within the BBHB cooperative. They serve as a resource, connecting patients with donors. BBHB is a philanthropic entity modeled after John 15:13.



**National Vaccine
Information Center**
Your Health. Your Family. Your Choice.

Provides exemption information by state.

The National Vaccine Information Center (NVIC) is dedicated to preventing vaccine injuries and deaths through public education and advocating for informed consent protections in medical policies and public health laws. NVIC defends the human right to freedom of thought and conscience and supports the inclusion of flexible medical, religious and conscientious belief exemptions in vaccine policies and laws.



**DENTAL CARE
INTERNATIONAL**

Providing dental care to those in need by reaching the neediest children around the world in order to alleviate the suffering that stems from the most common childhood disease, dental decay. No matter the amount you are able to donate, whether it be large or small, it makes a huge difference. Your contribution enables them to provide free dental care to children in underserved countries.



FLUORIDEALERT.ORG
Fluoride Action Network

The Fluoride Action Network (FAN) is dedicated to protecting public health by ending water fluoridation and other involuntary exposures to fluoride. FAN is achieving these goals by educating the public, decision makers, and the media. FAN is supporting volunteers in communities affected by fluoridation and is holding government health and regulatory agencies accountable. FAN is committed to the principles of environmental justice and is drawing special attention to subpopulations which are disproportionately harmed by fluoride, including low income populations and communities of color.

Spring Hop's Reusable Gift Wrap

\$12.26 - \$18.40 + shipping

A sustainable and attractive alternative to traditional paper is Furoshiki wrapping cloth. It is reusable and can be used to wrap gifts time and time again. Or even can be repurposed and used as a kitchen towel. Made of nice soft washed linen. Certificate Oeko-Tex Standard 100



Holiday Playsilks

\$62 + shipping

Gorgeous, soothing tones in lovely winter-themed colors.

Holiday Playsilk Set includes: Gooseberry Playsilk, Wintergreen Playsilk, Midnight Playsilk, and Mulberry Playsilk. Playsilks measure 35 inches by 35 inches. **Set also available in mini size for \$36 + shipping.**

Of the Earth Seed Wrapping Paper

\$12 + shipping

Handmade sheets of seed paper made from the Daphne bush and embedded with a blend of wildflower seeds that will sprout if planted. This is a 20x30 light weight paper.

Wildflower blend contains: Snapdragon (Annual), Petunia (Annual), Beardtongue (Perennial), Daisy (Perennial), Thyme (Perennial), Poppy (Annual), Catchfly (Biennial/Perennial), Maiden Pinks (Perennial), Chamomile (Perennial), and Creeping Thyme (Perennial).

