

spring

PRODUCT GUIDE

by just the inserts

I hope this will be an insightful + impactful guide while shopping this spring season. There are over 180 products within this guide and all are carefully curated to encourage a healthy, more natural way of living. Each product title + image are clickable and will bring you directly to the purchasing website. I've also sprinkled in some free resources to help you on your journey. Thank you to all the companies that graciously provided a discount code for this amazing community. If you purchase something from this guide, please message me with your feedback!

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the Face



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Being Active

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For UK



For Australia



For Canada

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.

allergies



Heart + Soil Histamine & Immune

\$66 + shipping

This supplement is packed with vital nutrients and peptides to provide support for the immune system, histamine intolerance, and allergies. Made with grass-fed thymus, lung, spleen, liver, and kidney. Stimulates your immune fighting cells to defeat viruses and pathogens. Also provides strategic immune support.

Leefy Organics Turmeric + Ginger Supplement

\$33 + shipping

Recommended for all your allergy + spring-related symptoms. This daily dose of anti-inflammatory and immune-boosting superfoods are packed with long-lasting health benefits within a great-tasting tincture.

- Support a healthy inflammatory response
- Support migraines + headaches
- Support brain function
- Support joint health
- Support heart health
- Support PMS

Use discount code "JUSTTHEINSERTS" for 15% off first order



"The Nicer Neti Pot" Sinus Wash Kit

\$19.40 + shipping

Comfortable Nasal Rinse 8 Oz Bottle + 20 Salt Packets suitable for ages 2 years old and above! Manage symptoms associated with Nasal Congestion, Cold, Flu, Allergy, and Nasal Irrigation with a gentle sinus wash. Provides cleansing without the "drowning" feeling of most sinus wash kits.



Kid-friendly

Boiron SinusCalm Pellets

\$13.99 + shipping

Relieves nasal congestion, sinus pain and pressure, and headache due to the common cold or allergies. The non-drowsy, melt-away

pellets are phenylephrine-free and won't interact with other medications. Free from preservatives and artificial colors & flavors.



Intelligence of Nature (ION)

Sinus Support

\$32 + shipping

Non-habit forming and all natural nasal spray, facilitating the innate connection between you and your microbiome. This helps to soothe and protect your nasal passages while also allowing you to breathe clearly and maintain natural hydration.



Beekeeper's Naturals Propolis Throat Spray.

\$13.99 + shipping

Support your immune system with your daily dose of bee propolis. This all-star ingredient contains antioxidants and other immune-boosting compounds with every spray. Contains antioxidants, vitamin C, zinc, iron, B vitamins, and over 300 other beneficial compounds. Naturally contains flavonoids and polyphenols that fight free radicals and combat oxidative stress. Can also soothe a scratchy throat.



Organic Olivia Spring Defense Tonic

\$33 + shipping

This natural herbal formula is designed to keep you bright eyed and breathing easy so that you can enjoy your Spring days with ease. Keep your nasal passageways feeling open and clear by supporting a normal, healthy response to pollen and environmental irritants. Support at the root by maintaining normal histamine metabolism as the grass gets greener and flowers start to bloom – so you can continue feeling your best during pollen season and beyond.



Oregon's Wild Harvest Aller-Aid™ with Quercetin Capsules

\$29.95 + shipping

Your body's normal immune response to spring, summer, fall and even winter can often feel like a full frontal challenge. The beauty of Quercetin and Nettle (Freeze-dried) is their ability to support your body's normal histamine-producing response.

Another option is to find local honey at your natural grocery store or Farmer's Market. This may help with local allergies.





ALLERGY RELIEF FOR SPECIFIC POPULATIONS



Rowe Casa Organics Sinus + Allergy Throat Gargle

\$17 + shipping

This best-selling gargle is an antiviral and antibacterial miracle worker that will quickly become a staple in your home. Effectively combats sore throats and a host of sinus and allergy related issues.

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



Rowe Casa Organics Sinus + Headache Relief

\$22 + shipping

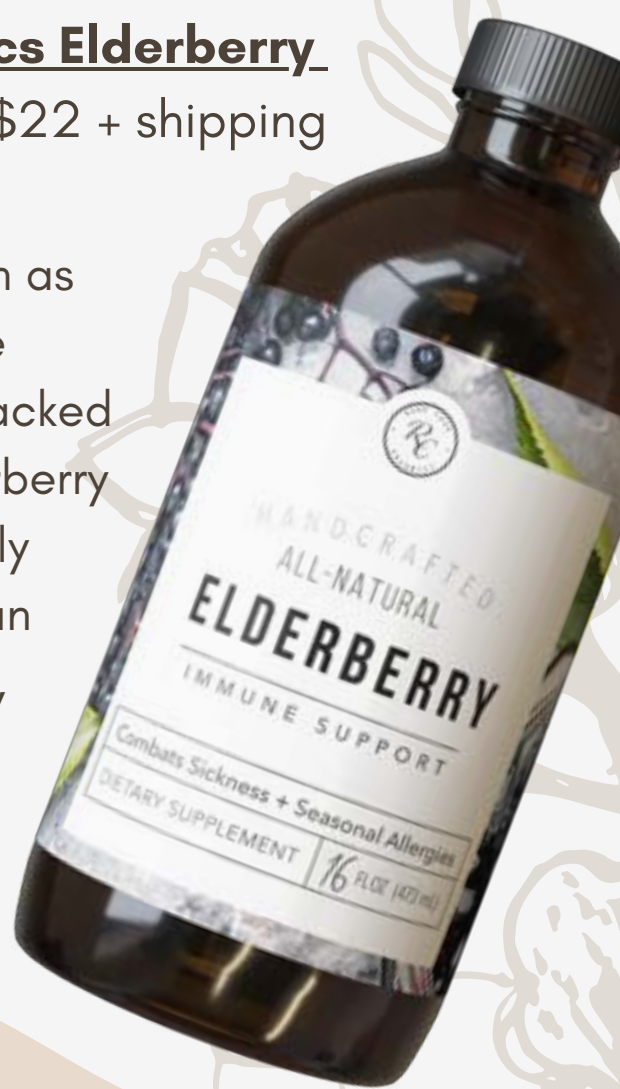
The familiar smells of eucalyptus, peppermint, and lavender team up with five other incredible 100% pure therapeutic grade essential oils to quickly relieve headaches and sinus congestion leaving you feeling better and clearer.



Rowe Casa Organics Elderberry

\$22 + shipping

Elderberries are rich in antioxidants, such as flavanols and phenolic acids that reduce inflammation on the skin and muscles. Packed with vitamin C: 1 tablespoon of this elderberry syrup has 76% of your recommended daily intake. Studies show that elderberries can soothe the symptoms of the flu or a cold, reducing headaches, fever, and nasal congestion.



beauty

Frownies Collagen Under Eye Gels

\$23.95 + shipping

Soothe puffy under eyes, brighten dark circles, and soften and smooth fine lines around the eyes.



Aloe Vera, Glycerin, Cactus Collagen, Sodium Alginate, Hyaluronic Acid, Sodium PCA, Niacinamide (Vitamin B3), Phenoxyethanol, Ethylhexyl, Glycerin, Water

Use discount code
"JUSTTHEINSERTS"
for 15% off

Simply Eden Tallow

\$19.95 - \$54.95 + shipping

Locally sourced from cattle in northern CA, this contains 100% grass-fed and grass-finished beef tallow, wild harvested lavender, and organic cold pressed jojoba oil. Tallow is a non-toxic moisturizer that can be used for cuts, scrapes, acne, dry chapped skin, sunburns, rashes, aftershave, wrinkles and more. Safe enough for pregnancy/babies too.

Ships to USA + Canada.



FAQ

Just Ingredients Organic Face Serum Oil

\$19.99 + shipping



Great for lymphatic massage

Use discount code
"JUSTTHEINSERTS10"
for 10% off

Penetrates the skin more deeply than other moisturizers to prevent signs of aging and balance dry or oily skin. Can help scars, wrinkles, acne, & blemishes.

Just Ingredients Deodorant

\$13.99 + shipping

Made from organic sweet almond oil to enhance healthy cells, magnesium oxide to neutralize odor and keep you fresh, vitamin E oil to soothe the skin, and organic beeswax to protect sensitive underarms.



Struggling with hormonal acne?

[CLICK HERE FOR A GREAT RESOURCE](#)

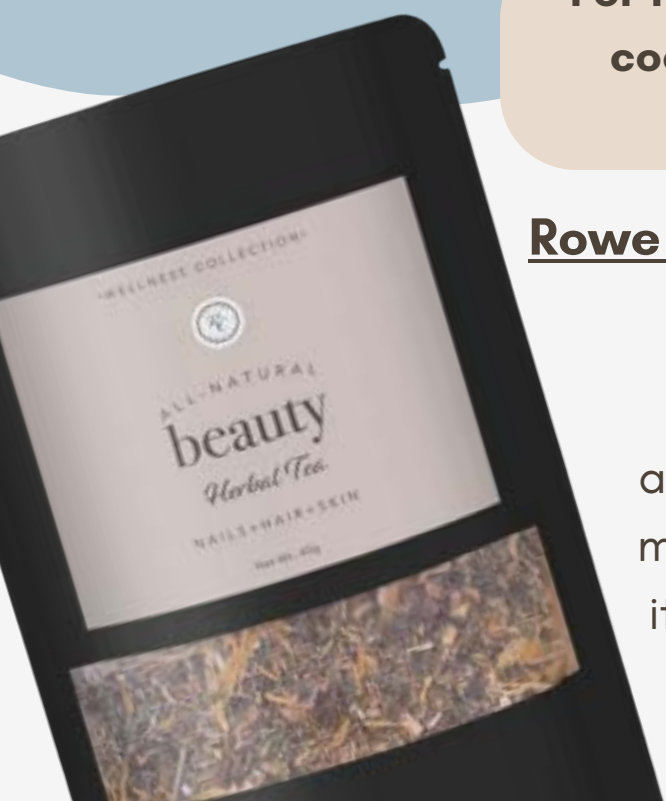


For first time customers, use discount code "JUSTTHEINSERTS" for 20% off your Rowe Casa Organic order

Rowe Casa Organics Beauty Herbal Tea

\$21 + shipping

Packed with vitamins, antioxidants, and anti-inflammatory properties, this tea will make you feel beautiful inside and out as it helps to promote healthy hair, stronger nails, and clearer skin!



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FOR THE BODY

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

Rowe Casa Organics Insect Repellent

\$17 + shipping

Keep bugs away with this all-natural insect repellent instead of using traditional brands that are full of dangerous and toxic chemicals.



Want more bug spray options?
[CLICK HERE FOR A GREAT RESOURCE!](#)



Rowe Casa Organics

Stop the Itch Cream | \$17 + shipping

Your go-to for quick, long lasting, relief from bug bites, poison ivy, jelly fish stings, and many other rashes or skin irritations. It can also help fight secondary infections that come with too much scratching.

Rowe Casa Organics Sunscreen

\$16 + shipping

This natural sunscreen now has both non-nano & uncoated zinc oxide and non-nano titanium dioxide which are unique among sunscreen ingredients in that together they are truly a broad-spectrum blocker, protecting from UVA, UVB, and even UVC! Ingredients such as raw shea butter, organic olive oil, organic red raspberry oil, organic carrot seed oil, organic avocado oil, and more. All of these components are tried, tested, and **safe for people of all ages**. It's the perfect option for protecting your skin against harmful rays without leaving that gross white residue or having to worry about what chemicals are seeping into your body.



Want more options? [Here is a great resource](#) in selecting a clean sun protection for you + your family.



Rowe Casa Organics After Sun Balm

\$24 + shipping

Summer can be so much fun, but we can all forget to reapply sunscreen. Rather than suffering with painful burns or using creams that don't work, try this amazing powerhouse blend that is soothing and restorative, offering pain relief and fast recovery.

nails

For those searching for non-toxic nail products, you may be looking a long time to find something completely toxin-free. Especially if you want the polish in stylish colors and to last more than a day. The following brands still have chemicals, however are cleaner of what is currently available on the market. If you find better options, please message me. As always, research each brand on your own to identify the full ingredient list.



\$10



\$9.99



\$9.99



\$14



\$18



\$16



\$14



Colorstreet

Nail Strips \$17

For home gel manicures



\$75



\$9.99

Pumice Stone for Feet



\$12



adult clothing

While searching for an organic clothing company, I came across **Q for Quinn** and was amazed by the quality. The founder's son unfortunately suffers from eczema. In her search for socks that he could comfortably wear, she discovered 90% of baby and kids socks were found to have harsh chemicals containing BPA and Parabens. Every pair of her socks is made with GOTS certified organic cotton or responsibly sourced merino wool and produced in OEKO-Tex-100 certified facilities to ensure the absence of harmful chemicals and toxins. She also offers linen pieces.



quinn

by Q for Quinn

Use discount code
"JUSTTHEINSERTS"
for 10% off

Most products are free shipping to US + Canada.



feminine hygiene

Personally, I have extreme cramps with tampons so after my first birth I switched to a menstrual cup. I've used Saalt brand for several years, however there are many options. The biggest thing to look for is medical-grade silicone and to keep an eye out for any research that discovers PFAS "forever chemicals" in the brand you use. Unfortunately, we have to be vigilant in keeping brands accountable in using high quality materials at every stage of the manufacturing process. If you find new research about the below brands, please message me. I also suggest taking the time to make sure you get the right size based on if you've had past births. **That will ensure you do not leak.**



\$28.99



\$31.90

\$39.59



\$34.99

Looking for period panties? These brands did not test positive for fluoride. Read more here.

lilova

bambody



\$27

Additional swim option too!

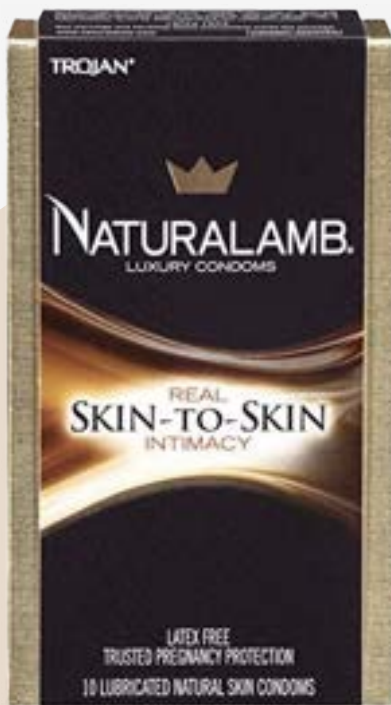


\$15.99



intimacy

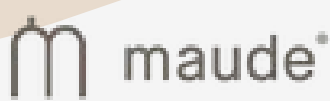
Being physically intimate with your partner shouldn't be toxic. Here are some natural condom options as well as ways to balance hormones associated with healthy sex drives.



Trojan Natural Lamb Lubricated Condoms

\$31.97 for 10 count + shipping

Natural sensation feeling, giving you and your partner the feeling of real skin-to-skin intimacy. They are ideal for monogamous couples who want to focus on heightened sensitivity with trusted pregnancy protection at the same time. Does not protect against STIs.



Made from natural latex, cornstarch powder, and silicone lubricant. Spermicide-free + Fragrance-free \$12/box of 10 condoms



large ultra-thin



ultra-thin

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

Spray on inner thighs, over bedding or throughout the room as desired.

Made from French Seaweed

Men's Hormone Support \$22



\$15



Pick from 3 different aromas

\$16



\$79

Woman's Hormone Kit



\$29



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FOR THE HAIR

UNDER LUNA

Perfect for those with sensitivities! With an abundance of scalp-loving, hair softening and hydrating herbs, this nourishing shampoo is essential oil-free, vegan and perfect for anyone from nursing moms to babies to folks wanting clean and clear products. **Want something that smells divine?** Under Luna has [many other options!](#)



Essential Oil Free Option

For one time purchase, use discount code "JUSTTHEINSERTS" for 10% off



Ancient Remedy Hair + Scalp Oil | \$21

Looking for a hair oil? Under Luna created this serum to treat your scalp, heal dandruff/dry scalp, balance oils, encourage growth, strengthen hair, and tame frizzies. Complete with sustainably harvested juniper berry + siam wood essential oils that smell like a night in a forest.

Want to know more? [Here's the FAQ](#)

Great for Travel!



Rowe Casa Organics Shampoo + Conditioner

\$40 + shipping

Cleansing Shampoo Bar gives your hair the clean it craves without all the toxic junk. Lathers beautifully! Conditioner nourishes + leaves hair soft, smooth, and moisturized.

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

Have curly hair?

[CLICK HERE FOR A GREAT RESOURCE](#)



\$15 dry shampoo



combat balding, thinning, brittle hair

hairsprays



\$16



\$19.99



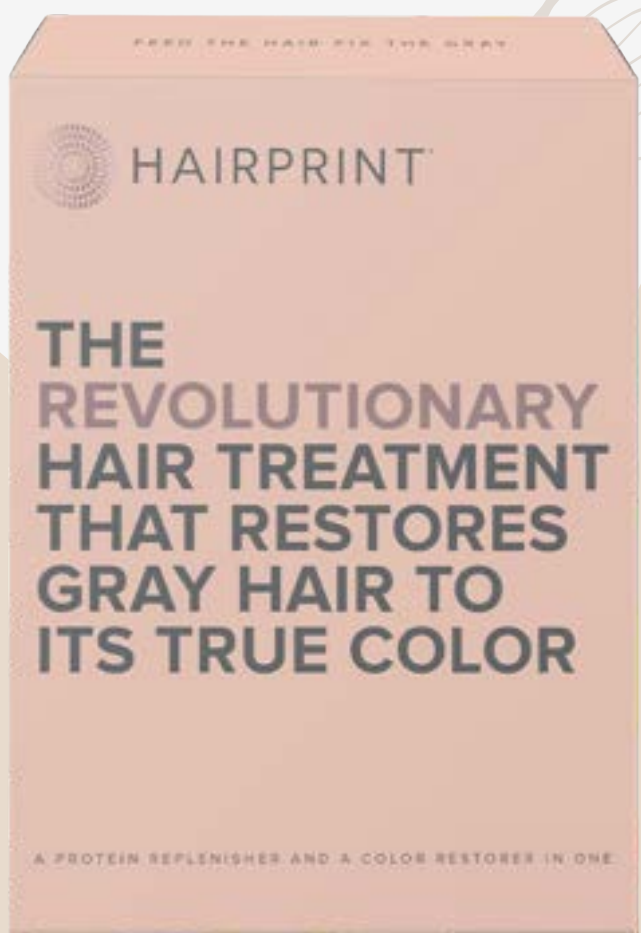
\$30.99



\$14.99

everything else

\$42



Plastic-free hair ties



\$18.95



\$33.99

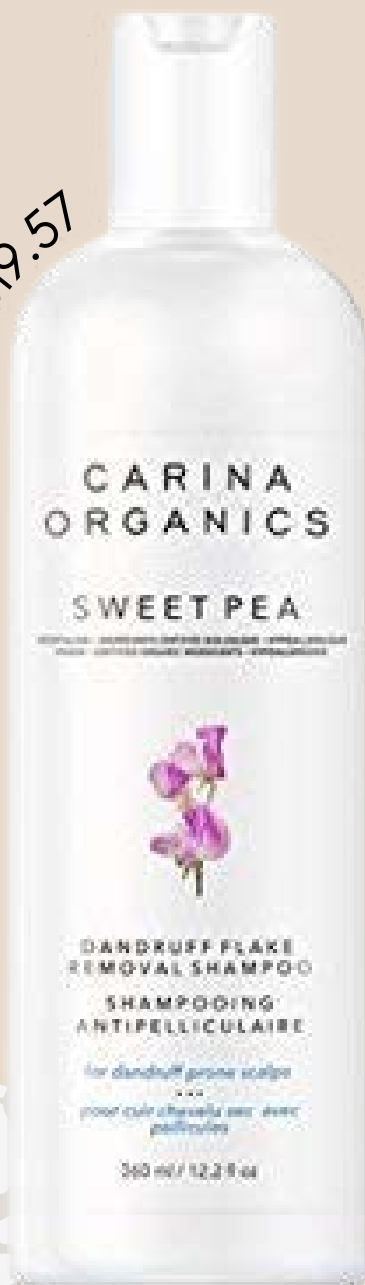
Heat Protectant



Heatless Curls \$22.99



\$19.57



Dandruff Flake Remover

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FOR GARDENING

Important note: anything that kills is going to have some element of toxicity. For non-toxic garden maintenance, try introducing natural predators (lady bugs, leafwings), boiling water for weeds in concrete cracks, or use a flame thrower (with caution).

\$18.59



\$23.78



\$9.98



\$14.99

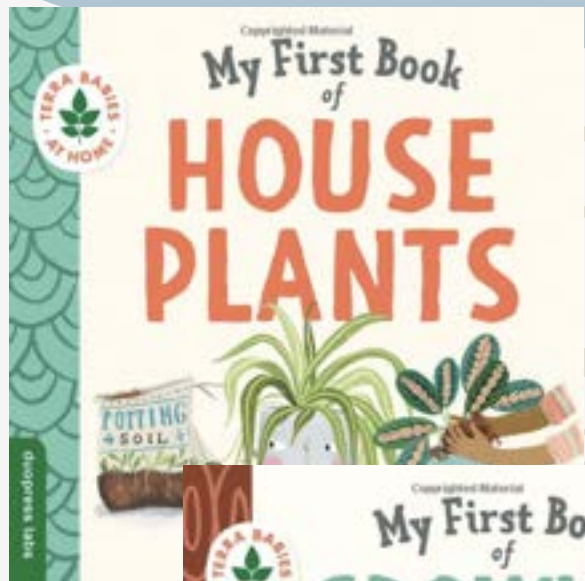


The best natural fertilizers are organic compost either from 1) farms or neighbors you trust aren't spraying glyphosate or 2) plant cover crops in between seasons (rye, clovers) that you turn under to decompose before your next planting season. If container gardening, replace soil no later than every three years due to soil depletion.

\$32



\$8.99



\$16.99



for little helpers

[scroll to the top](#)

FOR GIFT BASKETS

Click image for link.



\$60 for 10

Want candy-free options?
Plant a Garden!



\$20.09



\$15.99



\$9.95



\$22.99



\$18



\$11.99

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



My Little Morphée Meditation Box

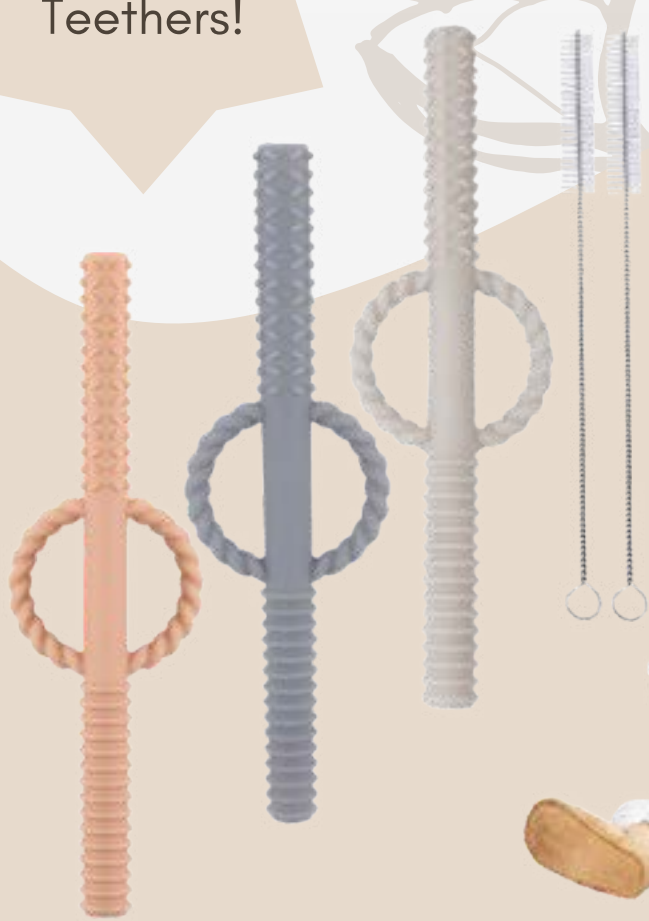
\$99.99 + shipping

Great gift for children that share a birthday close to a holiday! Features 128 soothing stories, 32 guided meditations, 16 relaxing music tracks, and 16 sounds of nature (a cat purring, the sound of the sea or fireplace, etc.). It promotes sleep in children and improves concentration. Battery operated: doesn't need to be connected or plugged in. Works without a smartphone or mobile app. Screen-free + doesn't broadcast waves. Improves sleep of children aged 3 to 10. Multi-lingual version has English, American, Spanish, and German.

Great for Teethers!



\$7.99



\$7.99



\$12.99



\$14.99

For best results, cool in the fridge for ultimate teething relief

kids clothing



Inner lining is 95% cotton + 5% Spandex



Use discount code "JUSTTHEINSERTS" for 10% off your "Q is for Quinn" order

98% organic cotton | 2% spandex



food-related



Dairy-Free
Cinnamon
Churro White
Chocolates

\$29.99 for 12 pack



\$16.99 for 3 pack



\$29.99 for 40 count

\$16.48 for 18 pack



\$24.99 for 4 bags

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FOR CLEANING



Simply Clean

\$11.49 + shipping

This book is essential for a budget-friendly way of detoxing your home + keeping it clean with DIY recipes. I have been following this routine for 4+ years and have saved thousands of dollars on unnecessary + toxic products.

here are some free tutorials

How to Clean a Dishwasher with Vinegar

How to Safely Clean & Disinfect Around the Home

How to Clean a Microwave

How to Clean a Diffuser

How to Naturally Clean Any Washing Machine

How to Disinfect Toothbrushes

Don't want to make your own? No problem! Here are some great products to try.

100% New Zealand Wool Dryer Balls

\$13.99 + shipping

Replace chemically infused dryer sheets and liquid fabric softeners with an eco-friendly and natural alternative that will last more than a thousand dryer loads.



Rowe Casa Organics Laundry Bundle

\$52 + shipping

Avoid harsh toxins in typical store-bought laundry products, save your family's skin, and go all-natural in the laundry room. This three-product bundle will leave your clothing so fresh and so clean!



Norwex Microfiber Cleaning Cloths

\$35 + shipping

Instead of relying on chemicals, Norwex uses physical power to clean. They lift, grab, and trap dirt/grime. They can even remove up to 99% of bacteria from a surface using only water. [Read more here.](#)



Rowe Casa Organics Cleaning Set

\$56 + shipping

This amazing all-purpose cleaner set uses a powerful, germ-killing essential oil blend to effectively clean your home without harmful chemicals found in most store-bought cleaners. This set includes: Multi-Surface Cleaner, Glass & Stainless Steel Cleaner, Wood Polish, and Cleaning Paste. [Read more here.](#)



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

Toilet Pumice Stone

\$14.99 + shipping

This toilet bowl cleaning tool is built with natural pumice stone which is non-toxic, odorless and BPA free. No more pungent chemical cleanser. The pumice cleaning stone is friendly for human beings, pets, plants and water. Great for stubborn hard water rings.



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

Rowe Casa Organics Dish + Hand Soap

\$16 | \$13.50 + shipping

This all-natural, powerful dish soap effectively cleans dishes and cuts through grease without harmful toxins or false fragrance. Plus, the hand soap has colloidal silver to get your hands truly clean and silky soft – without any chemical fillers.



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FOR RAINY DAYS

cooking set: wood, stainless steel, silicone, cotton

\$59.99

rain suit \$34.99



mini felt sew kit

\$21.99



silicone tea set \$29.99



way balance beam

\$63.99



3+ year olds \$89



monthly interactive pretend play subscriptions

MAGiC playbook

choose from digital only or physical pages mailed to you every month

\$11/month for digital only

\$29/month for digital + physical prints

\$19.31



FOR SPRING BREAK

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Rowe Casa Organics Tanning Oil

\$23 + shipping

This lightly protective tanning oil is a perfectly clean option for when you're wanting that golden glow without all the chemical ingredients found in most tanning lotions and oils. This tanning oil blend helps you get that sun-kissed look while also conditioning your skin and helping fight aging while you soak up that vitamin D.



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



\$39.99 for 36 pack

Cotton + Linen



\$18.98

baby | toddler

Worried about exposure to chlorine in swimming pools?

CLICK HERE FOR A GREAT RESOURCE

travel first aid kit | \$39.95

convertible all natural shoes



\$98



Pockets for alternative healthcare preferences

SPF 50+ through tight weave

City Threads
Rash Guards
Baby | Kids
Boy + Girl Styles



\$17.56

made in the USA



\$39.95

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ACTIVE LEGGINGS

Finding non-toxic active brands is hard, however here are some brands that are prioritizing high-quality materials. The below spectrums are designed to help you while searching for the right leggings based on your material sensitivities and fitness needs.

% of spandex



Reprise

"JUSTTHEINSERTS" for 20% off

GROCERIES

MATE



"OUTERCIRCLE15" for 15% off



activity intensity

GROCERIES

MATE

HAPPY EARTH

girlfriend collective

Smartwool

pact



low | for yoga, light walking

high | for HIIT, running, hiking

A [recent investigation](#) revealed several activewear brands had fluoride present in the crotch of their leggings. Here are the brands that may have a higher percentage of spandex, however **did not** test positive for fluoride.

SPANX



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ACTIVE BRAS

% of spandex

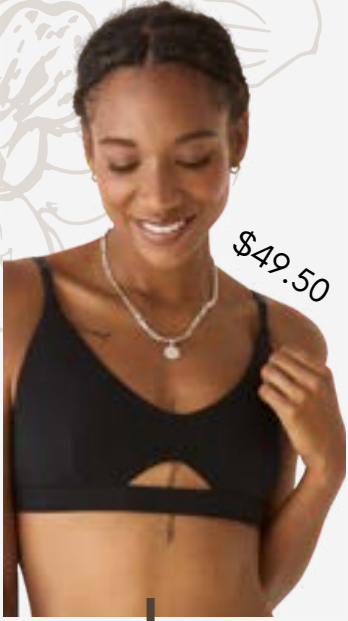
Frank And Oak



RAWGANIQUE

Reprise

"JUSTTHEINSERTS" for 20% off



\$49.50



0%



\$44



5%



\$89



7%



\$69



13%

activity intensity

GROCERIES

MATE



Smartwool

BOODY



\$44



\$58



\$44



\$65



\$49.95

low | for yoga, light walking

high | for HIIT, running, hiking

extra layers



QUALFORT

HAPPY EARTH

"EARTH FRIENDLY" for 20% off first order



\$98



\$26.99



\$58

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FOR UK



Frugi is an organic clothing company that achieves UPF 50+ through a tight weave of fabric versus utilizing harmful chemicals. They are Oeko-Tex certified, however are made in China. For more info, click the logo.



These natural rubber flip flops are the perfect spring break addition when traveling somewhere sunny. With a supportive design that's gentle on your joints and won't cause blisters, you can enjoy looking great without sacrificing quality.



Natural deodorant with no aluminium, parabens, petrochemicals or any other vague chemicals. No salts and no cheap perfume. No propellants or canisters. Bioplastic tube is made from sugarcane.

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FOR AUSTRALIA



\$57.80 AUD for Home Sample Box

Seed Organics was created by an Australian biochemist. Products are non-toxic, free from alcohol and other toxins, while being the most effective formulations in the world that are good for you and good for the planet.



Homeopathic First Aid Kit + Zoom Consultation

by Melissa Kupsch
\$249.00 + shipping

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

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



INDIGO LUNA

Organic apparel
dyed with
natural plants

\$69

activewear



swimwear

\$115



\$49

intimates



Also ships
to USA

[scroll to the top](#)

FOR CANADA



Saje Allergy Release

\$24 + shipping

A restorative and easing blend in support of your physical wellness and relief from allergy symptoms. When used in Aromatherapy, this fortifying blend may help relieve minor respiratory symptoms of allergic rhinitis, and mild skin irritations, to help you feel soothed and clarified.

Also ships to USA

\$16.20



\$19.99



Cocoon Apothecary Rosehip Oil

\$38 + shipping



Rosehip oil has a unique fatty acid structure that is mostly made up of linoleic and linolenic essential fatty acids. These fatty acids are known for their nourishing and calming effects on the skin. The oil is also high in sitosterol, which helps retain hydration in the skin. However, it is considered a dry oil because it absorbs quickly and contains the astringent gallic acid among other polyphenols. Other naturally occurring antioxidants in Rosehip Oil include carotenoids and vitamin E, which help protect the skin from premature aging.

Hereward Farms Cleaner Spray

\$15 + shipping

Use this all-natural and all-purpose cleaning solution from the bathroom to the kitchen and everywhere else in between. Clean your house safely and effectively!



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GREAT RESOURCES



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.

The below products received the most positive feedback from the Holiday 2022 Gift Guide! Because they are just too good to not include, here you go!

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.



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.

Discreet
Cover

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

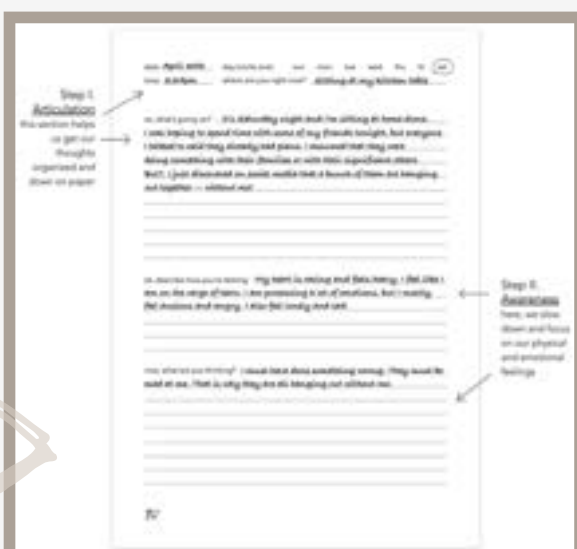
Four Progress "Worry for Nothing" Journal

\$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.



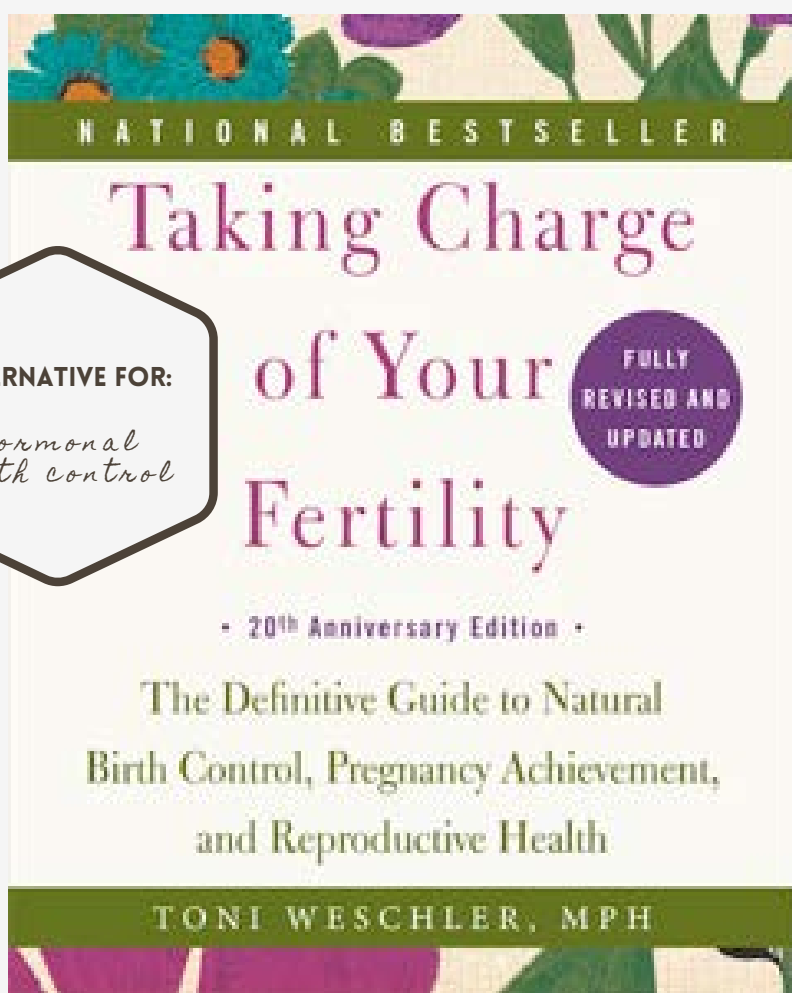
Taking Charge of Your Fertility

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



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 stretch marks before they come or lighten the ones you already have.

Feedback from the community was this actually helps to avoid stretch marks during weightloss as well!

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

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



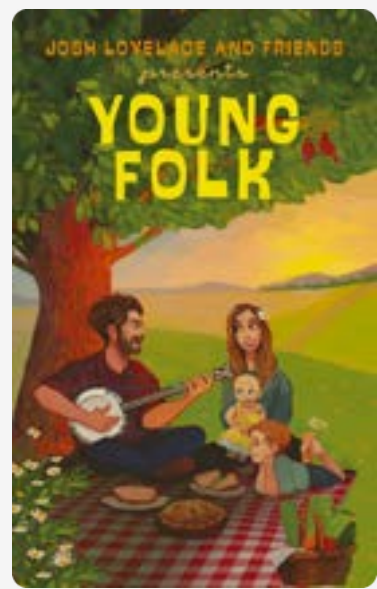
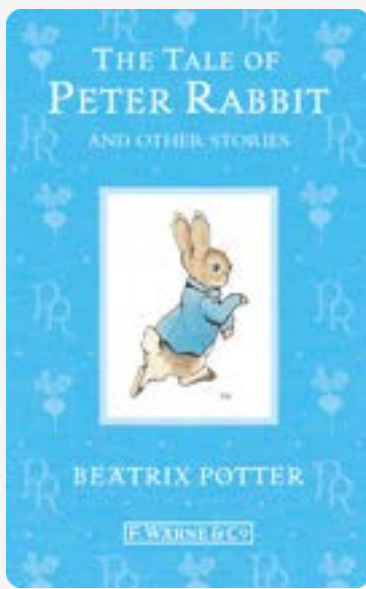
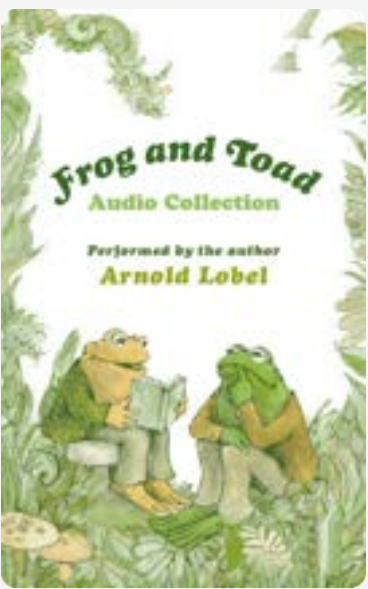


Yoto Player

\$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.



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!

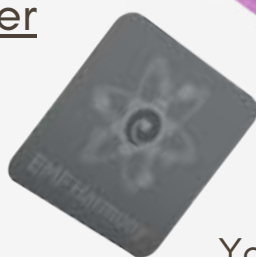
Adventure Jackets

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.



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.

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 workout crash.



Caffeine Free Option

Travel Friendly

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



\$24.99

Additional Hot Chocolate Option! Full of added superfood adaptogens like ceylon cinnamon, ashwagandha, lion's mane, and turmeric that may help boost the immune system. No artificial anything, and no added sugar. Reformulated with no stevia for a non-bitter aftertaste.

submit a product

Know something that would be a good fit for the **Summer** Product Guide?

[Click here to submit it!](#)

I'm looking for products that prioritize organic, non- or low-toxic materials, and will contribute to a healthy + happy lifestyle.

HERE ARE THE PENDING SUMMER 2023 SECTIONS:

- * swimwear
- * bbq essentials
- * outdoor toys (adult + child)
- * beach + pool essentials
- * graduation gifts
- * camping/hiking gear
- * sunny weather clothing (adult + kid)
- * ice cream + sweets
- * sun protection
- * summer travel essentials

Have an idea? Let me know!

Thank you again to all the brands offering discount codes. You are greatly appreciated!