



Chemical Free Living - With so many different numbers and additives in not only our food, but our personal care and cleaning products, lighten the load on your health, the environment and your brain by shopping where the hard work has been done for you. Here are just a few of my favourites;

- [Broth Bar & Larder](#) - delicious bone broths & much more
- [Nourished Life](#) - personal care, cleaning
- [Orchard Street](#) - organic juices
- [Shemana](#) - face serums and energy clearing
- [The Beauty Chef](#) - all things for inner beauty
- [Twenty8 Essentials](#) - skincare & essential oils
- [Your Digestion](#) - Body Ecology products and probiotic drinks

In case you are wondering I am not an affiliate of any of these sites nor do I receive a rebate of any kind, I share them because they are ones I use myself.