

7 Essentials System®

Essential #1 Resources

Full Disclosure - please note that I am affiliated with the companies below, which have an asterisk (*) and get paid a commission if you use the link provided.

Foods to Avoid

Non-GMO verified – everything you need to know about GMO and what foods to look for
<https://www.nongmoproject.org/>

Environmental Working Group, a non-profit, non-partisan organization dedicated to protecting human health and the environment www.ewg.org/

Foods to Enjoy

Dr. V's 7 Essentials System® greens, shakes and specially formulated protein bars –
<https://breastcancerconquerorshop.com/product-category/food/>

Vital Choice – the cleanest and freshest wild caught fish – you can taste the difference -
<https://www.vitalchoice.com>

Safe Catch – low mercury tuna in BPA free cans - <https://safecatch.com/>

Eat Wild is a resource for you if you cannot find a trusted local farmer www.eatwild.com

Organic Nuts and Seeds www.nuts.com

* Frozen WheatGrass Juice <https://www.dynamicgreens.com/en-us/?id=drv>

Seaweed snacks – delicious and clean sea weed - <http://www.gimmehealth.com/>

Vitacost – organic foods, spices, teas, glass and canned goods, etc. www.vitacost.com

Sugar free organic dark chocolate: Lily's – purchase through Vitacost

Bulletproof Coffee www.bulletproof.com

* Echo water <https://synergyscience.com/#agent=DrV>

Berkey portable water purification www.BerkeyWater.com

Perfect Anti-Cancer Diet

My Fitness Pal App for counting your fats, protein and carbs on a daily basis –

<http://www.myfitnesspal.com/>

Ketogenic Resources and Web Sites:

Miriam Kalamian is working with Dr. Mercola on a book about the Ketogenic diet. Her e-book is very helpful.

<http://www.dietarytherapies.com/cancer.html>

Ellen Davis – Lots of great info

<http://www.ketogenic-diet-resource.com/>

Maria Emmerich – more great info

<http://mariamindbodyhealth.com/>

Great blog with lots of yummy low carb (not just ketogenic) recipes and information

<https://www.dietdoctor.com>

Glucose and ketone sticks and meters:

At the time that we put this together, I was still experimenting with various meters – it has been a challenge to see which ones falls closest to actual blood labs. So far, these are the ones that have been recommended by a colleague of mine that specializes in Insulin Resistance.

- 1.) Freestyle Precision Extra – glucose and ketones – glucose is NOT accurate at all but the ketones seem to be. (my personal experience on this one)
- 2.) Dario – has an app that is used with your phone – <https://mydario.com/smart-meter/>
- 3.) Contour Next by Bayer - <https://www.contournext.com>