



Gifts for Non-Toxic and Healthy Living

Here are some holiday gifts that we recommend for healthy and non-toxic living.



These are the perfect gifts for anyone looking to start a journey of healthy living. Do you know anybody who's starting to cook and prepare nutrient-dense foods for the first time? Maybe you have a friend or family member who wants some non-toxic alternatives to the products that they're using. One of the best gifts that you can give to someone is the chance to live with more vitality. Here's just a few of the products that we recommend for this holiday season.

GreenPan Ceramic Cookware



Looking for a simple, lightweight, and easy to maintain cookware set? We recommend GreenPan Ceramic cookware. The GreenPan Rio cookware set includes three fry pans, saute pan, casserole pan, a stainless steel steamer, and lids. It also comes with some bamboo utensils too. This is a great gift for anyone who's just starting their healthy cooking journey. This set is available through Amazon and some retail stores.

Merino Wool (Smartwool and Woolly Clothing Co.)



Merino wool is a great option for those who want the quick dry and performance of polyester while avoiding the plastic and endocrine disrupting chemicals. We recommend Smartwool and Woolly Clothing Co. Merino wool is especially good for people who are physically active. It's a lightweight and comfortable material with moisture-wicking properties.

Bare Botanics



A collection of personal care products that are all-natural. This includes moisturizers, soaps, exfoliating body scrubs, and even magnesium oil. If you're looking for non-toxic products to add to your skincare routine then definitely check out Bare Botanics. Their products are available through Amazon.

Paleovalley 100% Grassfed Beef Sticks (Stocking Stuffers)



Paleovalley's grassfed beef sticks are an excellent (and nutrient-dense) snack. All spices and flavorings are organic, and there are no preservatives or nitrates/nitrites added. If you're looking for an alternative to candy as a stocking stuffer, then these beef sticks are the way to go. These are available through Amazon and some retail stores.