



WALKING WITH WILL

At-Home Product Guide

Curated essentials — vetted brands and what to look for — to support your healing environment.

How to Use This Guide

Each section names what to avoid, what to look for, and which brands are trusted.

Click any brand name to go directly to their website.

Discount codes are noted where available — these are personally vetted picks.

Holistic Health | Personalized Protocols | Deep Healing

WATER FILTRATION

Water is the foundation of every cellular process. Tap water contains chlorine, fluoride, heavy metals, and pharmaceutical residue that accumulate over time. Look for filtration that removes fluoride, chlorine, heavy metals, and microplastics — most standard filters (Brita, PUR) do not.

Countertop Reverse Osmosis

RO removes up to 99% of contaminants including fluoride, heavy metals, chlorine, and microplastics. No installation required.

What to look for: NSF 58 certified, 4-stage filtration minimum.

TRUSTED BRANDS:

AquaTru — \$100 off

Spring Water Delivery

Naturally mineral-rich and structured — closest to what the body evolved drinking. Use the Oasis app to find local tested sources. What to look for: source rated 9+ on Oasis, tested for contaminants.

TRUSTED BRANDS:

Alive Water

Oasis App — Find local springs

Filtered Pitcher (Budget Option)

A meaningful upgrade from tap that removes fluoride, chlorine, and heavy metals. Significantly outperforms Brita or PUR. What to look for: must specifically state fluoride removal on the label.

TRUSTED BRANDS:

Clearly Filtered — Best budget pitcher

Water Upgrades

Enhance any filtered water with a pinch of sea salt (trace minerals + electrolytes), a squeeze of lemon or lime (alkalizing, vitamin C), or molecular hydrogen drops (powerful antioxidant). What to look for: Himalayan or Celtic sea salt only — not iodized table salt.

KITCHEN ESSENTIALS

What you cook in — and what you cook with — matters as much as the food itself. Teflon, aluminum, and low-grade plastics leach chemicals and metals directly into meals. These are the core swaps that eliminate a major daily toxin source.

Non-Toxic Cookware

Replace Teflon, aluminum, and non-stick coatings immediately — these release PFAS and heavy metals every time they're heated. What to look for: ceramic-coated, 18/10 stainless steel (grade 304/316), titanium, or glass. Avoid anything labeled 'non-stick' unless explicitly PFAS-free.

TRUSTED BRANDS:

Our Place — Non-toxic ceramic

Caraway — PFAS-free ceramic

Glass Kettle

Plastic kettles leach BPA and microplastics into hot water — one of the most overlooked daily exposures. What to look for: borosilicate glass body, stainless steel base, no plastic parts contacting the water.

TRUSTED BRANDS:

Borosilicate Glass Kettle — Any glass-body brand

Quality Olive Oil

Most supermarket olive oils are adulterated with cheap seed oils or rancid before they reach the shelf. What to look for: single-origin, cold-pressed, harvest date on the bottle (within 18 months), dark glass packaging. Use raw — not for high-heat cooking.

TRUSTED BRANDS:

Brightland — Single-origin, cold-pressed

Graza — Harvest-dated, single-origin

Clean Sweeteners

Refined sugar and artificial sweeteners drive inflammation and feed pathogens. What to look for: minimally processed, low-glycemic options in moderation. Avoid agave, HFCS, sucralose, aspartame, and acesulfame-K.

TRUSTED BRANDS:

Raw Honey — Local & unfiltered

Maple Syrup — Grade A, organic

Monkfruit Extract — Zero glycemic

Pressure Cooker

Pressure cooking significantly reduces lectins and plant toxins, improving mineral absorption. What to look for: stainless steel inner pot (avoid non-stick inserts), 6+ quart capacity.

TRUSTED BRANDS:

Instant Pot — Stainless steel inner pot

Masticating Cold-Press Juicer

Cold-press preserves live enzymes and nutrients that high-speed blenders destroy with heat friction. Great for celery, beet, carrot, lemon, and cucumber. What to look for: slow-press auger mechanism, easy to disassemble and clean.

TRUSTED BRANDS:

Omega Juicer — Best-in-class masticating

CLEAN PROTEIN & PANTRY

Sourcing matters enormously with protein. Large fish bioaccumulate mercury and microplastics. Conventional meat carries pesticide residue, hormones, and in some cases arsenic. These are the vetted sources worth building your pantry around.

Clean Seafood

Avoid large fish (tuna, swordfish, mahi-mahi) — they bioaccumulate mercury. Prioritize small, wild-caught fish. What to look for: independently tested for heavy metals, parasite-free, wild-caught not farmed.

TRUSTED BRANDS:

Seatopia — Heavy metal tested, parasite-free

Quality Meat

Conventional meat is raised on pesticide-laden feed, given hormones, and often factory-farmed. What to look for: grass-fed and finished beef, pasture-raised poultry without arsenic feed additives, no hormones or antibiotics.

TRUSTED BRANDS:

First Light Farms — Grass-fed & pasture-raised

Local Farmers Market — Best transparency — ask directly

Collagen & Bone Broth

Supports gut lining repair, joint health, skin integrity, and connective tissue. What to look for: grass-fed bovine or wild-caught marine source, no added sugars or fillers, third-party tested.

TRUSTED BRANDS:

Ancient Bliss Marine Collagen

Puori Collagen

Equip Collagen

Owl Bone Broth — Slow-simmered, nutrient-dense

Clean Protein Powder

Most protein powders contain heavy metals, artificial sweeteners, and synthetic additives. What to look for: third-party heavy metal tested, no sucralose or artificial flavors, minimal ingredients, ideally organic.

TRUSTED BRANDS:

Sprout Living

Puori

PaleoValley — Grass-fed, clean label

Equip Foods

Truvani — Minimal, organic

Organised Nutrition — Clean formulation

HOME & CLEANING

Conventional cleaning products, candles, and laundry detergents contain synthetic fragrances, hormone-disrupting chemicals, and carcinogens that off-gas into your air and absorb through skin. These swaps turn your home into a healing environment.

Non-Toxic Household Cleaner

Standard sprays, dish soaps, and disinfectants contain synthetic fragrances, chlorine compounds, and endocrine disruptors. What to look for: fragrance-free or essential oil scented, plant-based surfactants, no bleach or ammonia.

TRUSTED BRANDS:

Branch Basics — One concentrate — replaces everything

Fragrance-Free Laundry Detergent

Synthetic laundry fragrances contain phthalates that absorb through skin all day via clothing and bedding. What to look for: fragrance-free, no optical brighteners, plant-derived ingredients.

TRUSTED BRANDS:

Branch Basics — Excellent for laundry too

Natural Candles & Diffuser

Paraffin candles release benzene and toluene — known carcinogens. Synthetic fragrance oils add another chemical layer. What to look for: 100% beeswax or coconut wax, essential oil scented only, cotton wick with no metal core.

TRUSTED BRANDS:

Essential Oil Diffuser — Ultrasonic + pure essential oils

Shower & Bath Filter

Chlorine and chloramines in tap water absorb through skin and are inhaled as steam — often a larger exposure than drinking. What to look for: KDF-55 or vitamin C filter media, fits standard shower head.

TRUSTED BRANDS:

Jolie — Sleek filtered shower head

Crystal Bath Filter — Bath dechlorination

Air Purifier

Indoor air is consistently 2–5x more polluted than outdoor air due to off-gassing from furniture, flooring, and cleaning products. What to look for: true HEPA + activated carbon filtration, covers your square footage, low ozone output.

TRUSTED BRANDS:

AirDoctor — UltraHEPA + carbon

Jaspr

Organic Bamboo Sheets

Conventional sheets are treated with formaldehyde, flame retardants, and synthetic dyes — absorbed over 7–9 hours every night. What to look for: OEKO-TEX certified, 100% organic bamboo or linen, no chemical finishes.

TRUSTED BRANDS:

Organic Bamboo Sheets — OEKO-TEX certified

EMF REDUCTION

EMF exposure is an invisible daily stressor that depletes magnesium, dysregulates the nervous system, and disrupts sleep. Reducing nighttime exposure is the highest-leverage place to start — and most changes cost very little.

WiFi Timer Switch

Program your router to shut off at bedtime and back on in the morning. Eliminates hours of nighttime EMF exposure. What to look for: any mechanical outlet timer — simple, under \$15.

TRUSTED BRANDS:

Outlet Timer Switch — Any mechanical timer

Signal-Blocking Bags & Phone Cases

Reduces wireless radiation from devices when not in use, especially in sleeping areas. What to look for: tested RF attenuation rating, shielding fabric verified.

TRUSTED BRANDS:

LessEMF — Signal-blocking pouches

DefenderShield — Protective side faces body

Wired Headphones

Bluetooth earbuds emit wireless radiation directly adjacent to the brain continuously. Switching to wired eliminates this entirely. What to look for: 3.5mm or USB-C wired, lightning adapter if needed for iPhone.

TRUSTED BRANDS:

Wired Headphones — Any wired 3.5mm brand

Grounding Mat

Connects the body to the earth's negative charge, neutralizing inflammation from EMF and modern living. Use at your desk or beside the bed. What to look for: silver or carbon fiber conductive mat, continuity tester included.

TRUSTED BRANDS:

Grounding Mat — Silver-fiber conductive

DETOX TOOLS & THERAPIES

These tools support your body's natural drainage pathways — which must be open before any deeper detox protocol can work safely. Start with the simplest and add others as your system builds capacity.

Castor Oil Pack

Applied over the abdomen or liver with a warm compress, castor oil promotes circulation, lymphatic drainage, and bile flow.

What to look for: organic, cold-pressed, hexane-free, glass bottle.

TRUSTED BRANDS:

Queen of the Thrones — Pre-made castor oil pack kit

Heritage Store — Budget cold-pressed castor oil

Dry Body Brush

Stimulates surface lymphatic flow and supports the skin as a detox organ. Brush with light upward strokes toward the heart before showering. What to look for: natural bristles (sisal or boar), long handle for the back.

TRUSTED BRANDS:

Dry Body Brush — Natural sisal bristles

Infrared Sauna

Powerful for sweating out stored toxins and heavy metals. Introduce only after bowel and liver pathways are open (Phase 2+).

What to look for: low-EMF far-infrared panels, non-toxic wood without glues or treated lumber.

TRUSTED BRANDS:

Sunlighten — Low-EMF infrared sauna

Sauna Space — Near-infrared panel sauna

Red Light Therapy Panel

Supports mitochondrial function, reduces inflammation, and promotes melatonin when used in the evening. What to look for: 660nm red + 850nm near-infrared wavelengths, irradiance above 50 mW/cm² at treatment distance.

TRUSTED BRANDS:

Mito Red Light — Strong irradiance, good value

Joovv — Clinical-grade panels

PERSONAL CARE

The skin absorbs a significant portion of what's applied to it. Conventional personal care products contain aluminum, parabens, phthalates, and synthetic fragrances that accumulate in tissue. Use EWG Skin Deep or Think Dirty app to vet any product — aim for a score of 1–2.

Natural Shampoo

Conventional shampoos contain sulfates, silicones, synthetic fragrances, and preservatives like methylisothiazolinone. What to look for: sulfate-free, fragrance-free or essential oil scented, no parabens or PEGs.

TRUSTED BRANDS:

Prose — Custom formula, clean ingredients

Act+Acre — Cold-processed, scalp-focused

Innersense — Certified organic

Aluminum-Free Deodorant

Antiperspirants are a primary daily route of aluminum exposure — linked to cognitive decline and breast tissue accumulation.

Note: even 'natural' deodorants with alum crystals still contain aluminum. What to look for: explicitly aluminum-free, no alum or aluminum chlorohydrate.

TRUSTED BRANDS:

Humble

Fluoride-Free Toothpaste & Oral Care

Fluoride displaces iodine in the thyroid and all iodine-receptor tissues, contributing to hypothyroidism. What to look for: hydroxyapatite (remineralizing), no fluoride, no SLS, no artificial sweeteners.

TRUSTED BRANDS:

Risewell — Hydroxyapatite-based

Twice Oral Rinse — Clean mouthwash formula

Non-Toxic Nail Polish

Conventional nail polish contains formaldehyde, toluene, and DBP (dibutyl phthalate) — all endocrine disruptors. What to look for: 10-free or 21-free labeling, water-based or plant-based formula.

TRUSTED BRANDS:

Karma Hues — Non-toxic, wide shade range

Clean Makeup

Most conventional makeup contains heavy metals (lead in lipstick, aluminum in eyeshadow), synthetic fragrances, and preservatives. What to look for: EWG score 1–2, no talc, no parabens, no synthetic dyes.

TRUSTED BRANDS:

Araza Beauty — Clean, mineral-based

DIGITAL WELLNESS

The nervous system cannot distinguish between digital stress and physical stress — both deplete minerals and keep cortisol elevated. These tools create physical friction against unconscious device use that willpower alone rarely achieves.

App-Blocking Device

Creates physical friction against automatic scrolling by locking selected apps until you tap the device. What to look for: requires a deliberate physical action to unlock, not just a passcode.

TRUSTED BRANDS:

Brick — Physical app-blocking device

Minimal Phone

Calls and texts only — no social media, no browser, no apps. For clients ready to radically reduce digital load and reclaim genuine rest time.

TRUSTED BRANDS:

The Light Phone — For those ready for a full reset