

# WHOLE FOODS Market - Part B\*

## 1. **BIOKLEEN**

- a. Glass Cleaner
- b. All Purpose Cleaner

## 2. Organic brown eggs

## 3. Deli\*\* - cooked

- a. Vegetables
- b. Meats, e. g. rotisserie baked chicken, plus organic; salmon; turkey

## 4. **Earthworm** Drain Cleaner with Natural Enzymes

## 5. **FIJI** Natural Artesian Water \*\*

## 6. **JASON**

- a. Healthy Mouth Tartar Control Cinnamon Clove - mouth wash (see **9.a.** & **10.a.**)
- b. Body Wash & Hand Soap, e.g. Citrus

## 7. **KERRYGOLD** Pure Irish Butter, unsalted\*\*\*

## 8. **Schmidt's** Cleaning Vinegar Aromatic Home Care – with essential oils (toilet spray?)

## 9. Spring water - gallon

- (a. in small bottle - brush & rinse teeth  
(see **6.a.** & **10.a.**)
- b. in small bottle as final rinse in face washing ritual \*\*\*\*)

## 10. **TOM'S**

- a. Rapid Relief Sensitive natural tooth paste (see **6.a.** & **9.a.**)
- b. Probiotic Moisturizing Hand Soap

## 11. **Whole Foods Market** Hummus -

Original, lemon & other flavors: chickpeas with spices

## 12. **365 Whole Foods Market** Lotion - Island Coconut \*\*\*\*\*

### Notes:

\*recommended

\*\* & **HEINEN'S**

\*\*\* & **TRADER JOE'S**

\*\*\*\* see **The Vitamin Shoppe, Derma-E** (also at **WHOLE FOODS**)

\*\*\*\*\* on body, with dot of **TRADER JOE'S** Vitamin E Oil Blend

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