

Ep 96 non toxic gift guide

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SPEAKERS

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All right ladies, we are going to talk about non toxic gift guide for yourself. So, I almost always this close to sneaking in some non toxic gifts that are more so related to an episode that we have coming out soon. I have teased it a little bit on my socials. And but I don't want to ruin that episode and it has taken so much research for this episode to come out. So basically, there was no point to that message except for the fact that I will have kind of like a part two-ish to the non toxic gift guide a little bit later. So this one is really so Valentine's Day is coming up. And so this non toxic gift guide is really truly just fun. Fun stuff. Okay, so if we're just gonna be talking about products and fun things and non toxic things. And so if you don't want to talk about fun, non toxic products, then this is not the episode for you. Okay, so since it's Valentine's Day, I think that either you'll be buying gifts for yourself or you're buying gifts for your girlfriends, or your significant other will be buying you gifts. So if you have a wish list that you would like him to know about, you can probably now send him this episode because it'll be really weirded out. So you can like, send him the links. Okay. I mean, the majority of the lady the majority of the people who listen to this episode are ladies. I think it's like 98% but there is that random 2% out there that is not female. So anyways, um, we're gonna start with chocolate because we need to start with chocolate. This is my new obsession, like obsession. And it is Daydream desserts. So I feel like I need to have them give me a discount code because I talk about them a lot now because I've tried them and I'm obsessed. So Daydream desserts are truffles But hold on, hold on, hold on, hold on. They are truffles that are that are gluten free, dairy free, refined sugar free and basically have nothing bad in them. So I'm going to read some of the ingredients here for you just so you can like have a kick and see. So let me tell you the ones that I've tried so I have tried their holiday sampler kit which was incredible. Um I What else did I try I got the peanut butter manuka honey one's so good. So good. So good. And I've also tried I think those are the only two I've tried. So good. Anyway, like for example, the peanut butter manuka honey ones have peanuts dates, cacao raw manuka honey, unrefined coconut oil, mineral salt, and then they're dusted with cocoa powder, coconut sugar and cocoa butter. So I'm not saying they don't have sugar in them. They 1,000% have sugar in them. But like it's coconut sugar and maple syrup and dates and honey like, how awesome is that? So when people say oh, it's a healthy candy. It's still gonna spike your blood sugar so please still pair it with something. But you guys, so good. I mean they have the cookie dough one that has cashews, maple syrup, coconut coconut, cocoa nibs, mineral salt. And like

how with such few ingredients do they make it taste so good? So anyway, they're the truffles. You can get like a sampler box or you can get like the thing of four and I would say they're a decent sized truffle. It's like a little over an inch by an inch. No, it's bigger than that like an inch and a half by an inch and a half. Sorry, I'm like looking at my thumb to measure that, they are approximately 1.25 ounces. I just looked on the website for you. So I am thoroughly obsessed with them. So if you would like somebody to buy you truffles, you can send them that link. We'll put it in the show notes. I don't have an affiliate link for them or discount for you. I am so sorry. But I highly recommend it. My next favorite chocolate of all time is going to be Hu chocolate Hu. And I know everybody goes but Leah, what about the metals? Okay, so I feel like it's very important to talk about fearmongering also the difference between forever chemicals and heavy metals and like, how much is in things. So most a lot of things that are coming from the ground like raw cacao, peas, like seeds, carrots, all that they, a lot of them naturally are going to contain some type of metal. For example, like magnesium, it contains arsenic, it's naturally occurring, which is why I recommend you get brands that have lower concentrations of that right. Um, and I'm not going to turn the show into like a chocolate analysis. I just, we don't that's not what this episode is about. If you want to dive deeper in that maybe we can do an episode about that if you just want to like learn more about it without doing an episode on it. The show the podcast, heal thyself by Dr. Gonzalez. He has an episode all about chocolate and all about lead found in chocolate and all that kind of stuff. I would go listen to that one. He does a great job of breaking it down. But I'm not eating 10 bars of chocolate every single day. And yes, it's so true that it's not just the dose that makes the poison. There's so many other things to consider, like, how does your body detox these things like for example, PFAs, and aluminum and things like that, that's not really something where it's like the dose makes the poison. Because if you're using aluminum deodorant that's building up because you're putting in your body every single day. And for example, like higher concentrations of lead, are found in pea protein, for example. And if you're taking like a full serving of that every single day, that's, that's a lot of lead. So again, that's where I'm like pay more attention to the heavy metal testing done in pea protein. And a lot of the companies that are being pushed from this testing that was done on chocolate are companies that really don't have great ingredients. So that's where I'm like, let's look back to the money trail again. So, you know, do your best judgment, I'm not going to eat 10 bars of chocolate. So I still like and use Hu. And I am obsessed on a scale of one to 10 and my obsession would be a 12 with the dark chocolate hazelnut coffee one. It's so good. Their milk chocolate one is made from their use the dairy from grass fed cows and they're just plain milk chocolate one is just amazing. And if you pair that with some nut butter, it's actually a beautiful, wonderful stable blood sugar balancing. So that would be my other chocolate recommendation that I truly do love. Um, another one that has good ingredients. Is it evolved? Hold on, let me pull up the exact name for you. Yeah, it's evolved chocolate, that would be another great recommendation. So those are some of my like top top, top, top top favorites in terms of chocolate. Okay, so now let's move on to like other fun treats that you would like for Valentine's Day. These aren't really going to be practical, they're just gonna be fun. Okay. Mushroom, coffee. Like if you wanted to have some mushroom coffee. This should be a great fabulous. I know a lot of people put that on their wish list for Christmas. So we'll have the link for that. King coffee has or Organo has three types King coffee, Royal coffee, and black coffee. Black coffee if you like drinking your coffee black is probably going to be your favorite. I thoroughly love like, thoroughly, thoroughly, thoroughly, thoroughly, thoroughly loved the royal. It has Lion's Mane Reishi Cordis ABS it is so good. That is my favorite. I like the king coffee because it has that slower release of caffeine from the mushroom spores, but royal coffee is like an instant mood boost. So we have that link. I always recommend wholesale account. I don't know what that discount it gives you but it's a pretty hefty discount which can really save you some money on those boxes of coffee. So I think you will really really really like that. Um What a fun gift to pair. Are you ready? I would pair that with with further foods

collagen, because I just love Love, love, love, love love on a scale of one to 20 Love the chocolate and the the chocolate and the hazelnut collagen peptides. Sorry, that was an annoying click. Those are my favorites. And yeah, you won't have a blood sugar spike with that. So that would be amazing. So I will put all the links I don't have a discount for you for further foods at this time in a moment. I wish I did. But I don't. Um, and then do we have anything else in terms of like, coffee, I don't know, I just think that's a fun treat to receive, I don't know, maybe you you your idea of gift giving, you have to shoot me a message on Instagram, like what has been like your favorite type of gift to receive for Valentine's Day. And then there's people out there, they're like, We all celebrate Valentine's Day, that's fine. But like my love language is gift giving. And so any chance for me to give and receive gifts. I'm gonna step up on that. And also another way to receive gifts if your love languages gift giving is like writing notes. You know, it's totally free. And it's awesome. I don't know why I threw that in there. It has nothing to do with non toxic gift giving, but maybe that will give you an idea of you have somebody in your life whose love language is gift giving. Okay, so moving on from coffee. Let's talk about makeup. So makeup, such a tricky subject here because I think that like everybody kind of has different types of like makeup that they like and style that they like. So I'm just going and I feel like that's really hard to buy for other people. So we're not really going to talk about foundations or anything like that. But what I do want to talk about because I think that this can be kind of fun for anybody is Westman Atelier I have no idea if that's how you say that. Maybe it is maybe it isn't. So there are a great non toxic makeup brand. And I like their blushes and like highlights this cream sticks are just such a fun, cute little gift and you can even get the sample one so like they you can try it out before you commit. And I don't know it's not like changing over a whole foundation and you can get like a fun little lip gloss. So anyway, I would love to recommend them. They're awesome. I love their blushes and highlights and contours. That's what I have from them. And then Aisling organics like Aislings organics has like beautiful like lip tinted oils. I'm just giving you like fun options if you're just wanting to like treat yourself so those are some options there we're not we're not diving into like heavy hardcore makeup right now. Because like I don't know, it's I just feel like that's just so personal. So I feel like that's not something you're really going to gift to somebody I mean maybe you'll give it to yourself but anyway those would be my recommendations like them tinted lip oils or blushes or highlights. All of those are great. Okay, now moving into just products that you love. Perfume. Can we talk about can we give perfume a moment? Perfume is just so high in toxic blah. So I wouldn't really recommend regular perfume at all. But I know that's like super sad for a lot of people. So something that I would I think that you would really really like would be Dime beauty has Dime beauty has perfumes that are non toxic. And I do not get a headache with their perfumes so I would highly recommend buying their sampler kit and then just choosing which one you like before you buy a full size. They have five I think five or six and if you want to buy so they have a male's male men's men's cologne, it's smells so good. If you like that, like musky deep type of scent, I feel like I'm describing that wrong, but so good. Okay, I would highly recommend those great non toxic gifts for everybody in your life. Okay, now in the spicy category, I don't think we've ever had a spicy category, um, lube, I think that everybody needs to have Rowe Casa lube in their life. So that's all I gotta say about that. Like, it is phenomenal, not gonna give you those yeast infections. And I think that you would really, really like it. So Rowe Casa lube for the win, by the way, all Rowe Casa stuff, your first order, you can get 20% off if you use the code Leah, L E, A, H 20%. And then if you already have created a an account using that code, just keep an eye out for their text messages. Because every once in a while they'll give you like 10% off and that's when I stock up. So that one's great. Another fun gift that they have is their bathtub collection. It comes in this cute little box. And that's those fun little like sticker colors on top. But you can do the calm one, there's an immunity one, there's a muscle relief one, there's a revive one, there's a little romance one, and there's asleep one, the romance one if you're like what on earth is that? That has like oils, like ylang ylang in it. So,

ylang ylang has been shown as an oil, sometimes for some people to help with libido, hence why it's in there. Um, so that's really, really fun. I just think that'd be a fun gift. Nobody else yes, no. Um, and they have detox bath salts, which I love. Love, love, love, love, love. So that's an option if you're like, not a bath bomb person. I'm just like giving you I don't know, I would like to receive these gifts. Maybe you wouldn't. Another just like fun one would be like their lip scrub and chapstick which I'm obsessed with and their nail cuticle oil because it's like just comes in this cute little bottle. And it can go on your counter and you can feel like really fancy. I would love that. So I'm gonna like so this is where your feedback is really helpful. Like what kind of gifts do you like to receive? Because let me tell you something like, if somebody even though like the best well intentions bought me something from like Rowe Casa as non toxic and they bought me like the pit cream, or the body wash or the shampoo. I would be like so do you think I stink? You know, I don't know. I'm not sure how well I would receive that gift. But if somebody bought me like a Chapstick or lip oil, or a nail cuticle oil or a bath bomb, like something more luxurious or something I can feel fancy about. I would 100% receive that, you know, I would love that I would be great. I just I don't know sometimes like if someone got me like seasoning, even though I love Redmond salt seasoning, and they have great seasonings. If somebody got me that for a gift I would like my husband, I'm talking about my husband if he got me seasoning for a gift. I'm always just like, I don't know, I'm not a very practical gift giver. And maybe you are maybe Leah just has issues. But I'm more like somebody that if you're I am all about free gifts, like spend some time with me. Write me notes. I love all of those things. Like literally notes letters. Those are like, high high on my love language thing. But in terms of like if you want to buy me a gift, I'm not really a practical gift person. Like please don't buy me like something super practical like that. Unless I've been telling you that I've been wanting this seasoning. Like, I don't know something about my black truffle salt when I ran out. I probably would have really really really liked that because I love that stuff. But if you bought me something like a deodorant even if I'd been really wanting that type of deodorant, I would just be like well do you think I smell? I don't know. That's just where my brain goes. But if you bought me a body butter so their body butter bakuchiol and frankincense I have no idea if that's how you say that or you can get orange and ylang ylang or vanilla and cocoa. Yeah, Sign me up. Plus your legs will look amazing. So do that. Or if you bought me bath bombs or cuticle oil, I don't know just totally different like if you bought me a nail polish, or like nails I'd be right right there. So everything Rowe Casa, use code LEAH to get 20% of your first order. And that leads us right into our nail. So non toxic nails, you're never going to have a completely non toxic nail. I'm so sorry. But Static nails is a great start. They're awesome. I have I like their nail polish I find that it doesn't really chip. I can work for like a week. So I get their primer and their top coat so I do both of those. I find that to be very useful. It dries pretty fast. love their colors. Highly recommend static nails S T A T I C love it. Now they do have like press on so like comes with some glue that you could use. I've heard phenomenal things. I personally though have never used it. So I can't like give you like my own two cents of like, oh, this works really well because of XY and Z. I haven't actually tried them but they I am gonna order some and I will try them and I will tell you what I think but right now, I their their nail polishes the only one that I've tried. And I find that it works really really well. And then they have like a non alcohol based nail polish remover. So if you want like fun nails, Static nails. Oh, which going back to like, I was just gonna say gift yourself a massage. That's great non toxic thing to do. Rowe Casa has massage oils. That would be also a great, a great gift. Um, okay, so we've covered chocolate we've covered Oh, if you're not a chocolate person, I don't even Are there people that are not chocolate people? Who are you? Anyway, if you are not a chocolate person, Yum Earth has some great like non dye free candy. That's an option. They could buy you like they have little Valentine's Day. Valentine's Day, what's the word I'm looking for? Like heart shaped gummies. So there you go. Okay. And then also, I don't know, I'm trying to think I know skincare is a big one. And I hope to very soon share the amazing skincare with you that I've been using,

hopefully soon. It will be available to the public because it's amazing. But face masks are fun. And Rowe Casa has some face masks. Those are really fun to use. And then what else do we have going on in terms of like non toxic? I don't know. Would you like to receive like a water bottle? I just don't think I would. I'm not really much happier at the end of the day. I like the same things. Ooh, candles. Candles will be fun. Natural Sloth would be amazing. I love them. They're an Etsy shop. I believe. Natural Sloth. And then cute coffee mugs. I would love a cute coffee mug with my mushroom coffee. And my collagen peptides. What a good gift like a cute little coffee mug. I feel like those are super super simple to be non toxic. Just get like a glass one or well I guess maybe they're not because clay could have a ton of lead in it. But I feel like if you get one especially maybe one from a someone that handmade it and everything gonna be better off. Plus you're not supporting big businesses, which is fun. So anyway, those are my thoughts. You can go from coffee to chocolate, to truffles to skincare to bath bombs to makeup. Take your pick. Let me know which one's your favorite.