



Local Resources

Toledo Naturopathic - Waterville, OH

Dr. Maleigha White practices the holistic approach to wellness with a large emphasis on nutrition. She spends lots of time with her patients and enjoys teaching them the fundamentals of wellness. Dr. White posts frequently on her Facebook page: facebook.com/ToledoNaturopathic
www.toledonaturopathic.com

Canal Junction Farms - Defiance, OH

Grassfed Meats and Farmstead Cheese. Beef, Pork, Chicken, Eggs, Lamb and Raw Milk Cheeses raised and produced on our local grass based farm in rural Defiance. A small store is located at the farm for you to visit. See the hours at: www.cjgrassfed.com

Foods for Living - Defiance, OH

Located near the YMCA in Defiance, this health store provides a vast selection of health products and decades of health & nutrition insight
www.foods4living.com

Black Creek Farms - Defiance, OH

Black Creek offers nutrient dense seasonal produce grown organically for our CSA (community supported agriculture), farmers markets, and grocery stores.
Located at 05506 St. Rt. 15, in Ney, 419-670-5740 ; blackcreekorganicfarm@gmail.com

Season's Eatings - Napoleon, OH

A local foods market & eatery. Get a tasty lunch & check out the local seasonal produce, baked goods, and other local items.
www.seasonseatings.biz

Staci Stevens, Eating for Health, Holistic Health Coach - Bryan, OH

Staci offers health coaching with a Functional approach. Functional Nutrition is choosing foods that help your body function at its best. In addition to learning how to make healthier food choices we will cover: digestion, supplementation, detoxification, building immunity, and balancing hormones and blood sugar. www.eat4healthwithme.com

All Things Food - Bryan, OH

A grocery storefront in Bryan that's turning into a co-op. Keep up to date on the transition through their Facebook.
www.allthingsfoodllc.com

Earnest Acres - Antwerp, OH

Pastured poultry and pork & fresh eggs

[Facebook.com/Earnest-Acres](https://www.facebook.com/Earnest-Acres)

Foods Alive - Angola, IN

Crackers, Artisan Cold-Pressed Oils (flax, hemp, chia, sesame), Superfood Salad Dressings, Superfoods and more. All certified organic, gluten free, vegan, kosher, raw.

Sign up for their monthly newsletter to receive recipes and info on some of the latest food films to watch.

www.foodsalive.com

Online resources

Rich Roll –www.richroll.com

His free podcast is what got me started on this journey.

Summary: After finding himself sedentary and overweight in middle age, Rich overhauled his life at age 40, adopted a plant-based whole foods diet, and reinvented himself as an ultra-distance endurance athlete. Rich is a frequent guest on CNN, was named one of the "25 Fittest Men in the World" by Men's Fitness and is the host of The Rich Roll Podcast topping charts on iTunes.

Oh she glows – www.ohsheglows.com

Plant-based recipes online for free & great cookbook

Summary: After a decade of struggling with an eating disorder and subsisting on diet, low-calorie processed foods, Angela Liddon vowed to get healthy once and for all. Done with feeling sick and tired, she threw out her fat-free butter spray and low-calorie frozen dinners. Instead, Angela embraced whole foods that made her glow from the inside out.

100 days of real food – www.100daysofrealfood.com

Whole foods resource

Summary: We invite you to read along and hopefully join in as our family seeks out the real food in a processed food world. Our hope is since our family (that does not live on a farm, has two young children, and a husband that travels frequently) went 100 days without eating a single ounce of processed food or refined ingredients that you will consider taking our 10 Days of Real Food pledge.

She has a page that I like that lists what you can and cannot eat when you are whole foods based.

Butter Nutrition – www.butternutrition.com

I'm on a mission to help you cut through all the mixed messages about nutrition. For the last 10 years I've studied many different food philosophies and learned what works, and what doesn't for creating long term health {wealth}. Because I'm passionate about education, my blog is where I share nutritional wealth building strategies with you!

Food Babe- www.foodbabe.com

"For most of my life, I ate anything I wanted. I was a candy addict, drank soda, never ate green vegetables, frequented fast-food restaurants and ate an abundance of processed food. My typical American diet landed me where that diet typically does, in a hospital. It was then, in the hospital bed more than ten years ago, that I decided to make health my number one priority."

Food Babe dives in to labels and helps you cut through the clutter when understanding ingredients.