

# SUZANNAH WINSOR

## *The Biomedical Nutritionist*

I have spent so much time, money (and energy!) buying and testing out different products for my kitchen, office, bedroom, bathroom, recipe books, skin/hair products and much more. As a result, here is my comprehensive list of 'Suzie-Stamp of Approval' recommendations that I have accumulated over the years.

My aim is to save you your time, money and energy by simply listing my favourite high-quality products which I have stayed loyal to. For your convenience, I have linked most products to Amazon with tick box icons (☐). Please feel free to source these recommendations from wherever is most convenient to you in your country – your local health food shops etc!

Some items require more of an investment than others. While I was a student, I saved items up for birthday ideas and Christmas presents too.

### KITCHEN

#### FW2000 FILTER SYSTEM



- ☐ A high-quality water filtration system which filters out microplastics, chlorine, heavy metals for example cadmium, lead and mercury, fluoride, nitrates, limescale, harmful bacteria, pesticides, herbicides, oestrogens etc e.g.
  - FreshWater Filters [here](#)
  - Boroux [here](#)
  - Big Berkey Gravity-Fed Water Filter System with 2 Black Purification Elements [here](#)



- ☐ Cooking Pots which are Ceramic, Cast-Iron, Stainless Steel (NOT with aluminum) or Enamel e.g.
  - Le Creuset [here](#) (I recommend the 28 cm)
  - BuyMeOnce.co.uk [here](#)
  - Second-hand from eBay - I got my "like-new" £400 le Creuset pot for £60!



- Pressure Cooker: Stainless Steel 6L [here](#)



- Kitchen Soap e.g. Dr. Bronner's Soap [here](#)



- Robert Welch Knives [here](#) (or other high-quality knives e.g. SENZO Japanese knives) - eating a lot of vegetables means chopping a lot of vegetables! I highly recommend investing in excellent knives as it makes chopping a pleasure.

- Knife sharpener [here](#)



- Wooden Chopping Boards NOT plastic (I love my Joseph Joseph Chop2Pot Folding Chopping Board, Bamboo wood – Large, it is so handy for tipping my vegetables into the pot)



- Glass Cookware: Pyrex [here](#)



Channel knife  
makes strips or twists



- Wooden Utensils [here](#) (stainless steel is also great, stay away from plastic as heat encourages microplastics to leach into your foods)

- OXO Good Grips Citrus Zester with Channel Knife (this one is just for fun!) [here](#)



- Garlic Rocker Stainless Steel (this is a game changer, it's so quick and easy to crush garlic, and no more smelly fingers! [here](#))



- A glass kettle! (to reduce the amount of microplastics going into your drinking water) [here](#)



- Lazy Susan Cupboard Organiser Wood (I LOVE mine! No more reaching to the back of the cupboard! It is useful for holding pots of supplements, or honey jars/jams/jars of nuts/seeds) [here](#)



- ❑ Collect Bonne Maman Jars (for nuts, seeds, flaked coconut etc) [here](#)



- ❑ Kilner 0.5L Glass Jars (for soughdough starters, sauerkraut etc) [here](#)



- ❑ ZERO WASTE or IF YOU CARE product lines

- Coffee filters [here](#)
- Natural washing up sponges [here](#)
- Cupcake cases [here](#)
- Muffin cases [here](#)
- Baking paper [here](#)
- Paper sandwich bags [here](#)
- Sponge clothes [here](#)
- Cleaning gloves [here](#)
- Firelighters [here](#)



- ❑ Glass lunch boxes – I got mine from Waitrose, I love them!



- ❑ Stainless steel lunch boxes e.g. Mintie (great for kid's school lunch boxes, they have a good seal that doesn't leak [here](#))



- ❑ 250ml Glass Milk Bottles (these are handy for homemade smoothies in your bag or lunch box [here](#))



- ❑ Dropper Glass Bottles 1oz (useful for taking apple cider vinegar out with you, they are small enough to fit in your bag at a restaurant [here](#))



- ❑ Lucky Iron Fish (drop this into your cooking pot, it increases the iron content of your food WHEN cooked with something acidic e.g. lemon juice) [here](#)



- ❑ Weekly pill box organiser (for supplements) [here](#)



- ❑ Windowsill Herb Pots (I love pinching off a mint leaf or two, to support my digestion or curb snacking)



- Blender e.g. Nutribullet (I use mine daily) [here](#)



- Bamboo Expandable Cutlery Tray [here](#) (it is surprisingly roomy)



- Kit & Kin Non-toxic cleaning products



- Reuseable Bamboo straws



- Floss e.g. RiseWell (I have tried SO many terrible natural flosses that are free from plastics and synthetic waxes – this is a great one!) [here](#)



- Toothpaste e.g. BOKA Hydroxyapatite Toothpaste Ela Mint Flavour (for adults) [here](#)



- Mouthwash alternative e.g. RAW POT propolis throat spray or rinse [here](#)



- Tongue Scraper – mine is stainless steel [here](#)



- Squatty Potty Stool for Adults and Kids (this is to ensure correct alignment of your bowels during defecation which makes it very easy 'to go'. You must NEVER strain - this is very important) [here](#)



- Shampoo, Conditioner, Body Wash e.g. Urtekram [here](#) or Dr. Bronner's [here](#)



- Soap e.g. Aleppo Soap [here](#) (it's good as a face wash too) or Dr. Bronner's [here](#)



- Unbleached Natural Sea Sponge [here](#)



- Bath - Epsom Bath Salts [here](#) and 10 drops of Essential oils [here](#) (my personal favourite is eucalyptus)

## BEDROOM/SLEEP

- Incandescent light bulbs/heat lamps NOT LED (these imitate candles and create a feeling of relaxation, similar to watching a fire or a candle without the fumes and soot! Use these while eating and throughout the evening to help create a feeling of natural relaxation). Mine is 15W and perfect for a warm evening glow.

- Orthopedic Pillow



- ❑ MyoTape for Adults (safe mouth tape for snorers and mouth breathers) [here](#)



- ❑ Blueair Blue Pure Mini Max Air Purifier with HEPASilent Filter [here](#)



- ❑ ThermoPro Digital Room Thermometer and Humidity Meter (this is useful if you are concerned about dampness and potential for mould growth) [here](#)

- ❑ A Hot Water Bottle!

## OFFICE



- ❑ Gym Ball (I sit on a gym ball at my desk instead of a chair, this helps improve your posture, core strength and alleviates back pain) [here](#)



- Standing Desk [here](#)



- Blueair Blue Pure Mini Max Air Purifier with HEPASilent Filter [here](#)



- ThermoPro Digital Room Thermometer and Humidity Meter [here](#)

- A Heated Blanket (put the blanket under your desk to keep your feet warm and cozy!) - I won't recommend a specific blanket here, because personal preference differs so much.

## SKIN

A good rule to go by for skincare is to only use products that you could eat, and they wouldn't cause you harm. Why? Because your skin is your largest organ and it EATS everything you put on it, nasty chemicals and all. I like to use the YUKA app [here](#), it is a free app and a TOP recommendation – you can scan the barcode of any haircare, skincare, sunscreen or makeup to find out its toxin rating with a breakdown of the ingredients. When I first found out about this app I scanned EVERYTHING and did a huge purge of all my toxin products. I have provided a list of 100/100 scoring skincare products that I love in this skincare section.



Moisturisers

- Fierce Nature Pure Organic Tallow Nourish Balm (Unscented) [here](#) - being a swimmer, I have tried MANY moisturisers over the years and this is the one that really stuck, I think I'll be loyal to tallow forever!
- Jojoba Oil [here](#) (add 2 drops of anti-bacterial Tea Tree Oil [here](#) OR tightening Frankincense Oil [here](#))
- Rosehip Oil by Alteya Organic [here](#)
- African shea body butter [here](#)
- Hand cream e.g. SHEA MY NAME hand cream



Face Wash

- Aleppo Soap [here](#)
- Dr. Bronner's Soap [here](#)

Exfoliator: Bicarb of Soda and water!



Face Masks

- Pink Clay Powder [here](#)
- Honey (on its own)
- Rice paper wraps (for a sheet mask)



Face Toner: Alteya Organic Rose Water Facial Toner [here](#)



- Deodorant: Salt of the Earth Alum Stick [here](#) (I have tried many natural deodorants and even though this one isn't as good as a synthetic deodorant, it is the best yet)



- Egyptian Magic Skin Salve [here](#)



- Gua Sha Stone [here](#) (great for self-massage!)



- Body Brush [here](#) (body brushing feels like a warm wake me up for the skin – it stimulates your circulation and helps to clear your skin of any dead cells)

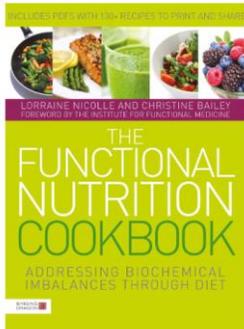


- Make Up
  - Fierce Nature makeup range [here](#)
  - Mascara [here](#)
  - Nail Varnish (NO plastic) by Manicurist [here](#)

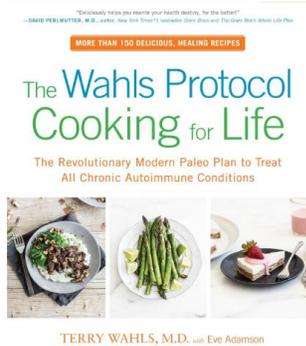


- ☐ Suncream e.g. Altruist [here](#) (this isn't 100/100 on the YUKA app, but it is the best I have tried so far and it's shockingly cheap). Alternatively, use zinc e.g. SurfMud suncream.

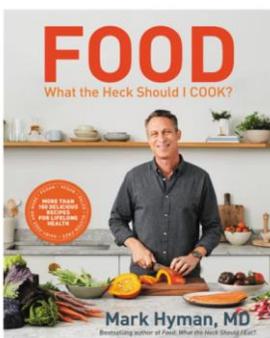
## RECIPE BOOKS



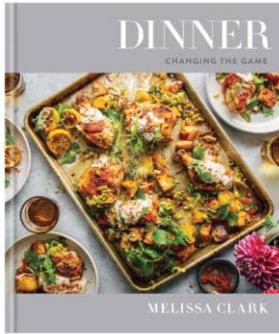
- ☐ The Functional Nutrition Cookbook by Lorraine Nicolle and Christine Bailey [here](#)



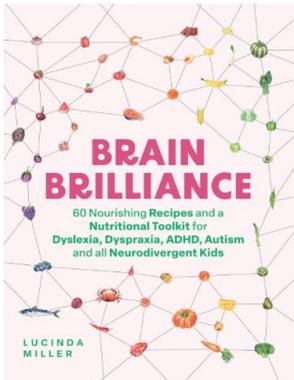
- ☐ The Wahls Protocol Cooking for Life by Terry Wahls [here](#)



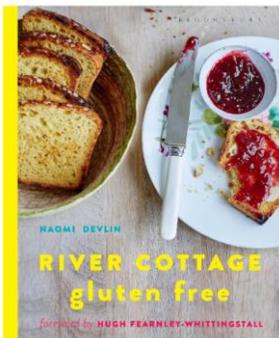
- ☐ Food: What the Heck Should I COOK? by Mark Hyman [here](#)



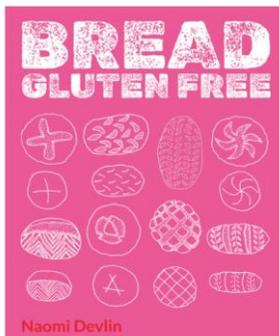
□ Dinner: Changing the Game by Melissa Clark [here](#)



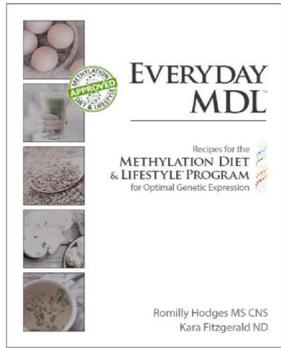
□ Brain Brilliance by Lucinda Miller [here](#)



□ 'River Cottage gluten free' by Naomi Devlin (for GF baking) [here](#)



□ BREAD by Naomi Devlin (GF bread) [here](#)



- EVERYDAY MDL: Recipes of the Methylation Diet by Romilly Hodges [here](#)

## KIDS

- Children's books by Dominic Walliman (for great children's science books) [here](#)
- Tales Braves and Brilliant Girls from the Greek Myths by Rosie Dickins [here](#)
- Crafty You Crafty Me – Ecofriendly Mosaic Coasters Craft Kit [here](#)
- Ice Lolly Moulds (for homemade lollies/icecreams) [here](#)

## APPS

- WaterMinder [here](#) (free and very helpful for building the habit of drinking more water)
- FLO [here](#) (free, for individuals menstruating)
- YUKA [here](#) (free and my TOP recommendation – you can scan the barcode of any haircare, skincare, sunscreen or makeup to find out its toxin rating with a breakdown of the ingredients. When I first found out about this app I scanned EVERYTHING and did a huge purge of all my toxin products. I have provided a list of 100/100 scoring skincare products that I love in the skincare section)
- Habitica [here](#) (free, for motivating and organised)

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habit building)

- Streaks [here](#) (free, for building habits through streaks)
- Tapping App Solution [here](#) (free, for meditation practices)

## EXTRAS

- Water Bottle (NOT plastic) e.g. Glass [here](#), Stainless Steel [here](#), for filtered use a LifeStraw Water Bottle [here](#).
- Instagram Accounts to follow for high quality daily health motivation and nutrition tips: @doctorskitchen @mrshollingsworths @drchatterjee @drmarkhyman and me! @suzannahwinsor
- Excellent YouTube Videos: [Rainbow Diet](#), [Mitochondria TedTalk](#), [Nitric Oxide Workout](#), [Autogenic Training for Relaxation](#).
- Excellent Podcasts: [Vitamins and Minerals](#), [The Redefining Medicine Podcast](#),
- Try growing an avocado on your windowsill from the stone!
- Try making kimchi (you'll need to sterilise a glass jar in the oven first)
- Try 10-min Yoga by Cassandra on YouTube [here](#) (she is my all-time favourite online yoga teacher; I have enjoyed her 30-day morning yoga playlist about 5 times!)
- Meditation e.g. Gratitude, Body Scan, Visualisation, Sound Baths, Breathwork (478, box method, 5-point), Prayer
- Relaxing Chinese 5 Element Music [here](#) (I set this

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music as my alarm sound in the morning, which the most wonderful way to be woken up every day – I haven't changed it for 3 years!)

- Yuwell Oximeter Fingertip Blood Oxygen Saturation Monitor [here](#)

## GIFT IDEAS



- A hammock!!! [here](#) (this is my ultimate me-time relaxation, it cocoons you in the most soothing way! I have this exact one, it's so wonderful and can be used inside or out in your garden)



- Stainless steel hand lever juicer (it's so easy to clean! There are not 7 different detachments to clean, like after using an electric juicer...) [here](#)

- Essential Oils e.g. by Tisserand
- Head Massager [here](#)
- Triclicks 10ft Stand Up Paddle Board [here](#)
- Hot Yoga Class Pass
- Sound Bath Class Pass
- Massage Treatments!
- Recipe Books
- The Wimhof Method book
- Teas e.g. PUKKA, YOGI, Fortnum and Mason. I like the Stomach Ease tea by YOGI; Turmeric Orange by YOGI; Peppermint and Licorice by PUKKA.
- Electric Blanket – my brother bought me one for Christmas one year because I was experiencing very cold feet sitting at my desk, this was so thoughtful and a complete game changer!
- 100% Pure Organic Beeswax candles (with cotton

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wick)

- Keep Cup Brew Cork
  - Hager stainless steel flasks
  - Yoga Mat or other yoga accessories
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**Enjoy! Feel welcome to reach out to me if you have any questions at all.**

**Best wishes,  
Suzie**

