



## Organic Cotton Clothing, Fabric & Bedding

I am hoping to be able to wear all organic cotton clothing one day (right now it seems like I spend most of my money at the grocery store! :)). I had some items previously that were organic cotton and they were super soft! I have since worn them out but they lasted a long time.

However, I did stop wearing all synthetic clothing a couple years back after I read about how it impacts the hormones in the body. So now it's just cotton, linen, silk, wool - back to basics! If you are in the market for some new clothes and want to get something organic that is healthy for you and the environment, as well as super soft and comfy and very well made, below is a good place to check out.

It makes sense to have your sheets and other bedding be as natural as possible too, so see the link below for more on that as well. I have found my sleep to be much deeper and more restorative when using organic cotton sheets, organic foam pillow and organic latex foam mattress with wool mattress pad topper – like sleeping on a cloud! This was also instrumental in my healing when I was sick.

Organic bedding and mattresses

Cozy Pure - [www.cozypure.com](http://www.cozypure.com)

The Savvy Sleeper [www.savvyrest.com](http://www.savvyrest.com)

The Futon Shop - [www.thefutonshop.com](http://www.thefutonshop.com)

These companies have wonderful and helpful staff and very good quality products with reasonable prices for the high quality you get.

Here are some other good sites I have found for organic cotton clothing and fabric, thought you might find helpful!

[www.kasperorganics.com](http://www.kasperorganics.com)

<http://www.rawganique.com/>

<http://www.cottonique.com/>

<http://sosfromtexas.com/>

[www.organiccottonplus.com](http://www.organiccottonplus.com) - organic cotton fabric, batting, etc.

[www.patagonia.com](http://www.patagonia.com) - search for organic cotton, they have lots of great items, men's & women's

<https://wearpact.com> - comfortable and well fitting organic cotton clothing

[www.taylorstitch.com](http://www.taylorstitch.com) - organic cotton men's clothing

I hope this helps you feel more cozy and comfy in your own skin and environment.



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