



Holiday Gift Guide

Top supplement
companies to support

Beat inflation with new
purchasing apps

Our favorite meaningful
gifts to give and receive

Thank you to everyone for your support during an incredible 2023.

My husband Matt and I have worked hard to collaborate with multiple field endeavors including organizational efforts for what became Canada's 'Freedom Convoy' trucker protest. We worked with airline pilots to notify the FAA regarding known vaccine hazards; hosted multiple educational summits, and worked hard to support critical doctors and lawyers in our movement. We've been personally sued by the director of governance at Harvard, had friends (including Pawlowski and others) un-justly imprisoned, and all around worked hard for the health freedom movement. In November we were the sole fundraising effort behind the Criminal Charges Against Fauci brought to the Florida Attorney General. In the new year, we are aggressively taking our model to other state the attorney generals starting with Texas and Louisiana.

During covid, my family has been dealing with another tragedy; my nephew was born with a prolific brain bleed that destroyed 95% of his brain tissue. My sister has devoted her life and resources to his recovery and development. While building the 23 Health Freedom Summit, I spent 27 days away from my five kids to support my sister (who joined me in the launch effort.) We worked from Ronald McDonald Houses and pediatric hospital rooms while Ian was poked, tested, and treated.

I've never emailed about Ian before, but I am asking for support for him to be rushed for treatment to Harch Hyperbarics. I am also writing about Hyperbaric Oxygen Therapy along with two product recommendations included in this guide because these constitute the three most important therapies I am aware of.



Thank You for Shopping out of this Holiday Gift Guide

Hyperbaric Oxygen Therapy involves breathing 100% oxygen in a chamber of increased atmospheric pressure; the pressure forces oxygen into inflamed and damaged tissues that were previously oxygen-starved.

The treatment has gene and stem cell stimulating properties and many other benefits that cumulatively result in outcomes that are “paradigm-shifting for treatment of neurological and chronic diseases from one of diagnosis and observation to treatment and rehabilitation.”

Dr. Harch works with patients the hospitals don't even try to save (like Ian). He specializes in conditions like drowned children, traumatic brain injury, and also cases of stroke, autism, vaccine injury and more. His work dramatically changes peoples' trajectory of neurological function recovery.

If you or a loved one have been vaccine-injured or have had covid-- I urge you to look into getting into a hyperbaric oxygen chamber. We now know that SARS-CoV-2 crosses the blood-brain barrier and has long-term degenerative effects. Also, any purchase made out of this guide using the affiliate links will also go directly to get Ian across the country for treatment. To be completely honest, at this stage in Ian's journey, we have exhausted all personal resources which is why I am reaching out to ask for this support.

My sister has packed their bags and is eagerly waiting for my call that the amount needed has come in. I am so thankful for you to shop out of this guide which will benefit the youngest member of my family. I deeply appreciate your support and will continue to work hard for all families' health and bodily autonomy rights in 2024.

Stephanie Lind



All I Want For Christmas is... Pharma Reform

Our Pharma Reform 'Wish List' that's not a wish list. This series is a description of what it will take to stop the iatrogenocide and is therefore our stated objectives for 2023-2025:

1. Repeal the 1980 Bayh-Dole Act that lets government officials and academics patent (and thus profit from) federally-funded research. Much of the corruption in our current system stems from this.
2. Repeal the 1986 National Childhood Vaccine Injury Act. No liability protection for pharmaceutical companies. Period. Ban Pharma TV ads.
3. Permanently end the "vaccine schedule". Forcing fascist medicine on a whole population is barbaric. Anything other than personalized ("N-of-1") medicine is malpractice.
4. Provide Constitutional protections at both the state and federal levels for medical autonomy so that this never happens again.
5. Prohibit the executive branch from seizing emergency powers under the guise of public health. The Constitution does not have a pandemic exception.
6. The First Amendment must apply to social media.
7. Withdraw from the WHO, disassociate from the WEF, and dismantle the FDA, CDC, NIH, DARPA, BARDA, and ARPA-H. Make all scientific knowledge and data open source.
8. Negotiate an international treaty to ban gain-of-function research.
9. Prosecute those who participated in and benefitted from the iatrogenocide and covered up its harms.
10. Force Pfizer, Moderna, Johnson & Johnson, AstraZeneca, Sanofi, Merck, and GSK to pay reparations to the vaccine-injured.

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An online thrift store with thousands of brands from Gap to Gucci that also resells returns from top brands like Reformation and Rent-The-Runway.



2 ARTIFACT UPRISING

Honor the meaningful in your life through printed photo gifts, books, and prints.

3 ACTIVATED COLLAGEN

The biohacking innovation they can't keep in stock—upregulate your body's genetic switch for collagen production.

4 EVERLYWELL

At-home diagnostic test panels and laboratory testing for greater health understanding.



5 PURITY COFFEE

High Antioxidant Organic Coffee
Crafted for Health

6 MUD/WTR

A mushroom-based coffee-alternative rich with health benefits.



7 PROTANDIM NRF2 SYNERGIZER

The bio-hacker's tool proven to reduce oxidative stress by 40% in 30 days.

8 VUORI

Elevated athletic wear that's worth every penny.

9 BOOTSTRAP FARMER

Industry leading equipment built to last. Learn how to grow from seed, microgreen growing tips, greenhouse kit building guides, hydroponics and more.

Product Highlight

Last September, I flew in to California for a six-hour meeting with top health influencers including Health Means, Dr. Talks, Jonathan Otto, Jason Prall, and dozens of others. They shared some incredible initiatives to reform pharma in 2024, and we also discussed top product recommendations. The two products on this page I am inviting you to study, understand, purchase, and share.

Protandim Nrf2 Synergizer is the only supplement proven to reduce oxidative stress by 40% in just 30 days. This finding is backed by over 30 independent studies conducted by institutions such as Harvard, Ohio State, and the American Journal of Physiology, and others.

Protandim Nrf2 Synergizer activates pathways to support your body's ability to produce antioxidants, reduce cellular stress, and repair your own cells. Purchase here or buy along with collagen here.



Zeolites have been used since ancient times as earth's most powerful natural detoxifier. Its how humanity has cleaned up major disasters like Chernobyl, and it's my top recommendation for cleaning up the mess we find ourselves in modern history. Cleanse your body of toxins, heavy metals and pollutants with this activated hydrated zeolite optimized to reach to a cellular level. This is one of the most important companies I'm aware of—please support them (and us!) generously with your purchases of this product and other daily use health items here.

Activated Collagen



Get
The
Glow

Christmas came early to the Lind family when we all went on this supplement that even my daughter with Down Syndrome loves. Liquid Collagen is a different, better collagen supplement, clinically shown to deliver visible differences in just 8 weeks. This product activates your body's collagen production and replenishes your depleting levels with ten different types of collagen (most other collagen products on the market only have one or two types). This product then maintains those levels by reducing collagen breakdown caused by oxidative stress and free radicals. Get real results that you can see—and feel. [Get the glow here.](#)



In case you're sick of social posts showcasing supplement results that never quite work the same way for you, I've included images of people I actually know like Jenny (we're shown here together) and Jenny's aunt's results.

This product line focuses on the activation of genes rather than supplementation. For example, this product upregulates epidermal barrier structure genes (TGM1, KRT1, KRT10) by up to 5 times to support skin's strength and resilience it also causes increased activation of SOD gene up to 27 times to produce antioxidants that can help defend skin cells from oxidative stress. The external beauty results are visible but not the most important change. For the elderly or disabled persons in your life, this is a must-buy product for their gut, soft tissue, and joint health. [Purchase here.](#)



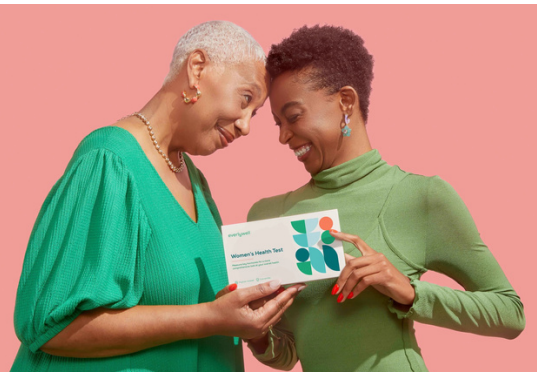
Everywell

TAKE CARE OF EACH OTHER WITH THE GIFT OF HEALTH

Everywell also offers access to the diagnostic test panels: Thyroid Test and Lyme Disease Test. If your results for these test panels identify a marker as detected or positive, a consult from a board-certified physician licensed in your state of residence will be offered to you at no additional cost. When appropriate and permitted by law, the physician may prescribe treatment for positive results. Discover the kit that's right for you [here](#).

Everywell offers at-home laboratory testing for:

- Celiac Disease Screening Test
- Food Allergy Test
- Food Sensitivity Test
- Heavy Metals Test
- Heart Health Test
- Indoor & Outdoor Allergy Test
- Men's Health Test
- Metabolism Test
- Ovarian Reserve Test
- Perimenopause Test
- Postmenopause Test
- Sexual Health Tests
- Sleep & Stress Test
- Testosterone Test
- Thyroid Test
- Vitamin D & Inflammation Test
- Vitamins & Supplements
- Women's Fertility Test
- Women's Health Test
- And many more!



Gifts for Parents

For the ones who give so much of themselves to others.

Gifts for your favorite foodie

For the one who doesn't want unwanted symptoms to stand in the way of experiencing their favorite dish.

Gifts for self-care

For you! Don't forget to pause and take care of yourself this holiday season. Get the Metabolism Test and Measure the three top hormones that affect your weight and energy



Total Green Goodness

superfoods are Santa's little helpers

This Super Green Juice honestly deserves its own page. This incredible product contains 44 organic superfoods including power players like cilantro, parsley, dandelion leaf, milk thistle, turmeric root, chlorella, organic spirulina, and other leafy greens rich in chlorophyll. It also has over one billion probiotics plus organic adaptogen herbs including eleuthero root, ginseng and Rhodiola Rosea. I drink this to support my metabolism and alkalize my body daily. Join me by [clicking here](#).



The Boost

the force is strong with this one

This product is my go-to boost on long afternoons. It has green tea for concentration and mental clarity, plus green coffee beans for energy that also enhance fat burning abilities. It supports serotonin levels, and curbs cravings with garcinia cambogia and organic cocoa.



Joint Relief

when decorations strike back

It's the most wonderful time of the year, except for when it's not. Activities like getting decorations from the attic, stringing lights on the roof, wrapping gifts—these are just a few of the things that can take a toll on our joints during the holiday season. Give the gift of joint relief! Wellspring provides nourishing plant-based essential fatty acids, along with joint-soothing organic turmeric root and calming organic ginger root to [support joint health](#).

THESE ARE A FEW OF MY *Favorite Things*



I'm slightly shy to admit this, but this organic fiber is one of my favorite products I use in my daily life—in any category. This organic fiber has prebiotics, a probiotic, and plant-based enzymes to support the gut microbiome. The non-soluble fiber helps me feel full and enables complete eliminations.

80%

of users recorded weight loss without feeling hunger.

90%

of users felt lighter after 12 hours of using this fiber.

It was a game-changing realization in my own weight loss journey when I realized that weight management often focuses on what you put into your system. But if you are putting anything in, and it's not being properly eliminated, the cumulative result is going to be weight gain. Proper elimination is extremely important to weight management.

Fiber passes through without being fully absorbed so it helps you to feel fuller for longer; it also benefits constipation, diarrhea, blood sugar, blood pressure, and (as we mentioned before) weight loss. I have a (gut) feeling you're going to love it. Purchase here.

KA'CHAVA®



Plant Protein
Super Greens
Omegas + MCTs
Adaptogen Herbs
Probiotics + Fiber
Super Mushrooms
Antioxidant Berries
Digestive Enzymes
Electrolytes + MORE
No fillers, no nonsense.

I'm obsessed with this blend! All the essential nutrients, sourced from nature, in one delicious superblend that doesn't taste like twigs. These guys really did make superfoods taste super good; the chocolate shake has replaced all my sweet cravings. Check out this list of 85+ superfoods with unique plants like Maca Root, Sacha Inchi, and Camu Camu, and many others used and revered by ancient cultures for health & wellness. Buy here.





Purity Coffee is high-antioxidant organic coffee crafted for health

It's pesticide-free, organic green coffee that's tested to ensure it's free of the mold and mycotoxins commonly found in almost all coffees. Purity coffee has up to 2x the antioxidants of other leading brands and is shipped fresh within 48 hours of roasting. You'll feel a significant difference when you ditch commercial coffees for Purity Coffee. Plus what other coffee on the market is certified smithsonian bird friendly? Exactly.



Pro Shopping Tip:

Many products are sold at the lowest price of the season when you sign up for a subscription. I like to purchase sets during November, try new products, and gift the items that come the next month. It's also a great time to buy discounted sample packs and give those as small but nice gifts.



MUD\WTR® is a mushroom coffee-alternative made with organic ingredients celebrated for their health benefits. It's an expertly blended masala chai with an all-star ingredient list:

- Lion's mane for focus
- Chaga and reishi to support a healthy immune system
- Cordyceps to promote natural energy
- Turmeric and cinnamon for their antioxidants
- Cacao for mood and energy.

It's 100% organic and there's zero sugar and no sweeteners added. With just 1/7 of the caffeine in a cup of coffee, jitters are gone, and you are left with focus, energy, and immunity. Purchase here.

Your New Evening Ritual:

MUD\WTR® :rest is made with roibos chai, turmeric, cinnamon and a dream team of functional adaptogens and herbs (ashwagandha, valerian root, passionflower, turkey tail and reishi) to promote relaxation and calm. Purchase here.

We're an online consignment & thrift store for your closet, your wallet, and the planet.

THRIFT, SAVE & BE MERRY

SKIP WASTEFUL SALES

(Green) Friday Sale

Black Friday is OUT. Shopping HUGE deals that do the planet good is IN. Hurry, going fast!

Use code: **EARTHLUV**

SHOP NOW

Ends 11/28, 11:59PM PT Details

ThredUP is an online thrift store with thousands of brands from Gap to Gucci and provides re-sale for lightly used returns from top brands like Reformation and Rent-The-Runway. Thrifting is a powerful solution to throwaway fashion culture, and no one does it better than ThredUP with their easy search functions and easy returns. From my experience—don't sell used items with them. I have been shocked at the prices paid out for my 'Clean-Out Kit'; I sell on Poshmark instead.

Shop the Sale



Under \$10



Under \$20



Premium



Designer



Essential Layers

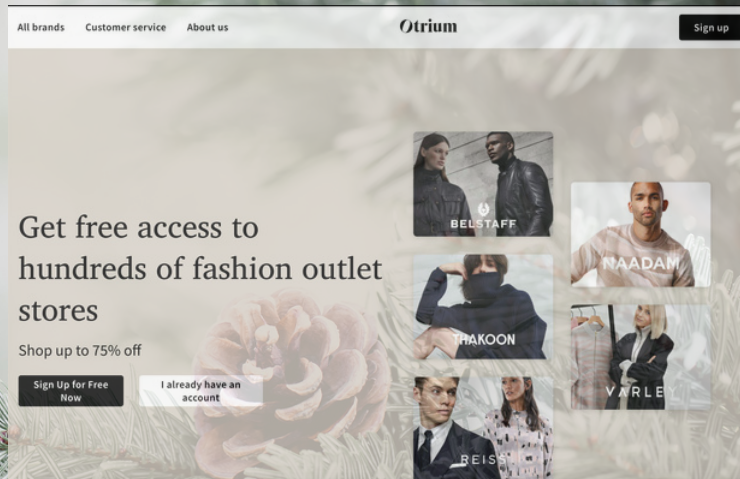


Party Dresses

Otrium

An increasing amount of high-end fashion has been going unsold, but brands don't want to debase their brand's historical pricing. Otrium gives end-of-season fashion a chance to sell at 75-90% off with their stated mission to 'find an owner for every unsold item.'

This keeps in-store pricing stable enough for customers to purchase full-priced items instead of waiting for a big sale. Meanwhile, for those in the know, Otrium is like access to hundreds of designer outlets in an app. It's my favorite—enjoy.



Top Clothing Picks

VUORI

For athleticware, my husband's by-far-favorite brand is Vuori. It is not possible to describe just how exceptionally different this brand is—you have to feel the fabric. Their branding says they offer a 'new perspective on performance apparel', and they really do. It's top functionally activewear that's so comfortable you could forget to change out of it; and with its casual aesthetic, maybe you don't have to. Click here to [explore Vuori](#).

Tommy John®

Underwear that never rides up, socks that never roll down, and apparel that moves with you. My go-to gifting brand for leisureware and pajamas their line feels like nothing you've ever worn before. Their underwear guarantee says it all: "Best Pair You'll Ever Wear or It's Free" policy. And with military and teachers discounts, this brand has my heart and all the space in my pajama drawer. [Shop Tommy John](#).

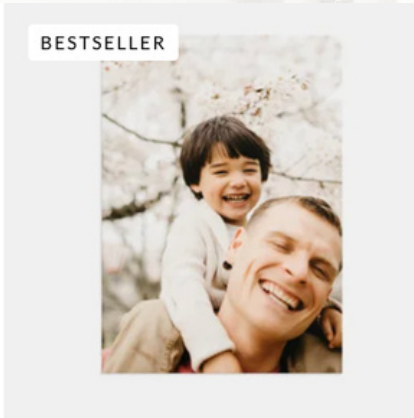
knix

Knix is redefining intimates with a full support line for women, including period underwear (and period apparel!), anti-chafing shorts, a 'corelove' maternity line, and more. Their lines have unbeatable comfort, support, and the perfect amount of stretch. Whether you're working out or working from home, it's what you'll be wearing this year.

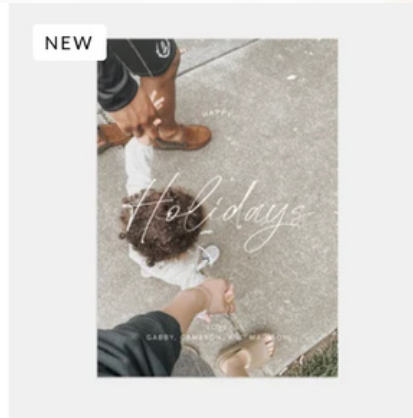
P.S. If you're still using toxic disposable period products, now is the time to switch to period underwear and re-useable pads. Whether you use them as backup (night or day) or as a full replacement, shop the most absorbent, machine-washable, and comfortable [Leakproof underwear here](#).

ARTIFACT UPRISING

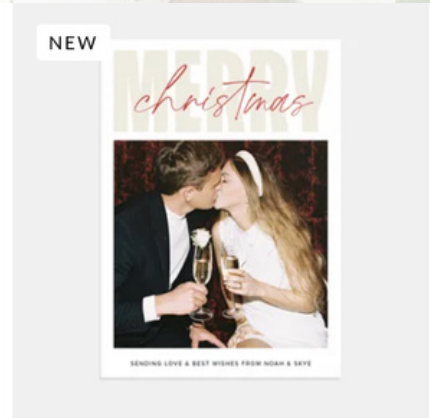
After losing years' worth of photos on old phones and laptops, I now use the holiday ordering deadline to hold myself accountable to my history preservation projects instead of putting off the project... indefinitely. My holiday traditions now include making photo gifts and creating our annual slide show we play on New Year's Day.



Simple Photo Holiday Card



Handwritten Wishes Holiday Card



Bold Handwritten Christmas Card

Holiday Cards

In past seasons, I have ordered premium-priced cards from other companies and was so shocked by the poor quality and awkward shape pairing that I literally threw them away rather than sending them. Now I only order cards (and personal stationery!) with Artifact Uprising. While holiday cards sent to important business relationships have an ROI worth every penny, I've started investing in prints-sent-as-gifts for my intimate relationships.



Quality prints for far-away loved-ones get kept long after other holiday-themed cards get tossed. I love Artifact Uprising's print packs; with their museum-quality mats and a gorgeous textured finish, these small-priced gifts make a big impact perfect for investing in the relationships you cherish.



Photo Gifts Are The Best Gifts

Photo gifts continue to lead my gift intentions for my children, who deeply enjoy reliving their young joyful memories with photo books.

The possibility of a photobook admittedly brings up a lot of idealism. People who do not possess a single photo collection of any kind, from any era, can get stopped in the design process by contemplating all the various projects that could be done. Start anywhere. Use the holiday as a deadline.

I have a daughter with Downs Syndrome, and photo albums are one of her favorite things. While she has multiple types of fun photo books, my goal for my other children is to send them into adulthood with one heirloom-quality photobook from their childhood. While it will include family images, each child is strongly featured in their own book. I plan to have a back-up second copy of the same book I have for safekeeping and my own memories.

Relive your best days with these ultra-thick, press-printed pages whose true-to-life color will stand the test of time. The premium exterior shell is soft to the touch while preserving the story inside.

After getting covid four times, I've noticed my memory isn't as good as it used to be, and I've become deeply impressed with the precious value of my family photos. These purchases are an investment in the heirlooms that will help us celebrate the things that matter most to us. [Purchase here.](#)



ARTIFACT UPRISING

While I'm ordering holiday cards and prints, I love purchasing gifts I know will be high-quality heirlooms for everyone on my gift-list.



Brass Easel & Calendar

I gifted this solid brass easel display to far-away older family members who always ask for pictures of the kids.

Then every year after, I simply select twelve new favorite images from the year and order a new set of their gorgeous calendar designs printed into these premium quality cards.

You can also use the brass easel as a coffee table display stand with a stack of fade-resistant images for the family to look through.



Photo Display Ornament

An elevated take on the family tradition of an annual ornament; these personalized heirlooms fill my tree with family memories while blending into my tree décor. I love watching the small children in my life turn the photos over in the soft tree light while they eat the candy canes I hid in the lower branches for them. **Gift ideas:** snap a photo of a new homeowner's first home as a housewarming gift, or snag an image off social media and surprise new parents with a Baby's First Christmas ordainment. Buy [here](#).

