

## Chapter One

OneTouch Glucose	<a href="https://amzn.to/3ywA1GB">https://amzn.to/3ywA1GB</a>
OneTouch Strips	<a href="https://amzn.to/3PhYZjT">https://amzn.to/3PhYZjT</a>
KetoSens Kit	<a href="https://amzn.to/3uCc8fY">https://amzn.to/3uCc8fY</a>
KetoSens Strips	<a href="https://amzn.to/3Iv2YY1">https://amzn.to/3Iv2YY1</a>
Keto-Mojo GK+ Kit	<a href="https://amzn.to/3tUulFb">https://amzn.to/3tUulFb</a>
Keto-Mojo Strips	<a href="https://amzn.to/3uEN4Vz">https://amzn.to/3uEN4Vz</a>
Lancing Device	<a href="https://amzn.to/3uCR6os">https://amzn.to/3uCR6os</a>
Lancets	<a href="https://amzn.to/3uF2Nnr">https://amzn.to/3uF2Nnr</a>

## Chapter Two

Apple Cider Vinegar	<a href="https://amzn.to/3Ng9i7q">https://amzn.to/3Ng9i7q</a>
Avocado Oil	<a href="https://amzn.to/3MamVne">https://amzn.to/3MamVne</a>
Brown Flax Seeds	<a href="https://amzn.to/3GI2OH">https://amzn.to/3GI2OH</a>
C8 Oil	<a href="https://amzn.to/3PYyPDO">https://amzn.to/3PYyPDO</a>
C8 Oil Powder	<a href="https://amzn.to/3PSiMaK">https://amzn.to/3PSiMaK</a>
Coconut Oil — Garden of Life	<a href="https://amzn.to/3x5wTRh">https://amzn.to/3x5wTRh</a>
Coconut Oil — Kirkland	<a href="https://amzn.to/38F8n1k">https://amzn.to/38F8n1k</a>
Dr. Berg Electrolytes	<a href="https://amzn.to/3lZRBgq">https://amzn.to/3lZRBgq</a>
Flax Seeds	<a href="https://amzn.to/3zeHAE8">https://amzn.to/3zeHAE8</a>
Hemp Seeds	<a href="https://amzn.to/3Maf3lT">https://amzn.to/3Maf3lT</a>
LMNT	<a href="https://amzn.to/3LZtJEk">https://amzn.to/3LZtJEk</a>
MCT Oil	<a href="https://amzn.to/38YKeTM">https://amzn.to/38YKeTM</a>
NutriBullet	<a href="https://amzn.to/3NceRDV">https://amzn.to/3NceRDV</a>
Olive Oil	<a href="https://amzn.to/38J8bye">https://amzn.to/38J8bye</a>

Sardines	<a href="https://amzn.to/3PVklop">https://amzn.to/3PVklop</a>
Skinless Sardines	<a href="https://amzn.to/3GH5OII">https://amzn.to/3GH5OII</a>
Stevia Powder	<a href="https://amzn.to/3GEXwkp">https://amzn.to/3GEXwkp</a>
OneTouch Glucose	<a href="https://amzn.to/3ywA1GB">https://amzn.to/3ywA1GB</a>
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Lancets	<a href="https://amzn.to/3uF2Nnr">https://amzn.to/3uF2Nnr</a>
Carbohydrate Addict's Diet	<a href="https://amzn.to/3yxWHGr">https://amzn.to/3yxWHGr</a>
Mastering Diabetes	<a href="https://amzn.to/3AFFaz5">https://amzn.to/3AFFaz5</a>
The Personalized Diet	<a href="https://amzn.to/3OZ7GzI">https://amzn.to/3OZ7GzI</a>
Unlocking The Keto Code	<a href="https://amzn.to/3ACiFej">https://amzn.to/3ACiFej</a>
The Healthy Keto Plan	<a href="https://amzn.to/3atrSed">https://amzn.to/3atrSed</a>
Keto Instant Pot Recipes	<a href="https://amzn.to/3NVblgL">https://amzn.to/3NVblgL</a>

## **Chapter Three**

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Lancing Device	<a href="https://amzn.to/3uCR6os">https://amzn.to/3uCR6os</a>
Lancets	<a href="https://amzn.to/3uF2Nnr">https://amzn.to/3uF2Nnr</a>
The Cancer Code	<a href="https://amzn.to/3RmfflL">https://amzn.to/3RmfflL</a>
Unlocking the Keto Code	<a href="https://amzn.to/3nT44n2">https://amzn.to/3nT44n2</a>

## **Chapter Four**

Anthony's Cocoa Powder	<a href="https://amzn.to/3GKQdIh">https://amzn.to/3GKQdIh</a>
Apple Cider Vinegar	<a href="https://amzn.to/3Ng9i7q">https://amzn.to/3Ng9i7q</a>
Beef Bone Broth	<a href="https://amzn.to/39oiRxs">https://amzn.to/39oiRxs</a>
Beef Organs	<a href="https://amzn.to/38Rz0Ao">https://amzn.to/38Rz0Ao</a>
Bocha	<a href="https://amzn.to/38Ljaae">https://amzn.to/38Ljaae</a>
Chicken Bone Broth	<a href="https://amzn.to/3aoYDsK">https://amzn.to/3aoYDsK</a>
Cod Liver Oil	<a href="https://amzn.to/38MpDlt">https://amzn.to/38MpDlt</a>
Collagen + Bone Broth	<a href="https://amzn.to/3MftPrE">https://amzn.to/3MftPrE</a>
Collagen Peptides	<a href="https://amzn.to/3GOLom3">https://amzn.to/3GOLom3</a>
Colostrum – LD	<a href="https://amzn.to/3ycfSXt">https://amzn.to/3ycfSXt</a>
Colostrum Capsules	<a href="https://amzn.to/3bkfAoG">https://amzn.to/3bkfAoG</a>
Dr Berg Trace Minerals	<a href="https://amzn.to/3x9VNPI">https://amzn.to/3x9VNPI</a>
Dr. Berg Electrolytes	<a href="https://amzn.to/3xenEQ1">https://amzn.to/3xenEQ1</a>
Fermentation Lid	<a href="https://amzn.to/3B6DEGt">https://amzn.to/3B6DEGt</a>
Ground Flaxseed	<a href="https://amzn.to/3NgVae5">https://amzn.to/3NgVae5</a>
Hemp Protein Powder	<a href="https://amzn.to/3NoAp0o">https://amzn.to/3NoAp0o</a>
Hemp Seeds	<a href="https://amzn.to/3GPtvhT">https://amzn.to/3GPtvhT</a>
Kale Powder	<a href="https://amzn.to/3NPf4Nl">https://amzn.to/3NPf4Nl</a>
Keto Collagen	<a href="https://amzn.to/3NgseTK">https://amzn.to/3NgseTK</a>

LMNT	<a href="https://amzn.to/3GQr7I4">https://amzn.to/3GQr7I4</a>
Macadamia Nuts	<a href="https://amzn.to/3mf5yqQ">https://amzn.to/3mf5yqQ</a>
Magnesium Miracle	<a href="https://amzn.to/3tdSWEw">https://amzn.to/3tdSWEw</a>
Magwell	<a href="https://amzn.to/3NReRZR">https://amzn.to/3NReRZR</a>
Monkfruit Drops	<a href="https://amzn.to/3NjJNIB">https://amzn.to/3NjJNIB</a>
Navitas Cacao Powder	<a href="https://amzn.to/3MfuxoO">https://amzn.to/3MfuxoO</a>
No-Shell Pistachios	<a href="https://amzn.to/3MioMX8">https://amzn.to/3MioMX8</a>
Nutritional Yeast	<a href="https://amzn.to/3x3s1fH">https://amzn.to/3x3s1fH</a>
Omega 7	<a href="https://amzn.to/3MeZWrw">https://amzn.to/3MeZWrw</a>
Pea Protein Powder	<a href="https://amzn.to/3Mgg8bK">https://amzn.to/3Mgg8bK</a>
ReMag	<a href="https://amzn.to/3xhu1Cu">https://amzn.to/3xhu1Cu</a>
ReStructure	<a href="https://amzn.to/3tBCKqz">https://amzn.to/3tBCKqz</a>
Sprouted Ground Flax	<a href="https://amzn.to/3mdY7Ao">https://amzn.to/3mdY7Ao</a>
Stevia Powder	<a href="https://amzn.to/3ti1HgH">https://amzn.to/3ti1HgH</a>
Sun Warrior	<a href="https://amzn.to/3Mi61TT">https://amzn.to/3Mi61TT</a>
Trace Minerals	<a href="https://amzn.to/3NeQzJk">https://amzn.to/3NeQzJk</a>
Turmeric	<a href="https://amzn.to/3Q1f7aQ">https://amzn.to/3Q1f7aQ</a>

## **Chapter Five**

Adjustable Dumb Bell	<a href="https://amzn.to/3IT6BYi">https://amzn.to/3IT6BYi</a>
Bike Exerciser	<a href="https://amzn.to/3RXWoxV">https://amzn.to/3RXWoxV</a>
Dumb Bells — 2 lb set	<a href="https://amzn.to/3cjDa5b">https://amzn.to/3cjDa5b</a>
Dumb Bells — 4 lb set	<a href="https://amzn.to/3yUtkhQ">https://amzn.to/3yUtkhQ</a>
Dumb Bells — 8 lb set	<a href="https://amzn.to/3B3oQZO">https://amzn.to/3B3oQZO</a>
Foam Roller	<a href="https://amzn.to/3INuT5V">https://amzn.to/3INuT5V</a>
Hand Grip Strengthener	<a href="https://amzn.to/3RNYbu3">https://amzn.to/3RNYbu3</a>

Med Dens Foam Roller	<a href="https://amzn.to/3ROZzrl">https://amzn.to/3ROZzrl</a>
Mini-Trampoline	<a href="https://amzn.to/3PojV9w">https://amzn.to/3PojV9w</a>
Muscle Roller	<a href="https://amzn.to/3uZPCOo">https://amzn.to/3uZPCOo</a>
Nordic Walking Poles	<a href="https://amzn.to/3IVDogQ">https://amzn.to/3IVDogQ</a>
OYO Personal Gym	<a href="https://amzn.to/3zjKvLq">https://amzn.to/3zjKvLq</a>
Perfect Pushup Grips	<a href="https://amzn.to/3cenTmb">https://amzn.to/3cenTmb</a>
Resistance Band Set	<a href="https://amzn.to/3OhOnAM">https://amzn.to/3OhOnAM</a>

## Chapter Six

<b>The Personalized Diet</b>	<a href="https://amzn.to/3ISQFVR">https://amzn.to/3ISQFVR</a>
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## Chapter Seven

Air Fryer – Toaster Oven	<a href="https://amzn.to/3yQYwyG">https://amzn.to/3yQYwyG</a>
3-Quart Instant Pot	<a href="https://amzn.to/3aSHuYW">https://amzn.to/3aSHuYW</a>
6-Quart Instant Pot	<a href="https://amzn.to/3Pr7kmo">https://amzn.to/3Pr7kmo</a>
Frittata Pan Set	<a href="https://amzn.to/3cqCVph">https://amzn.to/3cqCVph</a>
Nutri-Bullet	<a href="https://amzn.to/3Pmtx4n">https://amzn.to/3Pmtx4n</a>

## Disclosure:

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