



AIMEE RAUPP

yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S

AIMEE'S APPROVED PRODUCTS

At the time I made this list, the products mentioned contain "Aimee Approved" ingredients. However, companies change formulations all the time, so when it comes to beauty, body, and household products, always check out the rating of your chosen product on the Environmental Working Group's Skin Deep Cosmetic Database (www.ewg.org/skindeep/). It's my go-to for any product! And, when it comes to gluten-free food, read ingredients and watch out for added sugar, soy, GMO corn, and any ingredients that sound like chemicals. Eat foods as close to their natural state as possible, all the time.

GLUTEN-FREE PRODUCTS

CRACKERS: Edward & Sons, Mary's Gone Crackers

PASTA: Andean Dream

BREAD: Udi's

OATMEAL: Bob's Red Mill

GRANOLA: Purely Elizabeth

COLD CEREAL: Arrowhead Mill's

ON-THE-GO SNACKS

HEALTH BARS: Lärabars and Go Raw Bars

Artisana Nut Butter or coconut butter packets

BODY AND BEAUTY PRODUCTS

SHAMPOO: Soap for Goodness Sake Shampoo and Body Bar, California Baby Shampoo, Aubrey Organics

BODY LOTION: L'Occitane Shea Butter, Soap for Goodness Sake, Cocoa Butter

TOOTHPASTE: Weleda Salt, Redmond Earthpaste, Jack and Jill Organic

SOAP: Dr. Bronner's, Aubrey Organics, Badger

BODY WASH: Dr. Bronner's 18-in-1 Hemp Pure Castile Soap, Kiss My Face Peace Soap, Terra Firma Cosmetics: A Girl's Gotta Wash

FACIAL CLEANSER: Badger Rose Geranium Face & Body Soap, Bare Organics All-in-One Cleanser

MOISTURIZER: Badger Facial Oil, Evanhealy Facial Serum

MAKE UP: Josie Maran, 100% Pure, Suki, bareMinerals, Modern Minerals, Jane Iredale, Rejuva, Herbal Choice

To find out more about my own line of beauty products, visit www.YesICanGetPregant.com. Items include:

BODY LOTION: Aimee Raupp Beauty Body Butter

FACIAL CLEANSER: Aimee Raupp Beauty Organic Argan Oil Facial Cleanser

MOISTURIZER: Aimee Raupp Beauty Facial Oils



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HOUSEHOLD CLEANING SUPPLIES

LAUNDRY PRODUCTS: The Good Home Co, Green Shield Organics, Arm & Hammer Super Washing Soda Detergent

ALL-PURPOSE HOUSEHOLD CLEANERS: Aussan Natural, Attitude

A Note About Some Popular Green Household Brands:

Popular brands like Ecover, Method, Seventh Generation, and Mrs. Meyer's, although eco-friendly and sustainably manufactured, distribute products that contain some harsh chemicals such as sodium lauryl sulfate and fragrance or parfum. Bottom line: read ingredients and be conscious of what hidden chemicals are in popular brands. Even if they seem "clean," they may not be.

DO-IT-YOURSELF

This is my go-to method of cleaning:

- Baking soda works well for scrubbing counters, tubs, and sinks. Vinegar and water solution (mixed 50/50) easily cleans windows and mirrors without leaving streaks.
- Olive oil mixed with lemon juice (mixed 50/50) can be used as furniture polish.
- Tea tree oil diluted with water works to remove mold (1 part tea tree oil to 5 parts water).