

# medicinal supplements

## PRODUCT GUIDE

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Over the years, I've learned how to nourish my body well. Because of this, I rarely get sick or find the need to consume anything medicinally. That being said, my body does need a little extra support sometimes. When I (or my family) need some extra support, I turn to herbs, homeopathy, and \*very\* occasionally, supplementation. In this guide, I share the things my family and I use (or have used) to treat ailments, resolve infections, regulate nutrient deficiencies, detox, or support the body with extra nutrients.

### D/K2 - ORAL DROPS

About: For use during dark winters and/or by those who are not in the sun often. Sourced from sheep's lanolin. For those who prefer a liquid supplement. Liquid supplements offer less precise dosage, but are often better absorbed.



### D/K2 - CAPSULES

About: For use during dark winters and/or by those who are not in the sun often. Sourced from sheep's lanolin. For those who prefer an encapsulated supplement. Capsules offer more precise dosage but can be harder to absorb due to going through the digestive tract.

Note about vitamin D: Sun exposure is superior to supplementation, but not everyone is in the sun regularly. If this is you but you don't want to take a synthetic supplement, consider cod liver oil. 1 tbsp has ~1300 IU vitamin D. I stopped synthetic vitamin D supplementation at the beginning of 2023 and have been using [cod liver oil](#) and sunning ever since. I got my vitamin D levels checked and they were 47.9. The CLO/sunning seemed to hold up, even during winter.

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# D-MANNOSE

About: For chronic UTIs. About 80-90% of urinary tract infections are caused by the bacteria Escherichia coli (E. coli). This means that if you have a UTI, there is a good chance that E. Coli is to blame. D-Mannose attaches to E. Coli bacteria. When you take D-Mannose, the bacteria stick to one another instead of to the walls of your urinary tract. This allows your body to flush them out and clear the infection. After lifelong troubles with urinary health, I've been taking this on and off for about 7 years. I've also used it to cure UTIs in the past. Usually within a day or two (sometimes within hours), symptoms vanish. Most D-Mannose supplements are sourced from corn. I like this one because it's sourced from birch and is corn-free.



# KELP

About: Can be used to replenish iodine levels if a deficiency is present. My husband received health testing and learned he had a slight iodine deficiency. He has been taking this supplement since (one every few days) to replenish his levels.

# BEE PROPOLIS

About: Known for its antibiotic effects. Use medicinally to target mild infections or regularly for its immune-boosting benefits. Check out the reviews for the product I linked...some people claim it reversed their cancer!





# SPIRULINA + CHLORELLA

About: Natural binder that removes toxins from the body without expelling minerals.



## ACTIVATED CHARCOAL

About: Another natural binder that removes toxins from the body, but should not be used daily as it also expels minerals. Use intentionally for a short period of time to detox, or acutely to bind to and expel toxins (food poisoning, etc.). Best taken 3-4 hours away from food.

## LION'S MANE MUSHROOMS

About: Great for the brain and for mood support. I add a capsule to my toddler's smoothie once per week to support neurological development. My husband and I also take this intermittently.



## TURKEY TAIL MUSHROOMS

About: Great for the immune system. Watch [this clip](#) here about Paul Stamets' mom. My husband and I take this intermittently for immune health.



# RED RASPBERRY LEAF TEA

About: For pregnant women during their second and third trimesters. Many women swear by this tea, saying that it contributes to a shorter and easier labor. I drank a ton of this stuff and ended up having a quick and easy labor (8 hours from water breaking to birth + 3.5 hours from feeling contractions to birth). If you'd like to read more about what I ate, took, and used during pregnancy, check out the pregnancy section on my website.



## HERBS

Herbs can be powerful healing agents. If you're in the market for fresh bulk ingredients (like herbs), check out Mountain Rose Herbs. They're like a candy store for herbs and other bulk ingredients!

## HOMEOPATHY

Homeopathy is a healing modality that I am \*still\* skeptical about because the idea behind it is so strange, yet it's something I use. I've heard many folks say, that when it works, it WORKS, which has been true for me as I've had a few experiences with homeopathy that blew me away. If you're curious about it, I highly recommend looking into it. We use Boiron and Ohm. Check out cell salts!

## NATURAL HEALING FOR PETS

My 7-year-old chocolate lab was vaccine-injured as a puppy, and I've been healing his body naturally ever since. If you're looking for natural remedies for pets (including reversing cataracts, cancer, and regulating ulcerative colitis), I have an entire blog post dedicated to my dog's healing journey. Check that out here.

# did you find this medicinal supplements product guide useful?



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Each product guide is clickable, so you can shop right from the PDF. If available, I include discount codes and bulk purchasing options that will give you the most savings.

If you're familiar with my [Discounts page](#), note that the below guides include those products, plus many more. While the [Discounts page](#) includes the products my family and I personally use, these product guides provide other options for families and people with a variety of needs.



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