

## HEALTH | BEAUTY | HOME



# The Ultimate Guide to Health

Now more than ever we should be investing in our health. To do this, we must focus on eating whole foods, eliminating processed foods, strengthening the gut, taking supplements, and getting restful sleep.

To help you get started I've put together this resource guide which includes some of my favorite health, beauty, and household brands plus a few perks especially for you!

*Karla Salinari*

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# GROCERY



## *Fresh Direct*

Makes online grocery shopping and delivery easy. Find fresh, high quality food and meals, plus all your supermarket brand favorites. Delivers to New York and New Jersey only. Enjoy \$25 off your first order by clicking [HERE](#)

## *Thrive Market*

An online marketplace that offers non-GMO, Organic, Gluten-Free, and Vegan foods and healthy products at 25-50% below retail price and ships right to your front door. Enjoy 25% off your first order by clicking [HERE](#)



## *Local Roots*

Is a Brooklyn-based CSA (or Farm Share) where members receive weekly shares of food from local farms. Click [HERE](#) to shop. Use promo code: OurFlipSideLife for 10% off your purchase.



# FLIPBOX



## FlipBox

FlipBox is an organic, gluten-free, dye-free, and healthier version of a cake-in-a-box. Each kit includes an apron, mini spatula, and the dry ingredients to create a cake and frosting. The kit allows parents to focus less on shopping and more on spending quality time with their kids and enjoying healthy foods together.

## What's Included

FlipBox Includes:  
1 Easy to follow recipe card  
1 Package, Pre-measured Dry Cake Mix: organic coconut flour, organic arrowroot powder, organic oat flour (gluten-free), organic coconut palm sugar, pink Himalayan sea salt, baking soda, and baking powder  
1 package, Pre-measured Dry Frosting Mix: dairy free chocolate chips, organic coconut palm sugar, and dye-free sprinkles  
1 Kid-size apron  
1 Mini silicone spatula

[Click HERE](#) & use promo code WELCOME for 10% off!



# SUPPLEMENTS



## *Life Vantage*

I recommend Protandim Nrf2 & NRF1 Synergizers to fight the effects of aging AND Protandim® NAD Synergizer for Supporting increased health, focus, energy, mental clarity, and mood. Click [HERE](#) to shop!

## *Primal Blue Print*

I recommend the Primal Omegas a high-quality source of two key omega-3 fatty acids AND the Primal Sun for a pure Vitamin D supplement. Shop [HERE](#) & use promo code OURFLIPSIDELIFE for 10% off!



## *Juna CBD Oil*

I recommend the Balance Blend to keep you calmly-focused throughout the rhythms of the day AND the Nightcap to invite you into your most restorative sleep. Click [HERE](#) to shop & use promo code OurFlipSideLife for 15% off!



# SUPPLEMENTS

*Dr. Ian Stern*



I recommend the Rebalance Probiotic Formula to optimize gut health AND the Relax Adrenal Repair PM Formula for deep sleep and sustained energy. Click [HERE](#) to shop and use promo code OurFlipSideLife for 10% off.

*Note: This article is not intended to provide medical advice and any changes should be done in consultation with your health care provider.*

## *Using Supplements*

I recommend focusing on the quality of your food first when it comes to supporting overall health. When you switch from processed food to real, whole foods your nutrient density increases. However, sometimes we need a little boost in getting the right amount of specific nutrients due to the quality of certain foods and individual needs.



Click [HERE](#) to get my 5 Steps to Supporting a Strong Immune System Guide!

# KITCHEN & PANTRY



## Redmond's Real Salt

I recommend the Real Salt Refill Pouch, Real Salt Organic Garlic Salt, Real Salt Organic Onion Salt and Earthpaste (toothpaste). Shop [HERE](#) and use promo code OurFlipSideLife for 15% off!

## Kasandrinos

I recommend the Olive Oil and the Balsamic Vinegar! Click [HERE](#) to shop and use promo code ourflipsidelife25 for 25% off!



## Primal Kitchen

Try the Mayo with Avocado Oil, Chipotle Lime Mayo with Avocado Oil, Ranch Dressing, Greek Vinaigrette Dressing & Marinade & Organic Unsweetened Ketchup. Shop [HERE](#) and use promo code OURFLIPSIDELIFE for 10% off!

# BEAUTY & HOME

## Beauty Counter

I recommend the sunscreen, children's line, make up and Countertime Line.

Shop [HERE!](#)



## Primally Pure

I recommend the natural deodorant, body oils and dry shampoo. Click [HERE](#) to shop!

Enter promo code: OurFlipSideLife for 10% off your first purchase of Primally Pure.



## Malaya

I recommend the Hair Oil Repair and Style to restore moisture and give shine and reduce frizz AND the Advanced Repair Mask to soften, calm and clarify skin. [Click HERE](#) to shop & use promo code MALAYA15 for 15% off!



# BEAUTY & HOME

## Branch Basics

I recommend the starter kit + Oxygen Boost. Click [HERE](#) to shop! Use promo code: OurFlipSideLife for \$10 off your purchase.



## About Me

Hi! I'm Karla, a wife, mom, and Holistic Health Coach. After gaining 82 pounds when I was pregnant with my daughter, I learned the importance of nutrition. On this new path, I began to explore how to better nourish myself and my family. As a Puerto



Rican woman born and raised in Miami (now living in Brooklyn, NY), I began to "flip" recipes. By using whole foods and higher-quality ingredients instead of unhealthy ones, I gained a healthier body weight and happier outlook on life. Today, I've overcome the fear, anxiety, and confusion around eating, and I'm committed to helping you "flip" your relationship with food too!

[Click Here To Book a FREE Consultation](#)