



Dr. Milan's Recommended Products

For the convenience of our clients, we have collated this list of products. There are no obligations to purchase. There is a very small commission to Lotus for any products purchased through these links.

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Buying items from this list does not establish a client-provider relationship and we assume no liability as a result of purchasing these products.

Herbal and Food Products

DHEA Liquid Hormone Supplement
for Adrenal, Brain, Heart, Bone

C60 Purple Power Organic Extra Virgin Olive
Oil, 4 Fl Oz Organic Cold-Pressed Olive Oil

French Kick Whole Bean Coffee,
Bulletproof Keto Friendly 100% Arabica
Coffee
(Available in several flavors).

C60 Purple Power Organic Avocado Oil, 2
Fl Oz Organic Cold-Pressed Avocado Oil

SF Bay Coffee OneCUP Variety Pack 120 Ct
Compostable Coffee Pods

Sweet Leaf Liquid Stevia Sweet
Drops - Hazelnut

Jose's Gourmet Coffee White Package
(Medium Dark)

Sweet Leaf Organic Sweet Drops Vanilla
Crème Flavored Stevia Sweetener

Allegro Coffee Organic Breakfast Blend
Whole Bean Coffee, 12 oz

Sweet Leaf - Stevia Clear Liquid Toffee

Peet's Coffee, Organic Alameda Morning
Blend - Medium Roast

SweetLeaf Sweet Drops Liquid Stevia
Sweetener, Chocolate

SACRED 7 Mushroom Extract Powder -
USDA Organic

Mother Nature Organics Black Seed Oil

Organic Astragalus 10:1 Extract Powder

Original Styrian Pumpkin Seed Oil

BEEKEEPER'S NATURALS B.Powered
Superfood Honey

Nutiva Organic Cold-Pressed Unrefined
Hemp Oil, 24 Ounce

Biotics Research Bio E Mulsion
Forte

Organic Chia Seeds 1lb
by Hatton Hill Organic

Designs for Health Annatto-E 300mg.
Tocotrienols - Groundbreaking DeltaGold
Vitamin E Supplement with Delta + Gamma
Tocotrienol

SUNWARRIOR Collagen Building
Protein Peptides, 17.6 OZ



Herbal and Food Products

Sunwarrior - Warrior Blend, Plant Based, Raw Vegan Protein Powder with Peas & Hemp, Mocha, 30 Servings, 26.4 Ounce

Sunwarrior Classic Plus Organic Vegan Protein Powder with BCAAs and Pea Protein

Peak Performance Plant-Based Protein by Body Symphony

Organic India Tulsi Green Herbal Tea Stress Relieving & Empowering, Immune Support

Numi Organic Tea White Rose, 16 Count Box of Tea Bags (Pack of 3)

Numi Organic Tea Mate Lemon

BulkSupplements.com Cordyceps Powder - Cordyceps Mushroom Powder

Four Sigmatic Coffee Products

Chrysin Cream 50mg for Men - Natural Aromatase Inhibitor - Anti Estrogen Blocker Supplement

Z Natural Foods Organic 7 Mushroom Supplement with Lion's Mane, Cordyceps, Chaga, Red Reishi, Shiitake, Maitake and Turkey Tail Mushrooms

Sustainably US Grown, Organic Reishi Mushroom Powder, 8 Ounce

Starwest Botanicals Ashwagandha Root Powder, 1 Pound

Stay Wyld Organics Chaga Mushroom Vegan Powder Supplement

OliveNation Organic Shiitake Mushroom Slices, Dried Shiitake Mushroom

Healthworks Raw Goji Berries (16 Ounces / 1 Pound)

Jiva Organics Ashwagandha Powder 3.5 Ounce - Raw, Pure and USDA Organic



Personal Care

[Naturetint Vegan, Cruelty Free
Hair Products](#)

[Swanwick Blue Light
Protective Glasses](#)

[24K Gold Scrub, Moisturizing Face & Body
Scrub By White Naturals, Exfoliate
Shower Scrub With Anti-Aging Properties](#)

[Carina Natural Hair Products for
adults and children](#)

[Under Eye Patches & Masks \(18 Pairs\) -
All Natural Anti Aging Treatment for Bags,
Puffiness, Wrinkles, & Dark Circles](#)

[MAJESTIC PURE Avocado and Coconut
Hair Mask for Dry Damaged Hair -
Infused with Biotin](#)

[Surya Henna Brasil products
natural hair tinting products](#)

[Pure Body Naturals Dead Sea Mud Mask -
Face Mask and Body Mud for Acne,
Blackheads, and Oily Skin](#)

[Recovery Body Balm 375 mg Hemp Roll On
for Pain 1 oz | Arnica Essential Oil, Knee
Back and Muscle Pain Relief](#)

[Gold Facial Mask - Premium Hydrogel
Sheet Face Masks for Skin Care & Beauty,
Hydrating & Anti Aging](#)

[Cel Microstem Natural Hair
Thickening Shampoo & Conditioner Set](#)

[Dry Shampoo Volume Powder.
Natural and Organic Ingredients.](#)

[Mill Creek Natural Hair Spray -
Extra Hold - 8 fl. oz.](#)

[MAJESTIC PURE Moroccan Red Clay
Facial Mud Mask with British Rose -
Natural Skin Care Mask for Pore
Cleansing and Dull & Sensitive Skin](#)

[Mineral Fusion Nail Polish Remover, 6 oz](#)

[Vishine Dip Powder Nail Kit for Starter
Acrylic Dipping Powder Kit System 6 Color](#)

[Drizzle Nail Dip Powder 12 Colors,
Dip Powder Nail Starter Kit, Acrylic Nail Dip
Powder Kit](#)



Reading Material

[Fertility Secrets: What Your Doctor Didn't Tell You About Baby-Making: Heal Your Body, Mind, and Spirit, Own Your Fertility, and Prepare for the Family of Your Dreams](#)

[\(In\)Fertility: Secrets, Struggles, & Successes](#)

[The Hormone Balance Bible: A Holistic Plan to Create Lifelong Health](#)

[Eat Fat Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health](#)

[Period Repair Manual: Natural Treatment for Better Hormones and Better Periods](#)

[Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health](#)

[The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving](#)

[8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility](#)

[The Hormone Reset Diet: Heal Your Metabolism to Lose Up to 15 Pounds in 21 Days](#)

[Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years](#)

[Hashimoto's Protocol \[Hardcover\], Hashimoto's Food Pharmacology, Hashimoto Thyroid Cookbook 3 Books Collection Set](#)

[The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility](#)

[Pcos SOS: A Gynecologist's Lifeline To Naturally Restore Your Rhythms, Hormones, and Happiness](#)

[PCOS SOS Fertility Fast Track: The 12-week plan to optimize your chances of a successful pregnancy and a healthy baby](#)

[Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health](#)

[Beyond the Pill: A 30-Day Program to Balance Your Hormones, Reclaim Your Body, and Reverse the Dangerous Side Effects of the Birth Control Pill](#)

[The Longevity Diet: Slow Aging, Fight Disease, Optimize Weight](#)

[Cooking for Hormone Balance: A Proven, Practical Program with Over 125 Easy, Delicious Recipes to Boost Energy and Mood, Lower Inflammation, Gain Strength, and Restore a Healthy Weight](#)

[The Blue Zones Challenge: A 4-Week Plan for a Longer, Better Life](#)

[Brain Body Diet: 40 Days to a Lean, Calm, Energized, and Happy Self](#)



Cookware and Appliances

[Instant Pot Duo 7-in-1 Electric Pressure Cooker, Slow Cooker, Saute, Yogurt Maker, 6 Quart](#)

[Geek Chef Air Fryer Toaster Oven, 6 Slice 24QT Convection Airfryer Countertop Oven, Roast, Bake, Broil, Reheat, Fry Oil-Free, Cooking Accessories Included, Stainless Steel, Silver, 1700W](#)

[Lodge Pre-Seasoned Cast Iron Reversible Grill/Griddle, 16.75 Inch, Black](#)

[Utopia Kitchen 12.5 Inch Pre-Seasoned Cast iron Skillet - Frying Pan - Safe Grill Cookware for indoor & Outdoor Use - Cast Iron Pan](#)

[COOK With COLOR 7 Pc Kitchen Gadget Set Copper Coated Stainless Steel Utensils with Soft Touch Handles \(Black\)](#)

[Cooks Standard 12-Inch/30cm Classic Stainless Steel Everyday Chef's Stir Fry Pan](#)

[Alen 75i Air Purifier, Quiet Air Flow for Extra-Large Rooms, 1300 SqFt, Air Cleaner for Allergens, Dust, Mold with Long Filter Life](#)

[Improved Carbon Steel Wok Pan 12.5" SET for Stir-Fry with Stainless Steel Ladle & Spatula Utensils. Even Heating, Wooden Handle & Lid, Seasoning Instructions](#)

[Waterfall 1 Filter Cartridge \(13845\) + 1 Mineral Stones \(13846\) - Advanced Water Filter Replacement for Gravity Purifier System \(1384\)](#)

[Victoria Cast Iron Skillet Large Frying Pan with Helper Handle Seasoned with 100% Kosher Certified Non-GMO Flaxseed Oil, 12 Inch, Black](#)

[Cooks Standard 10.5-Inch/4 Quart Multi-Ply Clad Deep Saute Pan with Lid, Stainless Steel](#)

[Stainless-Steel Kitchen Utensil Set 10-piece premium Nonstick & Heat Resistant Kitchen Gadgets](#)

[Royal Berkey Gravity-Fed Water Filter with 2 Black Berkey Purification Elements](#)

[Lodge Pre-Seasoned Cast Iron Double Dutch Oven With Loop Handles, 5 qt](#)



Mind Body Tools

UTK Far Infrared Tourmaline Heating Pad for Full Back Pain Relief -Infrared Therapy Heating Pads

Accu-Band 800 GP Magnets

Yuniroom 600Pcs Disposable Ear Press Seeds Acupuncture Vaccaria Plaster Bean Acupoint Massage Tool

Korea Acupuncture 100% Wormwood Mugwort Moxibustion Mini Moxa Sticks On Cone Roll 1Box 180pcs Weak

Longevity Pure Smokeless Moxa Sticks - With Hole in Center (5 Per Box) - 1 box

Smokeless Moxa Purifier with Copper Tank, 60Pcs Moxa Stick, Adjustable Velcro Pocket, 艾灸 Moxibustion Treatment for Arthritis Pain Relieve, Neck Knee Joint Pain Relieve, Health Maintenance Therapy.

Feminine Health Products

Natracare Non-Applicator 100% Organic Cotton Tampons

Cora 100% Organic Cotton Non-Applicator Tampons t

Organyc 100% Certified Organic Cotton Tampons, Plant Based Eco Applicator

Natracare - Regular Ultra Pads - Organic - 14 Count - Pack of 3

think ECO FDA Registered [Printed Wing Type Pad 3p] Organic Reusable Cotton Pads

FemmyCycle Reusable Menstrual Cup - Soft Silicone Period Cup

La Vie Organic Cotton Top Sheet* Pads with Wings, Ultra Thin

Pixie Menstrual Cup Teen+Includes Storage Bag, Cleaning Wipes & Ebook Guide



Tools for Healing

[BRUBAKER Thick Alpaca Winter Socks for Men or Women 100% Alpaca](#)

[Kunida Designs Portable Camping Toilet Chair](#)

[Dachstein Woolwear 100% Austrian Boiled Wool Hand Knit Calf Socks](#)

[Green Hellu Jade Yoni Eggs – Predrilled Yoni Eggs Set of 3](#)

[Black OBSIDIAN Yoni Egg, GIA CERTIFIED Yoni Egg OBSIDIAN](#)

[Magical Yoni. Premium Organic Yoni Steam Herbs for Cleansing.](#)

[Tropic Isle Living Jamaican Black Castor Oil 8oz](#)

[Castor Oil Pack Compress - by Queen of the Thrones®](#)

For The Home

[Dr. Bronner's - All-One Toothpaste \(Cinnamon, 5 ounce\) - 70% Organic Ingredients, Natural and Effective](#)

[Seventh Generation Dishwasher Detergent Powder for sparkling dishes Free & Clear Dishwasher powder](#)

[Ecover Natural Automatic Dishwashing Tablets, Citrus - 17.6 Ounce, \(Pack of 4\).](#)

[20% White Vinegar - 200 Grain Vinegar Concentrate - 1 Gallon of Natural and Safe Multi-Use Concentrated Industrial Vinegar](#)

[Seventh Generation Laundry Detergents and Products](#)

[Earth Friendly Products Baby Ecos Disney Laundry Detergent, Lavender and Chamomile](#)

[Jason Natural Oral Products](#)

[Mrs. Meyers Natural Home Products](#)

