

# 2021 HOLIDAY GIFT IDEAS

*Cynthia Thurlow Recommends:*

*The most wonderful time of the year is finally here! With that comes celebrations, travel and delicious food. In an attempt to help you stay within healthy practices this holiday season I have put together a list containing some of my favorite things for 2021 that will also serve as incredible holiday gift ideas.*

*As we are gearing up for the holiday season, you can trust these will be supportive of your hormone health, stress levels, and clean living practices.*

*Discover exclusive, limited edition gifts for everyone!*

*cynthia* THURLOW

HAPPY  
HOLIDAYS



# HU CHOCOLATE



*I would be remiss to not include the most amazing chocolate company to ever exist! I can talk about this fabulous chocolate company all day long, they are such a favorite of mine. Hu Chocolate is gluten/dairy free, paleo/keto friendly and uses coconut sugar to sweeten their products. Hu's ingredient list is short and on point! My favorite bars are the salty dark and crunchy mint.*

*See HU here! Use CODE CYNTHIA for 15% off*

## SQUARE FEET SPECIALTY COFFEE

*I have to admit, I am not much of a coffee drinker, but my son recently started drinking coffee and this local small business stole his heart. The owner, Dave, is remarkably knowledgeable about all things coffee and will help you find your perfect brew. He has gifted my audience with a discount, no code required; just use the link below.*

*A little about Square Feet Coffee: We've worked with my wholesaler, Café Imports, to find some great beans that come from high elevation regions and are USDA Organic. The other preference we are working with is Fair Trade, whenever it is an option.*



*Additionally, I have verified that these coffees are all free of mycotoxins and mold. The beans have been tested by Romer Labs, Inc., an accredited Food and Pharmaceutical Testing Laboratory for Aflatoxin B1/B2/G1/G2 as well as Ochratoxin A toxins. Testing results are available upon request.*

*Get Squarefeet Coffee here!*

# NIMBL

*There are many percussion massage devices on the market, but IMHO, this one ranks high above the rest. This product is about more than just reducing inflammation. It has multiple heads, easy to use, and reduces recovery time. I really like this company and what they stand for. My whole family uses this device, even the teens. I have noticed a reduction in recovery time after workouts.*

*NIMBL offers elite muscle recovery tools like the XLR8 and XPRS percussion guns, curated educational content and accredited courses.*



- Perfect for fitness enthusiasts
- Perfect for anyone looking to up their muscle recovery game
- Perfect for anyone looking to improve movement

[See NIMBL here!](#)

code: CYNTHIA for additional 20% off the XLR8 model

# APOLLO NEURO



***Apollo Neuro** is scientifically sound, wearable touch therapy that you wear on your ankle or wrist. Apollo's silent, soothing vibrations speak to your nervous system, telling you that you're safe and in control. Developed by neuroscientists and physicians, it's a safe, non-invasive stress relief tool for adults and children, without drugs or side effects.*

*Rather than tracking your health, **Apollo Neuro** is proven to actively improve it. As Apollo strengthens and rebalances your autonomic nervous system, your heart rate variability (HRV) improves - which means you're building your resilience to stress.*

[Discover the science here](#)



## JULVA CREAM

*Restore your confidence and revive your sex life with this all-natural, gynecologist-created feminine cream. Rich moisturizers soothe your most delicate areas while specialized ingredients turn back the clock, increasing moisture, elasticity, and sexual pleasure—and making uncomfortable leaks a thing of the past*

- *Rejuvenates vaginal tissue & restores moisture*
- *Prevents leaks*
- *Intensifies passion & sensation, while reigniting desire*
- *Improves skin elasticity & tightness*
- *Works as an outstanding lubricant*

*See Julva Cream here!*

## YELLOWBIRD SAUCES



*Love to add some spice to your meals? Be careful which hot sauce you pick off the shelf!*

*Yellowbird Sauces are a go-to in my household; they keep it real, no BS.*

*A little about Yellowbird Sauces: We fancy keepin' it real, not watered-down. That's why we use only the freshest, juiciest fruits nature has to offer – real flavor with a heavy heatwave. Our spicy condiments are crafted to take you on a fiery-fresh adventure. Homegrown in Austin Texas.*

*See Here!*

# REDMOND SALT



*If you followed me along my trip to Africa a couple of months ago, you'd know I'm serious about my salt! I took Redmond's Salt on my trip with me and I do not regret it!*

*Redmond's Real Salt is the only brand of sea salt harvested from an ancient, pristine ocean near Redmond, Utah. We bring it to you exactly as nature created it - unrefined, ancient sea salt with a complete blend of minerals and a subtle, sweet flavor unlike any salt on earth.*

<https://shop.redmond.life/?afmc=cl>  
Code: CYNTHIA for 15% off

# BEAUTYCOUNTER

*Skincare and Beauty questions are always at the top of my DMs so I know this will be a popular one!*

*What better gift to give than the gift of clean beauty. I love Beautycounter for lots of reasons but the main one is their dedication to clean products and the fantastic work they do as a B-corp. Stock up on some beauty products for yourself? Here are a few of my favorites!*

*Shop here for my favorites and more!*

*From left to right:*

*Counter Charcoal Facial Mask*

*Countersun Mineral Sunscreen Mist*

*The Jellies Duos*

*Some Of My Favorites*



# PRIMAL LIFE ORGANICS (TOOTH POWDER)



*I'm such a big fan of **Primal Life Organics!** that I've had the CEO Trina Felber twice on my podcast (check her out [here](#), and [here](#)).*

*Here's a little blurb on one of my favorite products from them: Bring your dentist home... with our Dirty Mouth Toothpowder, you can be your own dental hygienist! We make your entire mouth happy, your teeth feel clean, your breath tastes fresh, your tongue tastes better!*

*We've blended cleansing, mineral-rich bentonite, kaolin, and french green clays with a touch of alkalizing baking soda and flavored it with essential oils for a WOW your mouth will love every time you brush. Shop [Here](#) and receive a special discount!*

## LUMEN

*Lumen is the world's first hand-held, portable device to accurately measure metabolism. Once available only to top athletes, in hospitals and clinics, metabolic testing is now available to everyone.*

*Lumen would be a great gift for anyone from a fitness enthusiast to a busy parent trying to achieve a healthier lifestyle.*

*[See Lumen here!](#)*

*Use CODE: [cynthia30](#) for \$30 off*



# PLUCK



*Pluck is a simple and delicious way to increase the nutritional value of everything you eat anything savory. Or another way to put it: anything you'd use salt and pepper on. Despite the organs coming from cows, Pluck tastes delicious on all animals, poultry, and fish. We encourage you to try it on everything and report back to us what you think.*

*[Shop for PLUCK here!](#)*

## STRIVING FOR HEALTH

*Qi Botanics was created with a clear mindset and mission to create superior organic botanical products that nourish the body inside and out. We rigorously source our botanicals to ensure we are using the cleanest, most vitality rich, all-natural ingredients in our custom formulations. We work with small controlled batches to ensure the integrity and consistency of our product, time after time.*

*We strive to produce amazing products for you to use on your most precious possession...you.*



*You can shop Striving for Health Health and Beauty products [here!](#)*