

The top 10 Products I recommend

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6. [Joovv - Red Light Therapy](#)
7. [Digestive Enzymes](#)
8. APPs
 - [Seven](#)
 - [NatureBeat](#)
 - [\(HR monitor I recommend to pair with NatureBeat\)](#)
9. Non-Toxic Skincare - [YellowBird Company](#)
 - Use code: DRMIKE for 25% off your order
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