

DR. CERRAS PRODUCT GUIDE

Click on the image to access the links:)



AQUATRUE

- The water you are drinking is healing you or causing more disruption
- This countertop reverse osmosis is amazing if you're not wanting to make a commitment to install one under the sink!



AIRDOCTOR

- Indoor air has more pollutants than outdoor air.
- This is an incredible purchase for those with allergies or concerns of mold in the home



SHOWER FILTER

Do you struggle with acne, dry skin, eczema, hair loss, or a dry scalp?
Getting a shower filter is so important!! Jolie is my favorite

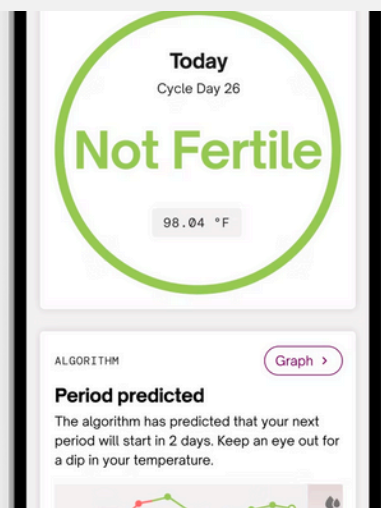
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BRANCH BASICS- NON TOXIC CLEANING

- Gentle enough to use on skin yet strong enough to tackle dirt and grime! Our formula is made of plant and mineral-based ingredients without any harmful chemicals.

use the code **THE.MINDFUL.DOCTOR** for a discount



NATURAL CYCLES

The only FDA Cleared birth control app
Temperature-based contraception
that's free from hormones and side effects.

CERRA20 - good for 20% off annual plan!



AROMATRU

Essential oil without water, giving you
pure essential oils without the mold,
chemicals, and toxins that water-
based diffusers can contribute to.

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NEEDED PRENATAL SUPPLEMENTS

- The only prenatal I trust to take before, during, and after pregnancy!
- Amazing other pregnancy support products as well

Use code **DRCERRA** for an extra discount



CLEARSTEM SKINCARE

MY FAVORITEEEE skincare line

If you're ready to get rid of breakouts and prevent premature aging - without the toxic skin irritants + pore-clogging ingredients - then CLEARSTEM is for you!

Code- **THEMINDFULDOCTOR** for an extra discount



CASTOR OIL PACLKS

Queen of the Thrones the best reusable Castor Oil
This may help naturally support:

- Liver detox, lymphatic drainage and colon cleansing.
- Hormone balance
- Deep sleep and less stress
- Constipation and bloating
- Inflammation and leaky_gut

Use code **THEMINDFULDR** for an extra discount

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HAIR GROWTH SUPPORT THAT WORKS

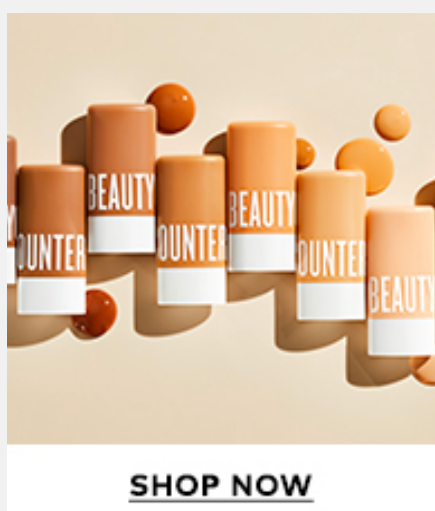
- Postpartum or post-COVID hair loss or potentially hair loss from stress?
- Nutrafol is the only hair support product that I have seen backed by research and also work



HIGHERDOSE- AT HOME SAUNA BLANKET

- get the convenience of an infrared sauna without having to make a big investment both financially and construction wise in the home!

Use code DRCERRA15 for a discount



NON-TOXIC MAKEUP!

Your skin is your largest organ and most absorbant- don't put anything on it that you wouldn't eat!!!

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BETTER GREENS- GREEN POWDER

- With no artificial flavors or colors, this blend is perfect for those seeking an energizing and healthy start to the day.
- Amazing for travel when you're not getting your 6+ servings of vegetables per day

Use code Coupon code- drcerra for a discount!



OURA RING

- Your finger provides the most accurate reading for over 20 biometrics like heart rate, body temperature, blood oxygen, and more.
- Use this to track your fertility + ovulation window!!!

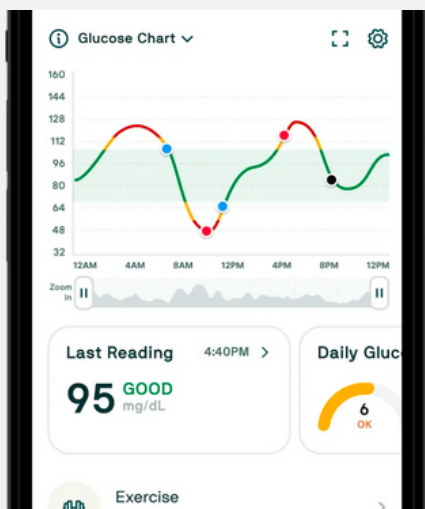


PARASITE CLEANSE

Have you been feeling symptoms that worsen around the full moon, do you struggle with constipation, diarrhea, brain fog, ringing in your ears; this could be due to parasites.

Must use patient code 6ZNyI2Bk

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NUTRISENSE- GLUCOSE MONITOR

- Symptoms of anxiety, fatigue, brain fog, dizziness, irregular cycles- can all be a sign of blood sugar dysregulation!
- Eye-opening insights from a CGM to help you learn how different foods and lifestyle choices impact your body.

Use code Coupon code- DRCERRA25 for a discount!



SEX DUST

- Adaptogenic herbs For Fire. Libido, Hormonal Balance & Creative Energy.



BELLICON REBOUNDER

- The ultimate fitness solution for mental, physical, and emotional health.
- So incredible for moving your lymph and supporting detox pathways.