Dr. K’s Favorite Healthy Gift Ideas for Every Budget Transcript

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Holiday Gift Ideas and Sponsor Intro

Welcome back to the Get to the Root podcast, where we bring you hope for healing through a functional medicine lens. With the holidays just around the corner, we're diving into one of our favorite topics, gifting with intention.

Today, we're sharing our top functionally minded gift ideas, from healthy stocking stuffers to thoughtful mid budget picks, all the way to high end wellness tools that can make a meaningful impact on someone's health journey.

Whether you're shopping for a loved one, a fellow wellness enthusiast, or treating yourself, we've gathered ideas that support healing, nourishment, and everyday well-being.

Let's get into it. But first, a note from Dr. K, about our sponsor. In this episode, you'll hear several amazing gift ideas to support your loved ones this holiday season.

One of my absolute favorites are the genetic panels from Vagran. We offer panels for eczema, athletes, autoimmunity, inflammation, and a comprehensive option called the Wellness Blueprint.

It looks at multiple systems at once. Learning about my own genetics has been truly life-changing for me and my family, and I hope it can bless yours as well.

We're grateful for Fagran Genomics' sponsorship of this podcast and for their commitment to empowering personalized wellness. Now, let's kick off today's gift list with some great stocking stuffers.

Stocking Stuffers for Wellness

Liquid D3 plus K2 is something that everyone can use. There's around 600 drops in the bottle. So for little ones, it's a lot less. For adults, 5 to 10 drops a day, depending on what your 5-hydroxy level is.

So that's a great way to stoke up your immune system. Pure O3 products are wonderful. I use the Pure O3 deodorant because the ozonides kill bacteria and so you don't smell bad.

Then there's the ozonated olive oil which is pretty runny or it melts very easily and it's great for infections on the skin or the diaper area. But the coconut ozonated olive oil from Puror 3 is wonderful to use on the face and on bug bites and lesions.

But I like the coconut. It smells a little bit better. It's more solid at room temperature. So just use your finger, melt it, and it works great. When you're baking and cooking with your family, it's best to use something that doesn't have cancer-causing agents in it.

So silicone baking products and utensils are a great way to cook with to prepare things so that you're not spreading toxicity to your family. Another great stocking stuffer is the pure good beef tallow optional things.

There's the tallow that you can smear on your skin and your body It's such a great emollient. And then I happen to have this on my desk. It's the Citrus Lip Balm.

There's several different flavors. And it has a large applicator, but you can smear it on the lips and around the lips. And it's just a beautiful lubricant.

and helps protect against the cold weather. Another great stocking stuffer is Liquid L-Theanine from Pneumetica. We just absolutely love this. I actually am sitting here in my office.

I have a bottle sitting on my desk because managing the stresses of the day L-theanine is wonderful. It's very calming and it has some anti-inflammatory effects.

So that's a great thing to put into a stocking, especially for a mom or a dad and even grandparents. Now let's explore some thoughtful mid-range gifts.

Perfect for anyone looking for a little extra without going overboard.

Mid-Range Functional Gifts

Another gift that you could consider giving are healthy cookbooks. And we have a lot of those in our Amazon store. And that way you could share the gift of food and health at the same time.

Blue light blocking glasses are a great Christmas gift to give. We are assaulted on a daily basis, either on our laptops, screens, telephones, cell phones, and blocking that blue light is imperative to get the circadian rhythms working well.

So I highly recommend blue light blocking glasses. Another thing that we're assaulted with every day are electromagnetic fields, electromagnetic radiation.

And so using the defender shield, either on your cell phone or under a laptop, A radio armor puts it around a cell phone, but the defender shield you can put your laptop on, especially if you put your laptop on your lap and it protects your body from that EMF.

It's especially important if you are pregnant or if you're of reproductive age to not do damage to your reproductive organs. And now for those who are exploring bigger wellness tools or investments, let's look at some of our larger budget options.

Well, if you want to make an investment to help your family, red light therapy is a huge beneficial therapy. We have an account with EMR Tech. They have different sized panels, and I personally like the FireWave.

If you have lost your hair, alopecia, you can do the fire wave on your hair.

High-End Wellness Investments

You can also, let's say that you have a joint or eczema, you can do red light therapy on your skin and on your joints, and it's incredibly helpful at stimulating the mitochondrial growth.

Another great investment is the relaxed sauna. There's an all-cause mortality decrease in people who engage in regular sauna by 40%. That's huge. To help your body sweat and detoxify is a huge gift that you can give to your family.

Home ozone generators. These are small and you can administer ear and nasal ozonides either by nasal cannula or syringe. You can drink ozonated water.

You can bag your body with ozone if you have skin conditions. And these home ozone generators are life-changing. If you are battling cancer or you have cognitive decline, there are other modalities that you can use.

But ozonides, which is supercharged oxygen, stimulates ATP production in our mitochondria and we can increase volume, brain mitochondria with that, eradicate or kill organisms that may be living in the respiratory tract, let's say your kiddos are getting a cold congestion, so that you can avoid antibiotics if you hit it early enough.

Another beautiful gift to give to someone is the Hope for Healing Wellness Blueprint. This is like a window into a person's soul. It shows how your body is magnificently made and how every system works together so well.

inflammation, how you clean your cells out, how you clean toxins out of your body, how you add essential vitamins and minerals to it. So our Wellness Blueprint has everything.

The Newborn Panel does not have as many inflammatory markers or neurotransmitters on it, but the Newborn Panel is another option. We have numerous genetic panels.

We have a spotlight on skin. We have an athletic panel. We have an alopecia panel. We have telomere panel. You can see how the telomeres in your body are aging.

Are you more than your chronologic age, less than your chronologic age? And it can be drawn again. We can look at neuropsychiatric and psychological panels.

We can look at inflammation. We can look at foundational methylation and wellness markers. The list goes on. It's huge. And that is such a great gift, but especially the Wellness Blueprint or the Newborn Panel.

Lastly, one of my favorites is Air Oasis. These are air purification units, and you can put those up around your home.

IV Therapy Packages and Closing

You can take it to your office. You can take them portable on a plane or in your suitcase to take with you when you're staying in a small location. And just setting that up and running it for an hour can really clean out the space around you, especially if you suffer from chronic inflammatory response syndrome.

Even if you don't, we all need clean air. And our world is assaulted with all these toxins that are present in water damaged homes. Another beautiful gift is IV therapy.

Why do we talk about this so much? Depending on how your gut functions, you may not absorb all the supplements that you're taking. And for supplements that are water soluble, that can be placed in an IV.

Almost 100% of what you're given in an IV is available to the body. You're saturating all the cells in the body. So the gift of IV therapy, especially purchasing in a package to use all those up, you can fill your bucket.

So what I really love is something that we're doing for women who are trying to conceive. who are pregnant, who are breastfeeding, who are postpartum, may be struggling with the lactation and breast milk production and postpartum depression.

The Nurture and Nourish IV drip package is amazing. For those of you who are incredibly healthy, you're training for athletic events, or you just want to kick it up a notch, our athletic drip is amazing because it has taurine and carnitine, which are mitochondrial nutrients, magnesium, vitamin C, B vitamins, trace minerals, saline.

It's so restorative. So if you're working out pre-workout, post-workout, it's incredible. We love high-dose IV vitamin C, if not just for the skin and melasma.

It's excellent for people who have had cancer, who are battling cancer, going through chemotherapy, or have chronic inflammatory response, potentially pot, postural orthostatic tachycardia syndrome, dysautonomia, lowering inflammation in the body by fighting the battle on your behalf.

It's like sunlight in an IV and it's not orange either. So our IV therapy packages are amazing. We have detoxification, inflammatory, restore and optimize.

It's a lot like a Meyers cocktail. These are a beautiful gift to give to someone in a package. Thank you for joining today's episode of Get to the Root with Hope for Healing.

We hope these functionally focused gift ideas spark inspiration and help you give with purpose this holiday season.

If you've heard something you love, be sure to check the episode notes for links and extra details.

And don't forget, the best gift you can give is being there to support someone on their healing journey. If you haven't already, subscribe, share this episode, and stay tuned for more conversations that bring hope for healing.