

RESOURCES

Posted on April 22, 2013 by



Food Products

Coconut oil – [Conscious Food](#) – Stocked at Natures Basket
Health First cold pressed coconut oil - Stocked at Natures Basket
[MaxCare](#) virgin coconut oil.

Honey – [Conscious Food](#) – Stocked at Natures Basket
[Under the Mango tree](#) – Stocked at Westside Gourmet store and Nature's Basket

Dairy

Milk - [Sita Ram dairy](#) - 022 22188958. Raw milk, grass fed buffalo and cow. Look out for your local dairy that supplies raw milk.

[Sarda Farms](#): Raw milk, hygienic conditions, directly from farm to home.

Cheese – [La Ferme cheese](#) : Cheese from Pondicherry from grass fed cows - lofabu, parmesan, cheddar, mozerelle, feta are some of the awesome international styled cheeses made right here. Samskara wellness is the local supplier of this cheese and where I get my cheese from. Contact: 02224952270/71, customerservice@samskarawellness.com

[Cheese collective](#) : Homemade goats Chevre cheese : call Mansi Jasani - 9820331841

Ghee – [Sustainable pathways](#)

I use homemade ghee made from the malai from buffalo's milk.

Parsi dairy also has very good cow ghee with a strict quality control on the cows where they source milk. You can buy their products at Nature's Basket and of course at their very own outlets.

Cream Once again I am partial to parsi dairy as the cream is sold in plastic packets and spoils in two days in the fridge as compared to tetra packs where cream stays good forever.

Poultry

Free range Eggs and Chicken – [Noorani egg center](#) – Crawford market - 022 23439141. Any local supplier of desi chicken and eggs is probably your best bet.

[Keggs eggs](#) : Stocked at Natures Basket and other local shops.

[Colaba Chicken and Mutton Center](#): Desi chicken and Desi eggs. Phone: 022-22021390, 022-22835257

[Vegetables](#) – [Hari Bhari Tokri](#)
[The Farmer's Market](#) - Mumbai

Baby care

I use Himalaya baby products as they are Ayurvedic ingredients and totally natural.

[Bubbles and squeak](#): Homemade soaps by a passionate Bangalore based mum who started off by

making soaps for her kids that were completely chemical free and then began to market and sell them!

Baby wearing:

[Anmol wrap](#): An indigenously developed wrap for wearing your baby. Because it's one of the most amazing experiences no mom and baby should miss out on. Read my review [here](#).

Soaps and cosmetics

SOS organics has some lovely handmade soaps made with care. In Mumbai you can get them from Samskara wellness. Contact: 02224952270/71, customerservice@samskarawellness.com

[Bubbles and squeak](#): Homemade soaps by a passionate Bangalore based mum who started off by making soaps for her kids that were completely chemical free and then began to market and sell them! The best reason to start a business I say.

Fitness

Bootcamp in Mumbai – 9820181204

CrossFit in Mumbai (Juhu and Colaba) – [Crossfit Om](#)

Books

[The Primal Connection](#) – Mark Sisson

[The South Asian Health Solution](#) - Dr. Ronesh Sinha - For those looking for information on being vegetarian and primal. Read my review [here](#).

[The Womanly Art of Breastfeeding](#) - La Leche League international. If you are expecting a baby and want to read one book then read this one. This is the closest I've found a book to be to intuitive and natural parenting and breastfeeding.

There are no comments yet.