

Welcome! Here is Amara's wish list. Proving things on this list helps Amara with being supported during their challenging diagnosis. Any help is greatly appreciated. Thank you!

***IF YOU WOULD LIKE TO PURCHASE SOMETHING NOT ON THIS LIST, PLEASE CONSIDER THE FOLLOWING, due to recent discoveries with Amara's inability to process and detox toxins, synthetic materials, chemicals, plastics, etc.:

- Amara is only USING and WEARING natural fibers- cotton, wool, silk, bamboo, hemp, cashmere, angora.
- Amara is eating only Organic/Wild-Keto - no sugars, no to most fruits, no to "natural flavours" or any preservatives or additives
- Oils or liquids need to be in GLASS
- NO SCENTS, except for some high grade essential oils- NO VETIVER OR SANDALWOOD

When you decide what you are going to get and how much, please email z at zizithe69th@gmail.com with your name (one that clearly identifies who you are), the amount you're getting, and the date. Thank you and if you have any questions, please email z!

For tinctures, Amara prefers 4 ounce or 8 ounce bottles. If you can only afford one ounce, that's still welcome!

Ship to:
Amara MacEachern
1670 Karas Lane
Santa Rosa, Ca
95401

WISHLIST/NEEDS

This wishlist contains:

- Most current needs/wants
- Medical Supplies
- Art Supplies
- Etc and fun things to bring joy!

MOST CURRENT WANTS/NEEDS

- Safeway or Wholefoods gift cards
- Gas cards
- Amazon gift cards

- Gift cards to herbal supply companies, essential oil companies, organic food delivery services
- Gift certificates for massage, reiki, craniosacral, hot tubs, spas at your favourite healing practitioners in calistoga/santa rosa/napa/sebastopol or anywhere in sonoma and napa counties!

HERBS

- None currently needed!

MEDICAL SUPPLIES

- Epsom Salts (NO FRAGRANCES OR OILS)
- Organic cotton muslin fabric

ART SUPPLIES

- [CLICK HERE to view their wishlist on Dick Blick.com](#)
- Watercolour paper pads.
- Sparkly water colours.

ET CETERA

- Beautiful poetry (Mary Oliver, etc).
- Cool wonderful textural things, fabric to sew and play with
- wool/alpaca yarn for knitting
- Lace
- thread for sewing machine- in earth tones/jewel tones/black/white/greys
- Beeswax tea lights
- Gift cards for Etsy for various art supplies, herbs, etc.

Currently there are no needs for herbs, as amara is well-stocked. But for future...

This list is categorized by sources because Amara did their research and approved of the growing/harvesting/extraction methods of each place (It is also categorized BY HERB- with connected sources attached to each herb). They are open to other trusted sources and friends, especially if it's free or much cheaper than can be bought from the sources below! However, it does take work for Amara to explain how they want each extraction. So if you find a source for medicine that's approximately the same price as what is on the list below, please just purchase from the source Amara has listed below.

Please note, you will also find other categories of needs besides herbs, such as medical supplies, art supplies, etc.