

*Dr Carrie's*  
**Resources &  
Recommendations**



*Dr. Carrie Rigoni*

# About

This is a guide of all the resources, books, courses and products that I recommend. There are also some discount codes for you as well.

Everything has a live link, so you can just click what you are interested in to find out more information.

If you make a purchase using my affiliate links, I may get a small commission (at no extra cost to yourself).

Thank you for supporting and honouring the time it takes to research amazing products.

*Carrie*



*Dr. Carrie Rigoni*

# Books

If you would like to do some further reading, these are the books I can highly recommend.

Breath

Activate Your Vagus Nerve

It Didn't Start With You

The Body Keeps The Score

How To Do The Work

Beyond Behaviours

Brain-Body Parenting

When The Body Says No

**BOOK SHOP**

*Dr. Carme Rigoni*

# Reflection

I have created a range of journals, notebooks, posters and worksheets inspired by the human body and nervous system, to support you during your own study, internal reflection or journalling activities.

Some are digital and some are physical so you can choose whatever medium you prefer.

[ETSY SHOP](#)

[AMAZON SHOP](#)

*Dr. Carrie Rigoni*

# Patches

## Phototherapy Patching

Phototherapy patching has been life-changing for my family and I.

I love them because -

- you don't have to swallow more pills or supplements
- they're easy to get kids to use
- they're easy to control the dose - take them on and off as you need them
- they work beautifully with the nervous system, meridian system, and your overall health
- there are patches for LITERALLY EVERYTHING
- (quite possibly my favourite) - there are always unexpected benefits, when your body works better, you notice other things clear up that you may have thought were "just you"

Find out more [here](#).

Shop [here](#).

*Dr. Carrie Rigoni*

# Pulsetto

## Pulsetto Device for Vagus Nerve Stimulation

This portable, wearable device stimulates your vagus, electrically.

See my review [here](#).

Shop [here](#).



Use the code: **Carrie** for 10% off the Pulsetto.

**SHOP HERE**

*Dr. Carrie Rigoni*

# Z-Vibe

## Vibratory Therapy

The Z-Vibe is a very clever little vibratory therapy tool that can help stimulate the sensory system, and can also build oral tone. You can use it to improve a variety of speech, sensory and feeding skills.

You can also purchase the different attachments, and use it on the chest to calm down the stress response (my kids love it right before bed!).



[SHOP HERE](#)

*Dr. Carrie Rigoni*

# EMF Protection

Use the code: **CARRIE15** for 15% off all these products.

## EMF Radiation Blocking Laptop Mat

Block up to 99% of EMF radiation from 0.1Hz to 20GHz, including WIFI, Bluetooth and cellular network radiation. **Shop [here](#).**

## EMF Radiation Harmonising Sticker

Place these stickers on your phone create a negative charge energy field. **Shop [here](#).**

**[SHOP ALL](#)**

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# Blue Light Blocking

## Blue Light Blocking Glasses

These glasses are fantastic for blocking blue light from devices and household lights night time. You can even get prescription glasses - I love mine! **Shop [here](#).**

## Blue Light Blocking Lighting

Household lights with blue light interfere with our circadian rhythms. Switch to lighting that blocks the blue light. **Shop [here](#).**

**Use the code: CARRIE15 for 15% off all these products.**

## Blue Light Blocking Fit Over Glasses

I also love the Blue Light Blocking glasses that fit over your regular glasses. They are quick and easy option. **[Shop here.](#)**

**Use the code: DRCARRIE for 10% off all these products.**

*Dr. Carrie Rigoni*

# Cold Therapy

Use the code: **CARRIE15** for 15% off all these products.

## Ice Roller

An ice roller is a convenient and easy way to use cold therapy for the nervous system.

See my review [here](#).

Shop [here](#).



[SHOP ALL](#)

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# Red Light Therapy

Use the code: **CARRIE15** for 15% off.

## Portable Red Light Therapy

I highly recommend this handheld red light therapy device.

[Shop here.](#)



[SHOP ALL](#)

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# Red Light Face Mask

Use the code: CARRIE15 for 15% off.

## Red Light Face Mask

I am getting great results using this face mask!

[See my review here.](#)

[Shop here.](#)



[SHOP ALL](#)

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# Skincare

## Synthesis Organics

I am huge fan of Synthesis Organic products - it's the best skincare range ever!

Shop [here](#).

Use the code: **CARRIERIGONI** for **20% off!**



*Dr. Carme Rigoni*

# Postpartum Care

## Bare Mum

For holistic postpartum care products, made with love, Bare Mum has you covered.

Shop [here](#).

Use the code: **DRCARRIERIGONI** for 10% off!



*Dr. Carrie Rigoni*

# Water

## Water Filter

The filter system I recommend re-mineralises and ionises ordinary tap water while filtering out chlorine, chemicals, heavy metals, fluoride and bacteria. **Shop [here](#).**

## Shower Filter

Shower filters remove chlorine for softer skin and hair and a healthier shower. Designed to fit in your current hand held shower unit. **Shop [here](#).**

## Magnesium Bath Soak

The easiest way to get magnesium into your kids is with magnesium bath flakes, but you need to use the right type! **Shop [here](#).**

# Home

## Healthy Shopping

For a great range of health foods and natural household, health and beauty products, here are my top four favourite stores. They are all female-led, Aussie, small businesses.

Aussie Health Products. **Shop [here](#).**

Goodness Me. Use the code CARRIE here for 10% off **[here](#).**

Biome Eco Stores. **Shop [here](#).**

Kultured Wellness. Use the code: DRCARRIE **[here](#).**

123 Nourish Me. **Shop [here](#).**

## Bone Broth

If you don't have time to make your own bone broth, you can buy some good quality concentrates. **Shop [here](#).**



# Sensory

## Mellow Mat

My clients absolutely love the Mellow Mat I have in my clinic! It's a thick memory foam floor mat for playing, sitting and just hanging out with the family. **Shop [here](#).**

**Use the code: XMAS30 for 30% off the Mellow Mat.**

*Dr. Carrie Rigoni*



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**Vagus Nerve Chiro and Coach**

**Website**

**Instagram**

**Facebook**

**Email**