



## Episode #309 Show Notes

I wanted to thank you so much for being a member of our newsletter community. I don't take that lightly and it's my goal to help you and serve you as much as I possibly can. Thanks for sharing our shows on [Facebook](#), Twitter and to your friends! :)

And thank you to those of you who have donated on [Patreon](#) or supported us from our [store](#) and bookmarked our [Amazon link](#)! We love you so much. [Click here](#) to find out more ways you can help us!

I appreciate each and every one of you...



– Kate & Justin (and Maggie)

### Show Notes For This Episode:

Help support us so we can remain commercial free! Don't worry it's easy!

- [BioAge Superfoods](#)
- [Carnivora Immune System Support](#)
- [Q-Laser NG1000](#)
- [Morrocco Method hair care products](#)

- [Bill Wolcott on metabolic typing](#) – [see books](#)
- [Dr. Richard Massey](#)
- [Atom Bergstrom eating on time](#) – [see books](#)
- [Nutrition and the Mind](#)
- [Brian Clement Interview](#) – [see books](#)
- [Hippocrates Health Institute](#)
- [The Gerson Therapy](#)
- [Marshmallow Root](#)
- [Slippery Elm](#)
- [L-Glutamine](#)
- [Sovereign Colostrum](#)
- [Survival Colostrum](#)
- [Stuart Wilde book I'm reading](#)
- [The EM Wave](#)
- [Sukyo Mahikari](#)
- [Jonathan Wright](#) – [see books](#)
- [Dr. David Kennedy on fluoride](#) – [see books](#)
- [Idiocracy \(movie\)](#)
- [Richard Ostrow from Carnivora](#)
- [Roland Thomas from Bioage](#)

## **Commercials During This Episode:**

[Commercial #1 – BioAge Superfoods](#)

[Commercial #2 – Carnivora Immune System Support](#)

[Commercial #3 – Q-Laser NG1000](#)

[Commercial #4 – Morocco Method](#)