



Episode #310 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:

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- [Essence Sea](#)
- [LivOn Labs Vitamin C](#)
- [Commercial #3 – Bellicon Rebounders](#)
- [Kron Gracie](#)

- [Rickson Gracie uddiyana bandha breath work](#)
- [Rickon Gracie Choke Documentary full movie](#)
- [Zak Maxwell vs Kron Gracie](#)
- [Bob Hoffman training](#) – [see books](#)
- [Jack LaLanne](#)
- [Alexander Lowen bodywork](#) – [see books](#)
- [Ida Rolf](#) – [see books](#)
- [Linda Grace – Rolfer](#)
- [Greg Knight on Rolfing](#)
- [Zeolite](#)
- [Eddie Stone on the power of zeolite](#)
- [Zecharia Sitchin](#) – [see books](#)

Commercials During This Episode:

[Commercial #1 – LivOn Labs Vitamin C](#)

[Commercial #2 – Essence Sea](#)

[Commercial #3 – Bellicon Rebounders](#)