

Episode #311 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](#)
- [Good Morning Good Evening Qigong](#)
- [Jack Canfield](#) – [see books](#)

- [Reid Tracy](#)
- [Dr. John Bergman chiropractor](#) – [see books](#)
- [Kevin Behan natural dog training](#) – [see books](#)
- [The Power of Now](#)
- [Meridian Grace](#)
- [Dr. Richard Massey](#)
- [Richard Ostrow from Carnivora](#)
- [Roland Thomas from BioAge](#)
- [Dr. Stuart Nunnally biological dentist](#)
- [Hill Country Health Store](#)
- [Alison Adams The Natural Recovery](#) – [see books](#)
- [Stuart Wilde the Infinite Self](#)
- [Louise Hay](#) – [see books](#)
- [Bo Wong](#)
- [Steve Maxwell interview](#) – [see books](#)
- [Kate Northrup on finances](#) – [see books](#)
- [The EM Wave from the Heart Math Institute](#)

Commercials During This Episode:

[Commercial #1 – BioAge Superfoods](#)

[Commercial #3 – Carnivora Immune System Support](#)

[Commercial #4 – The Relax FAR Infrared Sauna](#)