

Episode #313 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](#)
- [Dr. Bruce Lipton's show about belief](#)
- [Carnivora Immune System Support](#)
- [The Biology of Belief](#)

- Qigong Moving Meditation
- Vitamix Blender
- Omron Nebulizer

Commercials During This Episode:

Commercial #1 – BioAge Superfoods

Commercial #2 – Carnivora Immune System Support

Commercial #3 – Qigong Moving Meditation

Commercial #4 – Vitamix Blender

Commercial #5 – Omron Nebulizer