

Episode #314 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](#)
- [Paul Stamets: 6 ways mushrooms can save the world](#) – [see books](#)

Commercials During This Episode:

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

[Commercial #2 – Essence Sea](#)

[Commercial #3 – The Q-Laser](#)

[Commercial #4 – Barf World Raw Dog Food](#)

[Commercial #5 – Qigong Course](#)