



Episode #315 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](#)
- [Q-1000NG Laser](#)

- [Drinking your own pee](#)
- [Language patterns using NLP](#)
- [Fat Sick & Nearly Dead 2 Trailer](#)
- [Interview with Richard Ostrow on the immune system](#) – [Get Carnivora](#)
- [Michelle from Ohganix \(organic underwear\)](#)
- [Hay House World Summit](#)
- [Dr. Robert Cassar terrain modification program](#)
- [Barbara Allan healed reactive arthritis](#) – [see books](#)
- [Nell Stephenson the Paleoista](#) – [see books](#)
- [I Quit Sugar 8 Week Program](#)
- [Thich Nhat Hanh](#) – [see books](#)
- [David Wolfe](#) – [see books](#)
- [Louise Hay](#) – [see books](#)
- [Osho](#) – [see books](#)
- [Stuart Wilde](#) – [see books](#)
- [Cheryl Richardson](#) – [see books](#)
- [Dr. Alison Adams](#) – [see books](#)
- [Dr. Andrew Saul – High dose vitamin therapy](#) – [see books](#)
- [Dr. John Bergman](#) – [see books](#)
- [Inna Segal](#) – [see books](#)

Commercials During This Episode:

[Commercial #1 – BioAge Superfoods](#)

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

[Commercial #3 – Good Morning Good Evening Qigong](#)

[Commercial #4 – Q-1000NG Laser](#)