



Episode #316 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!

- [LivOn Labs Vitamin C](#)
- [Essence Sea](#)
- [Omron Personal Nebulizer](#)
- [Qigong Program](#)

- [Raw Chef](#)
- [Q-Laser](#)
- [Chris Wark](#) – [Interview](#)
- [Annie Appleseed Cancer Conference](#)
- [Farm Stay Traveling Websites](#)
- [Super Charge Me Raw for 30 Days](#)
- [Michio Kushi macrobiotics](#) – [see books](#)
- [Bo Diddley Video](#)
- [Dr. Norman Walker](#) – [see books](#)
- [Dr. Harvey Kellogg](#)
- [Arnold Ehret](#) – [see books](#)
- [Dr. Gabriel Cousens](#) – [see books](#)
- [Bernard Jensen](#) – [see books](#)
- [Colema Boards](#)
- [Optimum Health institute](#)
- [Hippocrates Health Institute](#) – [Interview](#)
- [Joe Cross](#) – [Interview](#)
- [Amy Schuber](#) – [Interview](#)

Commercials During This Episode:

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

[Commercial #2 – Essence Sea](#)

[Commercial #3 – Omron Personal Nebulizer](#)

[Commercial #4 – Qigong Program](#)

[Commercial #5 – Raw Chef](#)

[Commercial #6 – Q-Laser](#)