



## Episode #318 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.

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](#)
- [The Q-Laser Healing System](#)
- [Qigong Moving Meditation System](#)
- [The Raw Chef Program](#)
- [Omron Personal Nebulizers](#)

- Anti aging facials
- 260 Positive words
- 21 day habits to overcome addiction
- 15 ways to prevent insomnia
- Tips for getting the best sleep ever
- Wired To Meditate
- John Gabriel The Gabriel Method of weight loss – [see books](#)
- Gabriel Cousens – [see books](#)
- Walking on air
- The Joy Factor
- Buckminster Fuller
- Spirituality & Health Magazine – [see magazine](#)
- Bob Capelli show on Spirulina and Astaxanthan

## **Commercials During This Episode:**

Commercial #1 – LivOn Labs Vitamin C

Commercial #2 – Essence Sea

Commercial #3 The Q-Laser Healing System

Commercial #4 Qigong Moving Meditation System

Commercial #5 The Raw Chef Program

Commercial #6 Omron Personal Nebulizers



