

Episode #320 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:

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- [LivOn Labs Vitamin C](#)
- [Essence Sea](#)
- [The Q-Laser](#)
- [Far Infrared Sauna](#)
- [Good Morning Good Evening Qigong](#)
- [David Wolfe](#) – [see books](#)

- [Dr. Lawrence Wilson](#) – [see books](#)
- [Dr. Brownstein iodine](#) – [see books](#)
- [The Marijuana Syndrome](#)
- [Kelly Slater](#) – [see books](#)
- [Taj Burrow](#)
- [GAPS diet](#) – [see books](#)
- [Chef Ito from Au Lac vow of silence](#)
- [Mark Sisson](#) – [see books](#)

Commercials During This Episode:

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

[Commercial #2 – Essence Sea](#)

[Commercial #3 – The Q-Laser](#)

[Commercial #4 – Far Infrared Sauna](#)

[Commercial #5 – Good Morning Good Evening Qigong](#)

