



Episode #322 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](#)
- [BARF World Raw Dog Food](#)
- [Q1000NG Laser Healing System](#)
- [The Amazing BioMat](#)
- [The Raw Chef Program](#)

- [Dr. Gabriel Cousens](#) – [see books](#)
- [Dr. John Bergman our chiropractor](#) – [see books](#)
- [Jim Rohn](#) – [see books](#)
- [Breaking the Vicious Cycle](#)
- [Shona Banda Healing Crohn's Disease](#)
- [Grain Brain](#)
- [Wheat Belly](#)
- [GAPS Diet](#)
- [The Gracie Diet](#)
- [Pizza Frittata](#)

Commercials During This Episode:

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

[Commercial #2 – Essence Sea](#)

[Commercial #3 – BARF World Raw Dog Food](#)

[Commercial #4 – Q1000NG Laser Healing System](#)

[Commercial #5 – The Amazing BioMat](#)

