

Episode #335 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!

- Commercial #1 – BARF World Raw Dog Food
- Commercial #2 – The Q-1000 Laser
- Commercial #3 – The Far Infrared Sauna
- Commercial #4 – Qigong Moving Meditations
- Banyan Botanicals

- [Dr. John Douillard](#) – [see books](#)
- [Dr. Vasant Lad](#) – [see books](#)
- [Perfect Health by Deepak Chopra](#)
- [The Complete Book of Ayurveda Home Remedies](#)
- Live events with Alicia: support@aliciadiaz.co
- [Meridian Grace interviews](#)
- [Ron Becker from Newport Float](#)
- [Dr. John Bergman our chiropractor](#) – [see books](#)
- [Liana Werner Gray](#) – [see books](#) (use code **extremehealth** for a MAJOR discount!)

Commercials During This Episode:

[Commercial #1 – BARF World Raw Dog Food](#)

[Commercial #2 – The Q-1000 Laser](#)

[Commercial #3 – The Far Infrared Sauna](#)

[Commercial #4 – Qigong Energy Healing Exercise](#)

