



Episode #345 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!

- [BARF World Raw Dog Food](#)
- [FAR Infrared Sauna](#)
- [Qigong Energy Program](#)
- [Black Friday Deals](#)
- [Truth About Cancer Summit](#)

- [Drew Canole from Fitlife](#)
- [Sun Gazing](#)
- [Benefits of apple cider vinegar](#)
- [Creditors in Commerce](#)
- [Reincarnation in Christianity](#)
- [Anita Moorjani](#) – [see books](#)
- [Ayurvedic body type](#)
- [Bone broth](#)
- [Motivation Manifesto](#)
- [Earth Cafe](#)
- [Dr. Kim Kelly](#)
- [Martial Yoga for joint pain](#)
- [Disclosure Project](#)
- [Foodbabe](#)
- [A Simple Act of Gratitude: How Learning to Say Thank You Changed My Life](#)
- [Dr. Richard Massey](#)
- [Meridian Grace](#)
- [Heart Math](#)
- [Dr. Lawrence Wilson](#) – [see books](#)
- [Louise Hay](#) – [see books](#)
- [Dayton Medical Center](#)
- [Sungazing.com](#)
- [Dr. Edward Kondrot on eye health](#) – [see books](#)
- [Eating the Sun trailer](#)
- [Gaiam TV](#)
- [Our Audio Blogs](#)
- [Empowered Women's Channel](#)

Commercials During This Episode:

- Commercial #1 – BARF World Raw Dog Food
- Commercial #2 – FAR Infrared Sauna
- Commercial #3 – Qigong Energy Program

