

Episode #351 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!](#)

- [The Q-Laser Healing System](#)
- [The Relax FAR Infrared Sauna](#)
- [The Raw Chef Program](#)
- [Bellicon Rebounders](#)
- [Susan's December Newsletter](#)

- Survival Colostrum
- Dr. Fletcher “Fletcherism” on chewing food
- Wedding Crashers
- Blue light glasses
- Show on the dangers of blue light
- Hawaiian Spirulina
- Astaxanthin
- The Float Lab
- Clarisonic
- Activated charcoal from coconuts
- Anti aging facials

Commercials During This Episode:

- Commercial #1 – The Q-Laser Healing System
- Commercial #2 – The Relax FAR Infrared Sauna
- Commercial #3 – The Raw Chef Program
- Commercial #4 – Bellicon Rebounders

