

Episode #356 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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- [Qigong Energy Moving Meditations](#)
- [Low Level Laser Healing System](#)
- [The Relax FAR Infrared Sauna](#)
- [Morrocco Method Raw Hair Care Products](#)
- [One World Whey Raw Protein Powder](#)

- [The Adrenal Stress Connection](#)
- [The Environmental Working Group](#)
- [Robyn O'Brien at TEDxAustin](#)
- [Adrenal Sense by Natural Factors](#)
- [TSH Testing](#)
- [Thyrosense by Natural Factors](#)
- [Expo West](#)
- [Dr. Bob Marshall](#)
- <http://www.healthline.cc>
- [Dr. Kim Kelly](#)
- [Dr. Bruce Lipton](#) – [see books](#)
- [Dr. Joe Dispenza](#) – [see books](#)
- [Elliot Hulse on Motivation](#)

Commercials During This Episode:

- [Commercial #1 – The Relax FAR Infrared Sauna](#)
- [Commercial #2 – One World Whey Raw Protein Powder](#)
- [Commercial #3 – Morocco Method Raw Hair Care Products](#)
- [Commercial #4 – Qigong Energy Moving Meditations](#)
- [Commercial #5 – Low Level Laser Healing System](#)

